

# APPLE-A-DAY

Choice of Liquid, Apples, Granola, Yogurt, Chai Spices  
& Cinnamon with 20g Vanilla Whey Protein



APPLES

GRANOLA

YOGURT

CINNAMON

CHAI  
SPICES

PROTEIN

HIGH IN  
**FIBER**

PACKED WITH  
**PROTEIN**



# “APPLE-A-DAY”

3 OZ	DR. SMOOTHIE RED APPLE PURÉE/WATER MIX
3 OZ	CHOICE OF LIQUID
1 SCP	APPLE CINNAMON GRANOLA
½ SCP	CAFE ESSENTIALS CLASSIC CHAI
¼ SCP	POWDERED YOGURT (OR CAFE ESSENTIALS VANILLA CREAM)
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

## Nutrition Facts

servings per container

**Serving size** 20 fl. oz. (591 ml)  
(422g)

Amount per serving

**Calories** **460**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 2.5g **13%**

*Trans* Fat 0g

**Cholesterol** 35mg **12%**

**Sodium** 170mg **7%**

**Total Carbohydrate** 75g **27%**

Dietary Fiber 2g **7%**

Total Sugars 50g

Includes 13g Added Sugars **26%**

**Protein** 30g

Vitamin D 1mcg **6%**

Calcium 352mg **25%**

Iron 2mg **10%**

Potassium 641mg **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.