

HEALTHY HOLIDAY NOG

Choice of Liquid, Yogurt, Cinnamon & Chai Spices
with 20g Vanilla Whey Protein



YOGURT

HELPS REDUCE
INFLAMMATION

CHAI
SPICES

CINNAMON

PROTEIN

GREAT SOURCE OF
PROTEIN



SHAKE OF THE MONTH

“HEALTHY HOLIDAY NOG”

6 OZ	CHOICE OF LIQUID *
1 SCP	CAFE ESSENTIALS CLASSIC CHAI
½ SCP	POWDERED YOGURT
1 SCP	VANILLA WHEY PROTEIN
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (404g)
Amount per serving	
Calories	350
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 350mg	15%
Total Carbohydrate 45g	16%
Dietary Fiber 1g	4%
Total Sugars 34g	
Includes 24g Added Sugars	48%
Protein 28g	
Vitamin D 2mcg	10%
Calcium 489mg	40%
Iron 1mg	6%
Potassium 672mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

*NUTRITION PANEL REFLECTS USE OF
UNSWEETENED VANILLA ALMOND MILK