

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SPICED COCOA SQUARED"



HONEY CACAO
ALMOND MILK

SQWARE MEALS

CINNAMON CHIA



FULL OF
ANTIOXIDANTS

IMPROVES
NUTRIENT
ABSORPTION

FEBRUARY 2020

"SPICED COCOA SQWARED"

6 OZ	UNSWEETENED CHOCOLATE
	ALMOND MILK
1 TSP	CHIA SEEDS
2 TBSPS	GROUND CACAO POWDER
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQWARE MEALS - WHEY BASED
2 TSPS	HONEY
1 TSP	CINNAMON
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (396g)
Amount per serving	
Calories	320
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 200mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 11g Added Sugars	22%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 548mg	40%
Iron 3mg	15%
Potassium 301mg	6%
*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.	