

ISLAND IMPACT

Coconut Water, Pineapple, Mango
& Coconut with Vanilla Whey Protein



SHAKE OF THE MONTH

"ISLAND IMPACT"

20oz. RECIPE

6 OZ	COCONUT WATER
2 SCPS	FREEZE-DRIED PINEAPPLE
1 SCP	FREEZE-DRIED MANGO
1 TSP	DRIED, SHREDDED COCONUT
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml)
	(379g)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 70mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 1g	4%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 21g	
Vitamin D 0mcg	0%
Calcium 158mg	10%
Iron 2mg	10%
Potassium 374mg	8%
<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>	

12oz. RECIPE

4 OZ	COCONUT WATER
1 SCP	FREEZE-DRIED PINEAPPLE
1/2 SCP	FREEZE-DRIED MANGO
1 TSP	DRIED, SHREDDED COCONUT
1 SCP	VANILLA WHEY PROTEIN
7 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	12 fl. oz. (354 ml)
	(247g)
Amount per serving	
Calories	170
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 152mg	10%
Iron 1mg	6%
Potassium 354mg	8%
<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>	