

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"HARVEST BERRY SQUARED"



ALMOND MILK SWEET POTATO

CRANBERRIES CHERRIES
CINNAMON

SQUARE MEALS

SUPPORTS
HEALTHY
VISION

MANAGES
WEIGHT

NOVEMBER 2019

"HARVEST BERRY SQWARED"

3 OZ	UNSWEETENED VANILLA ALMOND MILK
3 OZ	DR. SMOOTHIE CHERRY CRANBERRY PURÉE/WATER MIX
1 SCP	DRIED SWEET POTATO
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQWARE MEALS - WHEY BASED
1 TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (392g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 135mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber 5g	18%
Total Sugars 27g	
Includes 2g Added Sugars	4%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 445mg	35%
Iron 1mg	6%
Potassium 496mg	10%

*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.