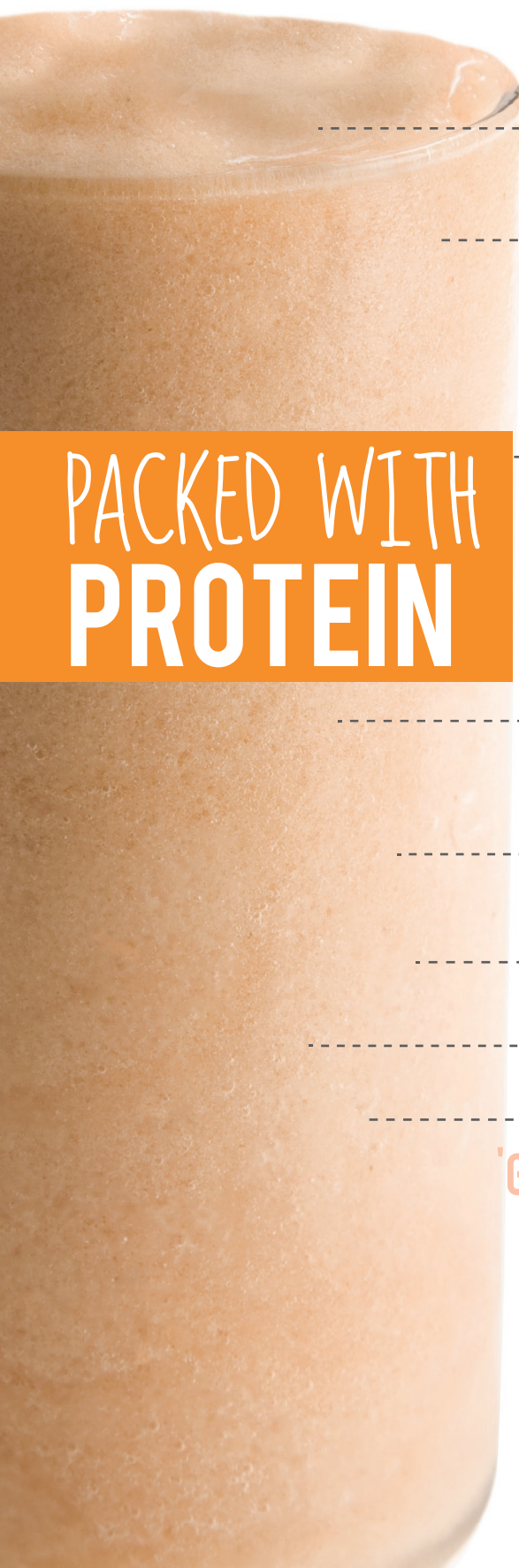


# A GREAT START

Start your Day with your choice of Milk, Apple Cinnamon Granola, Blueberries, Strawberries, Honey, Banana, 'Get Regular' & 20g Vanilla Whey Protein



PACKED WITH  
**PROTEIN**

APPLES

GRANOLA

BANANA

BLUEBERRIES  
& STRAWBERRIES

MILK

HONEY

PROTEIN

'GET REGULAR'



HIGH IN  
**FIBER**

# “A GREAT START”

6 OZ	CHOICE OF MILK
6	FREEZE DRIED BANANA PIECES
1 TBSP	HONEY
1 SCP	GET REGULAR/FIBER BLEND
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE
1 SCP	BLUEBERRIES (PULSE IN THE END)
3-4	STRAWBERRIES (PULSE IN THE END)

<b>Nutrition Facts</b>			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
<b>Amount Per Serving</b>			
<b>Calories 450</b>		Calories from Fat 30	
<b>% Daily Value*</b>			
<b>Total Fat</b> 3g			<b>5%</b>
Saturated Fat	0g		<b>0%</b>
Trans Fat	0g		
<b>Cholesterol</b> 5mg			<b>2%</b>
<b>Sodium</b> 95mg			<b>4%</b>
<b>Total Carbohydrate</b> 82g			<b>27%</b>
Dietary Fiber	7g		<b>28%</b>
Sugars	45g		
<b>Protein</b> 30g			
Vitamin A 8%		Vitamin C 50%	
Calcium 25%		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