



CityGainers™ Recipes

City Express

Purple Rain #21

- 4 Scoops Gainer Protein
 - 1 Scoop Ice
- Raspberry Puree - (Select Size) Press 2 Go.

The Teeter #31

- 4 Scoops Gainer Protein
 - 1 Scoop Ice
- Premium Pina Colada - (Select Size) - Press 3 Go.

Sonic Boom #41

- 4 Scoop Gainer Protein
 - 1 Scoop Ice
- Tasty Tropical - (Select Size) - Press 4 Go.

The Scale Breaker #811

- 1 Scoop Peanut Butter
 - 4 Scoops Gainer
 - 1 Scoop Ice
- Magic Milk - (Select Size) - Press 8 Go.

Oreos-Over Manhattan #81

- 1 Squirt chocolate Syrup
 - 1 Scoop Chocolate Powder
 - 4 Oreo Cookies
 - 4 Scoops Gainer Protein
 - 1 Scoop Ice
- Magic Milk - (Select Size) - Press 8 Go.

Java the Hut #91

- 1 Squirt chocolate Syrup
 - 1 Scoop Chocolate Powder
 - 2 Scoops Mocha Powder
 - 4 Scoops Gainer Protein
 - 1 Scoop Ice
- Magic Milk - (Select Size) - Press 9 Go.



CityBurners™ Recipes

City Express

Urban-Orange #12

- 1 Scoop Burner Protein
 - 1 Scoop Ice
- Orange Puree - (Select Size) - Press 1 Go.

Slender-U #22

- 1 Scoop Burner Protein
 - 1 Scoop Ice
- Raspberry Puree - (Select Size) Press 2 Go.

Coconut Grove #32

- 1 oz coconut syrup
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Premium Pina Colada - (Select Size) - Press 3 Go.

Hawan Five-Oh! #42

- 1 Scoop Burner Protein
 - 1 Scoop Ice
- Tasty Tropical - (Select Size) - Press 4 Go.

Strawberry Fields #52

- 1 Scoop Burner Protein
 - 1 Scoop Ice
- Strawberry Puree - (Select Size) - Press 5 Go.

Route 66 #72

- 1 Scoop Burner Protein
 - 1 Scoop Ice
- Berry Puree - (Select Size) - Press 7 Go.

Get Your Peanuts Here! #82

- 1 Scoop Burner Protein
 - 1 Scoops Peanut Butter
 - 1 Scoop Chocolate Powder
 - 1 Scoop Ice
- Magic Milk - (Select Size) - Press 8 Go.

Rush Hour Mocha #92

- 1 Squirt chocolate Syrup
 - 2 Scoops Mocha Powder
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Magic Milk - (Select Size) - Press 9 Go.



CityBuilders™ Recipes

City Express

Orange You Beautiful! #10

- 1 oz Vanilla Syrup
 - 1 Scoop Vita Pack
 - 1 Scoop Builder Protein
 - 1 Scoop Ice
- Orange Puree - (Select Size) - Press 1 Go.

The City Slicker #20

- 1 Scoop Builder Protein
 - 1 Scoop Ice
- Raspberry Puree - (Select Size) Press 2 Go.

Park Avenue #30

- 1 Scoop Builder Protein
 - 1 Scoop Vita Pack
 - 1 Scoop Ice
- Premium Pina Colada - (Select Size) - Press 3 Go.

Hurricane Chaser #40

- 1 Scoop Builder Protein
 - 1 Scoop Ice
- Tasty Tropical - (Select Size) - Press 4 Go.

Greased Lightning #70

- 1 Scoop Builder Protein
 - 1 Scoop Ice
- Berry Puree - (Select Size) - Press 7 Go.

Chocolate Factory #80

- 1 Scoop Builder Protein
 - 1 Scoop Chocolate Powder
 - 1 Squirt chocolate Syrup
 - 1 Scoop Ice
- Magic Milk - (Select Size) - Press 8 Go.

The Caffeinator #90

- 1 Scoop Builder Protein
 - 2 Scoop Mocha Powder
 - 1 Squirt chocolate Syrup
 - 1 Scoop Ice
 - 1 Scoop Ancient Ginseng
 - 1 Scoop Creatine
- Magic Milk - (Select Size) - Press 9 Go.



CityRX™ Recipes

City Express

Ouch! #100

- 1 Scoop Ginseng
 - 1 Scoop Vita Pack
 - 1 Scoop Builder Protein
 - 1 Scoop Wellness Pack
 - 1 Scoop Mellow Pack
 - 1 Scoop Ice
- Orange Puree - (Select Size) - Press 1 Go.

Hand Me a Hankie! #220

- 1 Scoop Wellness Pack
 - 1 Scoop Vita pack
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Raspberry Puree - (Select Size) Press 2 Go.

Mom's Always-Right #320

- 1 Scoop Burner Protein
 - 1 Scoop Green Pack
 - 1 Scoop Wellness Pack
 - 1 Scoop Ice
- Premium Pina Colada - (Select Size) - Press 3 Go.

The Flintstone #820

- 1 Scoop Wellness Pack
 - 6 Oreo Cookies
 - 1 Scoop Vita Pack
 - 1 Scoop Burner Protein
 - 1 Squirt Chocolate Syrup
 - 1 Scoop Ice
- Magic Milk - (Select Size) Press 8 Go.



CityLites™ Recipes

City Express

UrbanOrangeLite #312

- 4 oz water*
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Orange Puree - (Select Size) - Press 31 Go.

SlenderULite #322

- 4 oz water*
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Raspberry Puree - (Select Size) Press 32 Go.

Coconut GroveLite #332

- 4 oz water*
 - 1 oz coconut syrup
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Premium Pina Colada - (Select Size) - Press 33 Go.

StrawberryFieldsLite #352

- 4 oz water*
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Strawberry Puree - (Select Size) - Press 35 Go.

Route66Lite #372

- 4 oz water*
 - 1 Scoop Burner Protein
 - 1 Scoop Ice
- Berry Puree - (Select Size) - Press 37 Go.

Press the L button then 10 Go to blend for 18 more seconds
To run any pump press 90 and the pump number then GO
 (*Add water only If no water line is attached to the BD-8)
 For Questions Or Help Call 1-877-5-Blends Or Visit CityBlends.com

CE-RC-012903