

EVIL LBs

Your choice of Milk, Nutrient-Dense Sweet Potato, Kale, Apple Cinnamon Granola & 'Get Flexible' blended with 20g Vanilla Whey Protein

LOW IN
SUGAR

MILK

SWEET POTATO

KALE

**APPLE CINNAMON
GRANOLA**

GET FLEXIBLE

PROTEIN

GREAT SOURCE OF
VITAMIN A



"EVIL LBs"

6 OZ	VANILLA UNSWEETENED ALMOND MILK
1 SCP	SWEET POTATO
1 SCP	KALE
1 SCP	APPLE CINNAMON GRANOLA
1 SCP	VANILLA WHEY PROTEIN
1 SCP	GET FLEXIBLE
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl oz. (591ml) (250g)			
Servings Per Container			
Amount Per Serving			
Calories 340		Calories from Fat 50	
		% Daily Value*	
Total Fat 5g		8%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 180mg		8%	
Total Carbohydrate 49g		16%	
Dietary Fiber 4g		16%	
Sugars 8g			
Protein 25g			
Vitamin A 80% • Vitamin C 45%			
Calcium 20% • Iron 10%			
*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			