

# NO GUILT LEMON MERINGUE

A Tasty, Dessert-Like Blend of your choice of Milk, Potassium-Rich Banana, Vanilla Yogurt, Lemon, Flax Seed Oil, 'Get Regular' & 30g Vanilla Whey Protein



MILK

BOOST  
ENERGY

BANANA

VANILLA YOGURT

LEMON

PROTEIN

FLAX SEED OIL

GET REGULAR

EXCELLENT SOURCE OF  
VITAMIN C



# “NO GUILT LEMON MERINGUE”

**6 OZ** CHOICE OF MILK  
**4** FREEZE DRIED BANANA PIECES  
 (OR 3" FRESH BANANA)  
**1 SCP** GET REGULAR/FIBER BLEND  
**1 TSP** FLAX SEED OIL  
**½ SCP** YOGURT LOVERS CHOICE  
**¼ TSP** LEMON EXTRACT  
**¼ TSP** FREEZE DRIED LEMON  
**1 ½ SCPS** VANILLA WHEY PROTEIN  
**12 OZ** ICE

## Nutrition Facts

Serving Size 20 fl. oz. (591 ml)  
 Servings Per Container

Amount Per Serving

**Calories** 400      **Calories from Fat** 60

**% Daily Value\***

**Total Fat** 7g      **11%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 5mg      **2%**

**Sodium** 170mg      **7%**

**Total Carbohydrate** 47g      **16%**

Dietary Fiber 4g      **16%**

Sugars 23g

**Protein** 37g

Vitamin A 8%      • Vitamin C 8%

Calcium 25%      • Iron 2%

\*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