

# PUMPKIN PIE

The healthiest pumpkin pie in a cup!

HIGH IN  
ZINC

MILK

GINGER

PUMPKIN

CINNAMON

PROTEIN

RICH IN  
POTASSIUM



# “PUMPKIN PIE”

4 OZ	CHOICE OF MILK
1½ SCPS	CHAI TEA
⅓ CUP	CANNED PUMPKIN
1 SCP	GET ESSENTIALS
½ TSP	CINNAMON (OPTIONAL)
1½ SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 490		Calories from Fat 70	
		% Daily Value*	
Total Fat 7g		11%	
Saturated Fat 5g		25%	
Trans Fat 0g			
Cholesterol 5mg		2%	
Sodium 330mg		14%	
Total Carbohydrate 70g		23%	
Dietary Fiber 2g		8%	
Sugars 47g			
Protein 38g			
Vitamin A 190%		• Vitamin C 6%	
Calcium 25%		• Iron 4%	
*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			