

APPLE-A-DAY

Choice of Liquid, Apples, Granola, Yogurt, Chai Spices
& Cinnamon with 20g Vanilla Whey Protein



APPLES

GRANOLA

YOGURT

CINNAMON

CHAI
SPICES

PROTEIN

HIGH IN
FIBER

PACKED WITH
PROTEIN



“APPLE-A-DAY”

- 3 OZ DR. SMOOTHIE RED APPLE PURÉE/WATER MIX
- 3 OZ CHOICE OF LIQUID
- 1 SCP APPLE CINNAMON GRANOLA
- ½ SCP CAFE ESSENTIALS CLASSIC CHAI
- ¼ SCP POWDERED YOGURT
(OR CAFE ESSENTIALS VANILLA CREAM)
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE

Nutrition Facts

servings per container	
Serving size	20 fl. oz. (591 ml) (422g)
Amount per serving	
Calories	460
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 170mg	7%
Total Carbohydrate 75g	27%
Dietary Fiber 2g	7%
Total Sugars 50g	
Includes 13g Added Sugars	26%
Protein 30g	
Vitamin D 1mcg	6%
Calcium 352mg	25%
Iron 2mg	10%
Potassium 641mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.