

FRUITS & VEGGIES

Butternut Squash, Mangoes, Strawberries, Kale, Spinach, Beets, Celery, Parsley, Lettuce & Watercress blended with 20g Vanilla Whey Protein

EXCELLENT SOURCE OF
VITAMIN C

BUTTERNUT SQUASH

MANGOES

KALE & SPINACH

LETTUCE & WATERCRESS

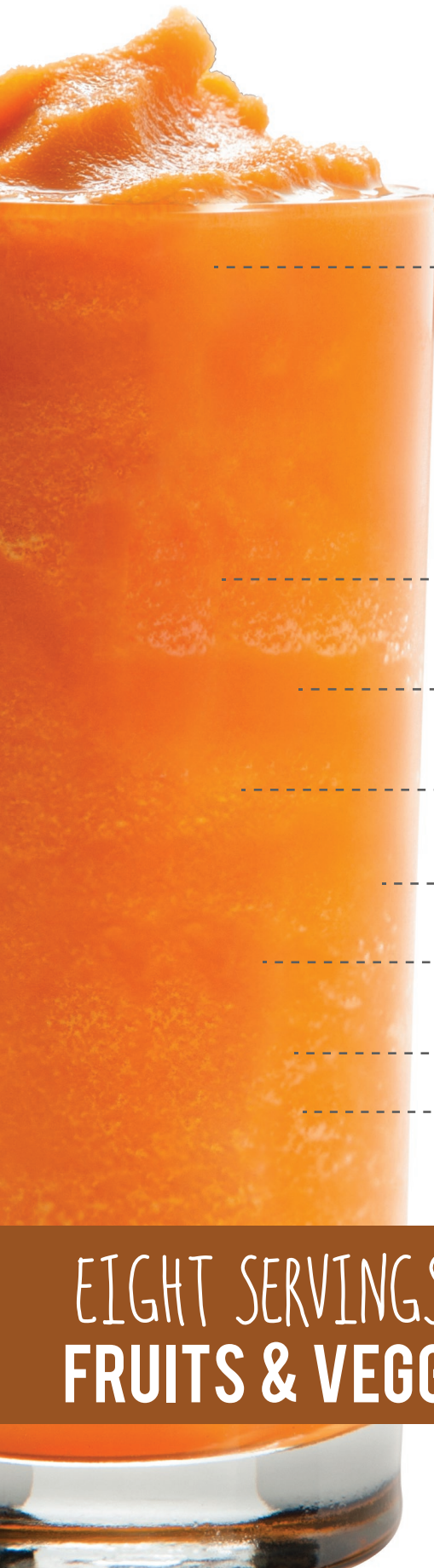
CELERY & PARSLEY

STRAWBERRIES

PROTEIN

BEETS

EIGHT SERVINGS OF
FRUITS & VEGGIES



“FRUITS & VEGGIES”

6 OZ	DR. SMOOTHIE BUTTERNUT SQUASH & MANGO PUREE
1/2 SCP	FREEZE DRIED KALE
1 SCP	GET GREENS
1 SCP	VANILLA WHEY PROTEIN
ICE	ICE
3-4	STRAWBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 20 fl. oz. (591ml)			
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 35mg			1%
Total Carbohydrate 58g			19%
Dietary Fiber 2g			8%
Sugars 47g			
Protein 22g			
Vitamin A 100% • Vitamin C 100%			
Calcium 6% • Iron 6%			
*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			