

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SALTED CARAMEL COCOA"



**ALMOND** MILK

SALTED CARAMEL

SSWARE MEALS

CACAO

VANILLA **WHEY**  
PROTEIN



IMPROVES  
NUTRIENT  
ABSORPTION

NATURAL SOURCE OF  
ANTIOXIDANTS

APRIL 2019

# "SALTED CARAMEL COCOA"

6 OZ	UNSWEETENED CHOCOLATE ALMOND MILK
2 TBSPS	GROUND CACAO POWDER
½ SCP	CAFE ESSENTIALS SALTED CARAMEL LATTE
½ SCP	VANILLA WHEY PROTEIN
1 SCP	CHOCOLATE SQUARE MEALS — WHEY BASED
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** 11g **14%**

Saturated Fat 6g **30%**

*Trans* Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 33g **12%**

Dietary Fiber 6g **21%**

Total Sugars 13g

Includes 10g Added Sugars **20%**

**Protein** 25g

Vitamin D 2mcg 10%

Calcium 442mg 35%

Iron 3mg 15%

Potassium 381mg 8%

\*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.