



FOX8 Morning Television Remote
March 27, 2013

Tropical Smoothies
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Teresa Cockerham- General Manager, Tropical Smoothie

Open doors for FOX8 at 6 a.m.

6:30 a.m. Live "tease" – (no one from Tropical Smoothies needed)

6:45 a.m. **Sunrise Sunset**

7.5 oz. water
2 oz. turbinado sugar
2 oz. strawberry
4 oz. mango
6 oz. orange juice
2 oz. pineapple

7:15 a.m. **Island Green Smoothie (new smoothie, 220 calories)**

7.5 oz. water
2 oz. turbinado sugar
4 oz. mango
4 oz. pineapple
1 half banana
1 oz. spinach leaves
.5 oz. kale

If time allows, make **Caribbean Carrot**

5 oz. water
2 oz. turbinado sugar
4 oz. mango
6 oz. goji
3 oz. orange juice
1 half banana
1 cup carrots

7:45 a.m. **Muscle Blaster Smoothie**

7.5 oz. water
2 oz. turbinado sugar
4 oz. strawberry
1 banana
2 oz. soy/whey protein

Lean Machine Smoothie

7.5 oz. water
2 oz. turbinado sugar
4 oz. strawberries
1 banana
Weight management supplement (available at GNC or other "health stores")
Energizer supplement (also available at GNC)

8:15 a.m. **Smoothie boosters**

- Need to show sample of each and explain a little about each supplement
- Energy
- Whey
- Soy protein
- Flax seed
- Stress defense

Peanut Paradise

7.5 oz. water
2 oz. turbinado sugar
6 oz. yogurt
1 banana
2 oz. peanut butter
2 oz. protein soy/whey protein

8:45 a.m.

Low cal sandwiches and wraps (two chicken tacos on 380 calories)

4 inch tortilla

1.5 oz. grilled chicken strip

.2 oz. chili lime sauce

3 finger pinch of romaine lettuce

2 tablespoons Caribbean salsa

Quartered lime wedge

- Plate food
- Talk about pairing the chicken tacos with a low-cal smoothie for a healthy, nutritious meal
- If time, make a smoothie that didn't get made earlier or a wrap