

What is this place?

Welcome to the club! We are a Herbalife nutrition club for everyone. We provide healthy meal options to our community, free body composition testing, community events and you'll even get paired up with your very own personal wellness coach who can help you to work towards your health and nutrition goals!

Our shake bar here provides you the convenience of eating healthy on the go with the option of a full plan at home.

How do I order my healthy meal?

Step 1: Choose your flavor of **ENERGIZING TEA** which helps boost your metabolism, burn calories and keep you alert



Step 2: Choose your flavor of **SOOTHING ALOE** which helps with your digestion and nutrient absorption



Step 3: Choose your flavor of **HEALTHY MEAL REPLACEMENT SHAKE**

Shakes have on average 24g of protein, 21 vitamins and minerals, 15-18 g of carbs, 3g of fiber, 9g of sugar derived from fruit and 250 calories

Amaretto
Almond Biscotti
Almond Joy
Apple Cobbler *
Apple Crisp *
Apple Caramel *
Apple Jax *
Apple Pie *
Banana
Banana Caramel Pie
Banana Cinnamon
Banana's Foster
Banana Nut Bread
Banana Things Cheesecake
Banana Split
Blueberry
Blueberry Cheesecake
Blueberry Coffee Cake
Blueberry Lemon Pound Cake
Blueberry muffin
Brookie Cookie
Brownie Batter
Butterfinger
Captain Crunch
Captain Crunch Berry
Caramel Latte
Caramel Nut French Toast
Caramel Nut Latte
Carrot Cake
Chai Tea Latte
Chocolate Banana
Chocolate Chip Cookie
Chocolate Fudge
Chocolate Strawberry
Chocolate PB Cheesecake
Chocolate Pecan Pie
Chocolate Therapy
Chunky Monkey
Cinnamon Blueberry Pancake
Cinnamon Bun
Cinnamon Toast Crunch
Craisin Nut Bread
Coconut Cream Pie
Coffee

Coffee Cake
Coffee Oreo
Cookie Dough
Cookies 'n Cream
Craisin Nut Bread
Cranberry Citrus Crisps
Cranberry Orange Muffin
Dulce de Leche
Dolce & Gabanna
French Toast
French Toast Crunch
Funny Bone
German Chocolate Cake
Ginger Snap Cookie
Glazed Donut
Hazelnut Truffle
Kettle Corn
Kit Kat
Key Lime Pie
Lemonades
Lemon Poppyseed Muffin
Lemon Pound Cake
Maple Walnut
Merry Mint
Milky Way
Mint Chip
Mint Chocolate
Mint Oreo
Mocha Latte
Moose Trax
Mudslide
Neapolitan
Nature Valley Bar
No Bake Cookie
Nutter Butter
Orange Creamsicle
Orange Berry Blast
Orange Cranberry Muffin
Oatmeal Cookie
Oatmeal Craisin Cookie
Pay Day
Pralines n Cream
PB Cheesecake
PB Cookie

PB&J
PB Oreo
PB Patties
Pecan Pie
Peppermint Mocha
Pistachio
Pistachio Cannoli
Pina Colada
Pineapple Upside Down Cake
Reese's PB Cup
Rocky Road
Salted Caramel
Samoas
Shamrock Shake
Shortbread
S'mores
Snickerdoodle
Snickers
Strawberry
Strawberry Banana
Strawberry Shortcake
Strawberry Lemonade
Sugar Cookie
The Elvis
Thin Mint
Thanks A Lot
Tiramisu
Trix Cereal
Tropical Gangster
Turtle Cheesecake
Twix
Vanilla Bean
Wedding Cake
W. Choc. Cranberry Nut
Cookie
White Chocolate Raspberry
White Chocolate Reese's
Wild Berry
York Peppermint Patty

24g Perfect Membership
34g Protein Plus Membership
17g Lite Protein Membership

Check us out on the web!



www.EastSideNutritionNY.com

Order ahead!

Call (315)-532-4058 and place your order today! Pay for your order over the phone for expedited service. Curbside pickup is also available!

The new tradition is East Side Nutrition

Frequently Asked Questions

Why is it called a nutrition club? And what does it mean to have a membership?

We call the store a “nutrition club” and customers “members” simply to let you know that when you order a tea, aloe and shake you have full access to everything else that we have to offer including our wellness profile.

What is a wellness profile?

A wellness profile is something that we offer as a free service to you through our team of wellness coaches. This is a 1-on-1 appointment with your wellness coach that typically lasts about 20 minutes where we discuss your health goals, weigh and measure you, and create a customized fitness and nutrition plan to help you achieve your goals.

Why do you require my contact information?

This is because we are considered a private club, we keep all of our customers contact information on file. Rest assured your information will be kept confidential and will never be sold to a third party.

How do I get these products in my own home?

You can purchase all of the products featured here at the club through your wellness coach. Your bartender today will be able help connect you with a coach.

I have dietary restrictions; do you have options to meet my needs?

Absolutely! Be sure to inform your bartender of any dietary restrictions you may have before ordering. We provide gluten-free and dairy-free shakes for sensitive stomachs and can substitute these formulas in almost any flavor.

How much sugar is in the shakes?

Our shakes have about 9g of fructose sugar, a naturally occurring sugar that you would find in a piece of fruit. The shakes are considered to have a low glycemic index.



293 State Route 104 East
Oswego, New York

Beginner's Guide

to our Nutrition Club

Monday – Friday 5am – 7pm
Saturday 7am – 3pm
Sunday 9am – 2pm



EastSideNutritionNY