

# VANILLA BERRY PARFAIT

Vanilla Yogurt, Antioxidant-Rich Raspberries, Strawberries, Blueberries, Blackberries & Granola blended with 30g Vanilla Whey Protein

VANILLA YOGURT

RASPBERRIES

BLUEBERRIES

STRAWBERRIES

GRANOLA

PROTEIN

RICH SOURCE OF  
**OMEGA-3**

BLACKBERRIES

PACKED WITH  
**PROTEIN**



# “VANILLA BERRY PARFAIT”

6 OZ	DR. SMOOTHIE FOUR BERRY PURÉE/WATER MIX
½ SCP	YOGURT LOVERS CHOICE (OPTIONAL)
1 SCP	GRANOLA
1½ SCPS	VANILLA WHEY PROTEIN
12 OZ	ICE
1 SCP	BLUEBERRIES (PULSE IN THE END)

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 550		Calories from Fat 30	
		% Daily Value*	
Total Fat	3.5g		5%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	96g		32%
Dietary Fiber	6g		24%
Sugars	62g		
Protein	35g		
Vitamin A 2% • Vitamin C 30%			
Calcium 8% • 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			