

OLD FASHIONED PUMPKIN PIE

Drink up a slice of pie with Fat Free Milk, Chai Tea Spices, Pumpkin, Cinnamon and 'Get Essentials' blended with 30g Vanilla Whey Protein

RICH IN
FIBER

MILK

PUMPKIN

GET ESSENTIALS

CINNAMON

**CHAI TEA
SPICES**

PROTEIN

GOOD SOURCE OF
BETA-CAROTENE



“OLD FASHIONED PUMPKIN PIE”

6 OZ	SKIM MILK
1 SCP	CHAI TEA
1 SCP	FREEZE DRIED PUMPKIN
1 SCP	GET ESSENTIALS
1½ SCPS	VANILLA WHEY PROTEIN
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts

Serving Size 20 fl. oz. (591 ml)
Servings Per Container

Amount Per Serving

Calories 470 **Calories from Fat** 60

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 290mg **12%**

Total Carbohydrate 66g **22%**

Dietary Fiber 2g **8%**

Sugars 37g

Protein 38g

Vitamin A 40% • Vitamin C 10%

Calcium 30% • Iron 2%

*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