

SHAKE OF THE MONTH



The Resolution

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

The Resolution

20oz. RECIPE

6 oz	Pineapple Purée/Water Mix*
4 lg coins or 1 scp	Freeze-Dried Banana (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)
Amount per serving	
Calories	340
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 120mg	5%
Total Carbohydrate 54g	20%
Dietary Fiber 5g	18%
Total Sugars 40g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 958mg	20%
*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.	

12oz. RECIPE

4 oz	Pineapple Purée/Water Mix*
3 lg coins or ¾ scp	Freeze-Dried Banana (or 1½" Fresh Banana)
1 scp	Freeze-Dried Spinach
½ scp	Vanilla Whey Protein
1 scp	Get Lean
¼ tsp	Lemon Extract
7 oz	Ice

Nutrition Facts

servings per container	
Serving size	12 fl. oz. (354 ml)
Amount per serving	
Calories	210
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 60mg	3%
Total Carbohydrate 37g	13%
Dietary Fiber 3g	11%
Total Sugars 27g	
Includes 0g Added Sugars	0%
Protein 12g	
Vitamin D 0mcg	0%
Calcium 132mg	10%
Iron 1mg	6%
Potassium 570mg	10%
*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 Purée/Water Ratio