

NO GUILT LEMON MERINGUE

Choice of Liquid, Yogurt, Lemon,
Banana, Flax Seed Oil & 'Get Regular'
with 30g Vanilla Whey Protein

BOOSTS
ENERGY

YOGURT

BANANA

LEMON

PROTEIN

FLAX SEED OIL

GET REGULAR

PACKED WITH
PROTEIN



“NO GUILT LEMON MERINGUE”

| | |
|---------|--|
| 6 OZ | CHOICE OF LIQUID |
| 4 | FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA) |
| ¼ TSP | FREEZE-DRIED LEMON |
| ½ SCP | POWDERED YOGURT |
| 1½ SCPS | VANILLA WHEY PROTEIN |
| 1 SCP | GET REGULAR |
| 1 TSP | FLAX SEED OIL |
| ¼ TSP | LEMON EXTRACT |
| 12 OZ | ICE |

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(398g)

Amount per serving
Calories 350

% Daily Value*

| | |
|-------------------------------|------------|
| Total Fat 10g | 13% |
| Saturated Fat 2g | 10% |
| Trans Fat 0g | |
| Cholesterol 90mg | 30% |
| Sodium 310mg | 13% |
| Total Carbohydrate 24g | 9% |
| Dietary Fiber 3g | 11% |
| Total Sugars 9g | |
| Includes 0g Added Sugars | 0% |
| Protein 37g | |
| Vitamin D 2mcg | 10% |
| Calcium 518mg | 40% |
| Iron 0mg | 0% |
| Potassium 639mg | 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.