

GREEN MACHINE

Tropical Pineapple, Sweet Coconut, Vanilla Yogurt,
Fiber-Rich Banana & a ton of Phytonutrients from 'Get Greens'
blended with 20g Vanilla Whey Protein



PINEAPPLE
YOGURT

RICH IN
VITAMIN C

BANANA

GET GREENS

PROTEIN

COCONUT



HELPS
APPETITE

“GREEN MACHINE”

6 OZ DR. SMOOTHIE PINEAPPLE PARADISE
PUREE/WATER MIX

4 FREEZE DRIED BANANA PIECES

1/4 SCP YOGURT LOVER’S CHOICE (OPTIONAL)

1 SCP GET GREENS

1 SCP VANILLA WHEY PROTEIN

12 OZ ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 330		Calories from Fat 15	
		% Daily Value*	
Total Fat	1.5g		2%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	15mg		1%
Total Carbohydrate	60g		20%
Dietary Fiber	2g		8%
Sugars	49g		
Protein 21g			
Vitamin A 2%		Vitamin C 15%	
Calcium 2%		Iron 0%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			