

AM SPECIAL

A Perfect Morning mix of Water, Natural Peanut Butter, Fiber-Rich Oatmeal & Banana blended with 30g Chocolate Whey Protein

PACKED WITH
PROTEIN

PEANUT BUTTER

OATMEAL

WATER

HIGH IN
FIBER

BANANA

PROTEIN



“AM SPECIAL”

6 OZ	WATER
10	FREEZE DRIED BANANA PIECES
2 TBSPS	NATURAL PEANUT BUTTER OR PB-LITE
1 SCP	OATMEAL
1 1/2 SCPS	CHOCOLATE WHEY PROTEIN
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 420		Calories from Fat 60	
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	10mg		0%
Total Carbohydrate	52g		17%
Dietary Fiber	8g		32%
Sugars	12g		
Protein	46g		
Vitamin A 2%		Vitamin C 10%	
Calcium 4%		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:			
	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			