

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"BLUEBERRY-LEMON SQUARE"



BLUEBERRIES

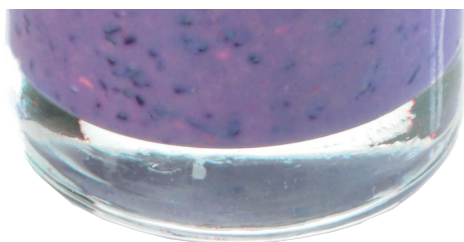
SQUARE MEALS

COCONUT  
WATER

LEMON

HONEY

CHIA  
SEEDS



LOADED WITH  
ANTIOXIDANTS

GREAT SOURCE OF  
PROTEIN

JULY 2019

# "BLUEBERRY-LEMON SQUIRE"

6 OZ

2 SCPS

1/4 TSP

1 TSP

1 SCP

1 TSP

1/4 TSP

12 OZ

COCONUT WATER

FREEZE-DRIED BLUEBERRIES

FREEZE-DRIED LEMON

CHIA SEEDS

VANILLA SQUIRE MEALS- WHEY BASED

HONEY

LEMON EXTRACT

ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (384g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 100mg	4%
Total Carbohydrate 39g	14%
Dietary Fiber 6g	21%
Total Sugars 22g	
Includes 5g Added Sugars	10%
Protein 11g	
Vitamin D 0mcg	0%
Calcium 319mg	25%
Iron 1mg	6%
Potassium 432mg	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.	