

THE RESOLUTION

Pineapple, Coconut, Banana, Spinach, Lemon
& 'Get Lean' with 20g Vanilla Whey Protein

GREAT SOURCE OF
VITAMIN C

BANANA

PINEAPPLE

SPINACH

LEMON

PROTEIN

GET LEAN

RICH IN
POTASSIUM

SHAKE OF THE MONTH

“THE RESOLUTION”

- 6 OZ DR. SMOOTHIE PINEAPPLE BLEND PURÉE/WATER MIX*
- 4 FREEZE-DRIED BANANA PIECES (OR 2" 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	
servings per container	
Serving size	20 fl. oz. (591 ml) (390g)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 125mg	5%
Total Carbohydrate 55g	20%
Dietary Fiber 5g	18%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 910mg	20%
<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>	

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