

# KALE SALAD

Your choice of milk, blended with Kale, Strawberries, Lemon, Honey, Almond Butter, 'Get Energized' & 20g Vanilla Whey Protein

**MILK** -----

**KALE** -----

GOOD SOURCE OF  
**HEALTHY FATS**

**STRAWBERRIES** -----

**ALMOND BUTTER** -----

**GET ENERGIZED** -----

**HONEY** -----

**PROTEIN** -----

**LEMON** -----

**BOOST YOUR  
IMMUNE SYSTEM**



# "KALE SALAD"

6 OZ	VANILLA UNSWEETENED ALMOND MILK
1 SCP	VANILLA WHEY PROTEIN
1 SCP	KALE
1 SCP	FREEZE-DRIED LEMON
1/2 SCP	ALMOND BUTTER
1 SCP	STRAWBERRIES
1/4 TSP	ORGANIC LEMON EXTRACT
1/2 TSP	HONEY
1 SCP	GET ENERGIZED
12 OZ	ICE

## Nutrition Facts

Serving Size 20 fl. oz. (591 ml)

Servings Per Container

Amount Per Serving

**Calories** 250    **Calories from Fat** 70

% Daily Value\*

**Total Fat** 8g    **12%**

Saturated Fat 0g    **0%**

Trans Fat 0g

**Cholesterol** 0mg    **0%**

**Sodium** 150mg    **6%**

**Total Carbohydrate** 21g    **7%**

Dietary Fiber 3g    **12%**

Sugars 11g

**Protein** 23g

Vitamin A 40%    •    Vitamin C 80%

Calcium 20%    •    Iron 6%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		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