



# Fueling Program

## #winfromwithin



### Prime Energy Chews

The Prime Energy Chews are a pre-workout fuel that will provide energy from a concentrated blend of carbohydrates. Designed to be used shortly before training, they will help prepare an athlete for an intense workout. With 25 grams of carbohydrates, in addition to B-Vitamins, the Prime Energy Chews provide the right amount of energy without any caffeine.

### Prime Fuel Bars

The Prime Fuel Bar is a pre-workout designed to provide energy based off of 45 grams of carbohydrates. With 5 grams of protein, the fuel bar works as a dual purpose to fill an athlete up before a workout without being too heavy on their stomach and provide the athlete sustainable energy without caffeine.



### Recover Protein Shake

The Recover Protein Shake delivers an effective amount of protein that contains essential amino acids needed to help support muscle rebuilding after training or competition. With 20 grams of protein and 270 calories, the Recover Protein Shake should be consumed within an hour after exercise to maximum muscle benefit.

### Recover Whey Protein Bar

The Recover Protein Bar offers 20 grams of high quality milkbased proteins, including whey protein, to stimulate muscle recovery. The Recover Protein Bar provides the ideal amount of protein to assist with rebuilding muscles after an intense workout and is a convenient option for athletes to get the proteins they need within an hour after exercise.



### Recover Nutrition Shake

The Recover Nutrition Shake provides the proteins needed to recover your muscles after a workout with additional nutrients. The Nutrition Shake should be consumed by athletes that are looking to bulk up as it has about 100 more calories than the Recover Protein Shake. Similar to the Recover Protein Shake, the Nutrition Shake offers 20g of protein and should be consumed within an hour after exercise for maximizing muscle recovery.

### Recover Whey Protein Powder

The Recover Protein Powder contains 20g of high-quality protein, including high quality whey and milk protein, to provide essential amino acids your body can't produce on its own. It is stacked with 45g of carbs to replenish depleted energy stores. The calories sourced from the carbs and the protein provide the complete post-workout recovery.





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## #winfromwithin

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

# of Energy Chew Cases (16 units): \_\_\_\_\_ X \$23.10= \_\_\_\_\_

# of Fuel Bar Cases (12 units): \_\_\_\_\_ X \$19.25= \_\_\_\_\_

# of Protein Shake Cases (12 units): \_\_\_\_\_ X \$18.70= \_\_\_\_\_

# of Protein Bar Cases (12 units): \_\_\_\_\_ X \$20.90= \_\_\_\_\_

# of Nutrition Shakes Cases (24 units): \_\_\_\_\_ X \$46.20= \_\_\_\_\_

# of Protein Powder Packs: (24 servings) \_\_\_\_\_ X \$36.30= \_\_\_\_\_

# of Protein Powder Bulk: (51 servings): \_\_\_\_\_ X \$63.80= \_\_\_\_\_ (free blender bottle)

(Total Due) \_\_\_\_\_ (plus tax; free shipping for orders over \$100)

\_\_\_\_\_ Yes, I would like to purchase Prime Energy Chews for \$23.10 per case

\_\_ Strawberry \_\_ Cool Blue \_\_ Fruit Punch \_\_ Sour Green Apple

\_\_\_\_\_ Yes, I would like to purchase Prime Fuel Bars for \$19.25 per case

\_\_ Chocolate Chip \_\_ Oatmeal Raisin \_\_ Honey Oat \_\_ Peanut Butter Chocolate

\_\_\_\_\_ Yes, I would like to purchase Recover Protein Shakes for \$18.70 per case

\_\_ Chocolate \_\_ Vanilla \_\_ Cookies & Crème \_\_ Peanut Butter Chocolate

\_\_\_\_\_ Yes, I would like to purchase Recover Protein Bars for \$20.90 per case

\_\_ Chocolate Chip \_\_ Chocolate Caramel \_\_ Cookies & Crème \_\_ Vanilla Almond

\_\_ Mint Chocolate Crunch \_\_ Chocolate Pretzel \_\_ Peanut Butter Chocolate

\_\_\_\_\_ Yes, I would like to purchase Recover Nutrition Shakes for \$46.20 per case

\_\_ Strawberry \_\_ Chocolate \_\_ Vanilla

\_\_\_\_\_ Yes, I would like to purchase Recover Protein Powder Packs for \$36.30 per case

\_\_ Chocolate \_\_ Vanilla

\_\_\_\_\_ Yes, I would like to purchase Recover Protein Powder Canisters for \$63.80 per case

\_\_ Chocolate \_\_ Vanilla

Please return the form and payment to Peak Soccer Academy by Monday, June 5

Free Gatorade Towel or Gatorade Squeeze Bottle for orders over \$75