

THE METAMORPHOSIS

Transform Yourself with your choice of Milk,
Potassium-Rich Banana, Strawberries & 'Get Lean'
blended with 20g Vanilla Whey Protein

GREAT SOURCE OF
POTASSIUM



MILK

BANANA

STRAWBERRIES

GET LEAN

PROTEIN

HELPS WITH WEIGHT
MANAGEMENT



“THE METAMORPHOSIS”

6 OZ UNSWEETENED VANILLA ALMOND MILK
4 FREEZE-DRIED BANANA PIECES
(OR 3" FRESH BANANA)
2 SCPS GET LEAN
3-4 STRAWBERRIES
1 SCP VANILLA WHEY PROTEIN
12 OZ ICE

Nutrition Facts	
Serving Size 20 Fluid Ounces	
Servings Per Container	
Amount Per Serving	
Calories 220	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 28g	9%
Dietary Fiber 3g	12%
Sugars 7g	
Protein 21g	
Vitamin A 8%	Vitamin C 45%
Calcium 15%	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	