

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"CARROT CAKE SQUARED"



CARROTS **GINGER**
VANILLA **YOGURT**
PROTEIN

SQUARE MEALS

CINNAMON OATS

ANTI-INFLAMMATORY
PROPERTIES

IMPROVES
NUTRIENT
ABSORPTION

DECEMBER 2019

"CARROT CAKE SQWARED"

3 OZ	UNSWEETENED VANILLA ALMOND MILK
3 OZ	DR. SMOOTHIE CARROT GINGER PURÉE/WATER MIX
½ SCP	ROLLED OATS
½ SCP	POWDERED YOGURT
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQUARE MEALS - WHEY BASED
1 TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (403g)
Amount per serving	
Calories	380
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 50mg	17%
Sodium 220mg	10%
Total Carbohydrate 56g	20%
Dietary Fiber 5g	18%
Total Sugars 31g	
Includes 1g Added Sugars	2%
Protein 29g	
Vitamin D 1mcg	6%
Calcium 584mg	45%
Iron 1mg	6%
Potassium 531mg	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.