

BREAKFAST OF CHAMPIONS

Your choice of Milk with Fiber-Rich Banana, Apple Cinnamon Granola, Flax Seed Oil, Your Choice of Nut Butter & Raisins blended with 20g Vanilla Whey Protein

FIBER RICH

MILK

APPLE CINNAMON GRANOLA

FLAX SEED OIL

PEANUT OR ALMOND

BUTTER

RAISINS

BANANA

PROTEIN



GOOD SOURCE OF
HEALTHY FATS

“BREAKFAST OF CHAMPIONS”

6 OZ SKIM OR SOY MILK
1 SCP APPLE CINNAMON GRANOLA
1 TSP FLAX SEED OIL
1 TBSP PEANUT OR ALMOND BUTTER
1 SCP RAISINS
12 FREEZE-DRIED BANANA PIECES
(OR 1 WHOLE FRESH)
1 SCP VANILLA WHEY PROTEIN
12 OZ ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 530		Calories from Fat 140	
% Daily Value*			
Total Fat 15g			23%
Saturated Fat 1.5g			8%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 95mg			4%
Total Carbohydrate 69g			23%
Dietary Fiber 6g			24%
Sugars 37g			
Protein 34g			
Vitamin A 8%	•	Vitamin C 6%	
Calcium 30%	•	Iron 15%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>			
	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
<small>Calories per gram:</small>			
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>			