

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUARE MEALS PB BANANA BERRY"



INCREASES
ENERGY

ALMOND MILK

SQUARE MEALS

BANANA PB LITE

RASPBERRIES

VANILLA WHEY

PROTEIN

NO CHOLESTEROL
NO SATURATED FAT
NO TRANS FATS



MAY 2019

"SQUARE MEALS PB BANANA BERRY"

6 OZ UNSWEETENED VANILLA ALMOND MILK
4 FREEZE-DRIED BANANA PIECES
1 SCP FREEZE-DRIED RASPBERRIES
1 SCP PB LITE
1 SCP VANILLA SQUARE MEALS – WHEY BASED
1/2 SCP VANILLA WHEY PROTEIN
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (383g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 423mg	35%
Iron 1mg	6%
Potassium 460mg	10%
<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>	