

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"PB & JAM LITE"



**RASPBERRIES**

STRAWBERRIES

GET ESSENTIALS

HONEY ALMOND MILK

**PB LITE**

VANILLA PROTEIN



GREAT SOURCE OF  
**ANTIOXIDANTS**

ESSENTIAL  
**VITAMINS &  
NUTRIENTS**  
FOR A HEALTHY  
**IMMUNE SYSTEM**

**JUNE 2020**

# "PB & JAM LITE"

6 OZ UNSWEETENED VANILLA ALMOND MILK  
1 SCP FREEZE-DRIED RASPBERRIES  
1 SCP FREEZE-DRIED STRAWBERRIES  
1 SCP PB LITE  
1 SCP VANILLA WHEY PROTEIN  
1 SCP GET ESSENTIALS  
2 TSPS HONEY  
12 OZ ICE

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> <b>(386g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>260</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 29g	<b>11%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 16g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 27g	
Vitamin D 2mcg	10%
Calcium 315mg	25%
Iron 1mg	6%
Potassium 404mg	8%
<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>	