

# THE RESOLUTION

Crushed Pineapple, Potassium-Rich Banana, Spinach  
& Lemon Extract, 'Get Lean' blended with 20g Vanilla Whey Protein

GREAT SOURCE OF  
**VITAMIN C**

**PINEAPPLE**  
**SPINACH**  
**LEMON**

**GET LEAN**

RICH IN  
**POTASSIUM**

**SHAKE OF THE MONTH**

# “THE RESOLUTION”

- 6 OZ DR. SMOOTHIE PINEAPPLE
- PARADISE PURÉE/WATER MIX
- 4 FREEZE-DRIED BANANA PIECES  
(OR 3" FRESH BANANA)
- 2 SCPS FREEZE-DRIED SPINACH
- 1 SCP VANILLA WHEY PROTEIN
- 1 SCP GET LEAN
- ¼ TSP LEMON EXTRACT
- 12 OZ ICE

## Nutrition Facts

20 Fluid Ounces (591 ml) servings  
per container

**Serving size** (343g)

Amount per serving

**Calories** 410

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 0.5g 3%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 50mg 2%

**Total Carbohydrate** 63g 23%

Dietary Fiber 3g 11%

Total Sugars 53g

Includes 0g Added Sugars 0%

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 88mg 6%

Iron 2mg 10%

Potassium 590mg 15%

\*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.