

LOW IN
SUGAR

GO NUTS!

Your choice of Milk, Natural Peanut Butter, Fiber-Rich Oatmeal, PB Lite, Honey & 'Get Energized' blended with 20g Vanilla Whey Protein

MILK

PEANUT BUTTER

OATS

GET ENERGIZED

PB LITE

HONEY

PROTEIN

HIGH IN
PROTEIN



"GO NUTS!"

6 OZ
1 SCP
1 SCP
1 SCP
1 SCP
1 SCP
1/2 TSP
12 OZ

VANILLA UNSWEETENED ALMOND MILK
PEANUT BUTTER
PB LITE
OATS
VANILLA WHEY PROTEIN
GET ENERGIZED
HONEY
ICE

Nutrition Facts

Serving Size (273g)
Servings Per Container

Amount Per Serving

Calories 490 **Calories from Fat** 200

% Daily Value*

Total Fat 23g **35%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 40g **13%**

Dietary Fiber 7g **28%**

Sugars 9g

Protein 38g

Vitamin A 8% • Vitamin C 0%

Calcium 20% • Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	
		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4