

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"FRESH BERRY SQUARED"



LEMONS **SPINACH**
COCONUT
SQUARE MEALS
STRAWBERRIES
VANILLA PROTEIN

PACKED WITH
FIBER

MANAGES
HEALTHY
WEIGHT

JANUARY 2020

"FRESH BERRY SQWARED"

3 OZ	DR. SMOOTHIE LEMONADE PURÉE/WATER MIX*
3 OZ	WATER
½ SCP	FREEZE-DRIED SPINACH
1 SCP	FREEZE-DRIED STRAWBERRIES
1 TSP	DRIED, SHREDDED COCONUT
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQUARE MEALS - WHEY BASED
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (381g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 3.5g	18%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 85mg	4%
Total Carbohydrate 36g	13%
Dietary Fiber 4g	14%
Total Sugars 22g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 372mg	30%
Iron 1mg	6%
Potassium 253mg	6%
<small>*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.</small>	

***NUTRITION PANEL REFLECTS USE OF
A 1:1 PUREE/WATER RATIO**