

RED VELVET CUPCAKE

Vanilla Unsweetened Almond Milk, Vanilla Yogurt, Chocolate, Beets, & Vanilla with 20g Chocolate Whey Protein

GREAT SOURCE OF
FIBER

MILK

VANILLA
YOGURT

BEETS

DARK
CHOCOLATE

PROTEIN

RICH IN
POTASSIUM

SHAKE OF THE MONTH



“RED VELVET CUPCAKE”

6 OZ	UNSWEETENED VANILLA ALMOND MILK
2 TSP	DRIED BEETS
½ SCP	POWDERED YOGURT
½ SCP	CHOCOHOLIC’S CHOICE
1 SCP	CHOCOLATE WHEY PROTEIN
¼ TSP	VANILLA EXTRACT
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (391g)
Amount per serving	
Calories	300
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 350mg	15%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 28g	
Vitamin D 2mcg	10%
Calcium 330mg	25%
Iron 2mg	10%
Potassium 684mg	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.	