

PB & JAM

Unsweetened Almond Milk, Strawberries, Rolled Oats
& Peanut Butter with 20g Vanilla Whey Protein

FIBER RICH

STRAWBERRIES

ALMOND
MILK

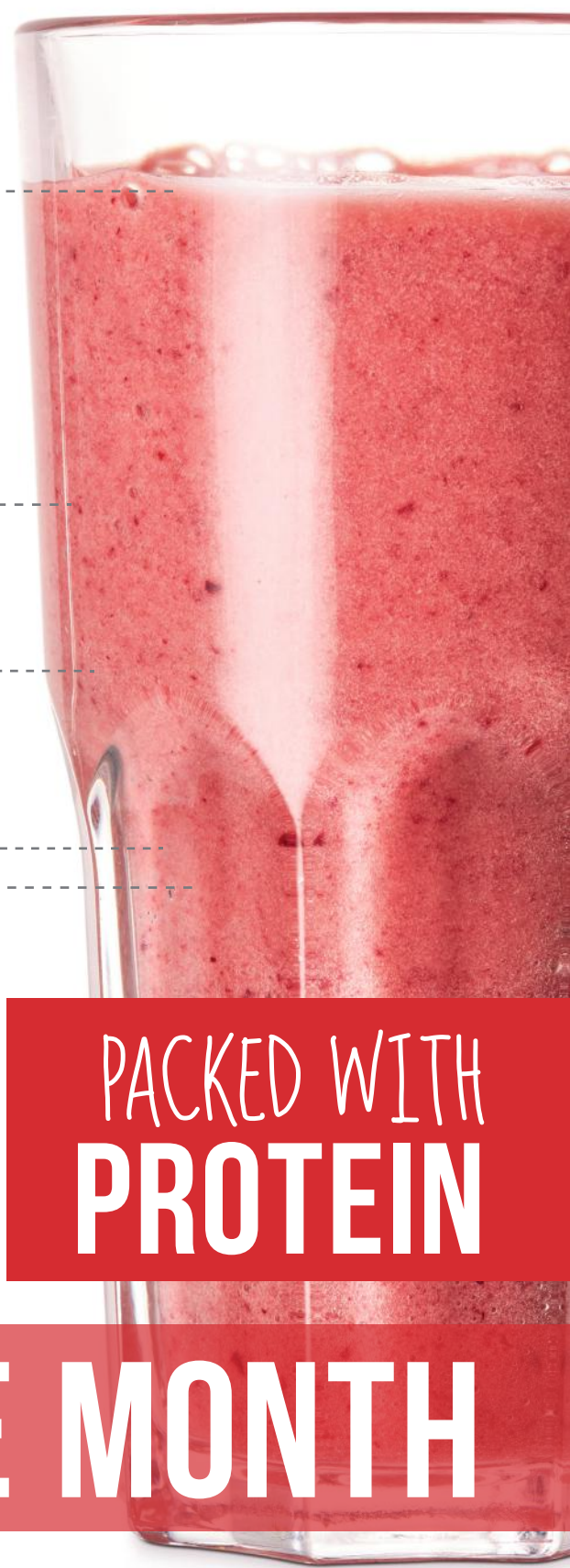
ROLLED OATS

**PEANUT
BUTTER**

PROTEIN

PACKED WITH
PROTEIN

SHAKE OF THE MONTH



“PB & JAM”

3 OZ	DR. SMOOTHIE STRAWBERRY PURÉE/WATER MIX*
3 OZ	UNSWEETENED VANILLA ALMOND MILK
2 SCPS	FREEZE-DRIED STRAWBERRIES
1 SCP	PEANUT BUTTER
1 SCP	ROLLED OATS
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(421g)

Amount per serving

Calories **510**

% Daily Value*

Total Fat 20g **26%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 55mg **18%**

Sodium 130mg **6%**

Total Carbohydrate 52g **19%**

Dietary Fiber 7g **25%**

Total Sugars 25g

Includes 0g Added Sugars **0%**

Protein 32g

Vitamin D 1mcg **6%**

Calcium 278mg **20%**

Iron 1mg **6%**

Potassium 419mg **8%**

*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.

*NUTRITION PANEL REFLECTS USE OF
A 1:1 PUREE/WATER RATIO