

EAT YOUR VEGGIES

A Tasty Way to Eat Your Greens with Sweet Pineapple, Coconut, Banana & 'Get Greens' blended with 10g Vanilla Whey Protein



PINEAPPLE

BANANA

RICH IN
VITAMIN C

GET GREENS

PROTEIN

COCONUT



HELPS
APPETITE

“EAT YOUR VEGGIES”

4 OZ	DR. SMOOTHIE PINEAPPLE PARADISE PURÉE/WATER MIX
3	FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
1 SCP	GET GREENS
½ SCP	VANILLA WHEY PROTEIN
7 OZ	ICE

Nutrition Facts	
Serving Size 12 fl. oz. (354 ml)	
Servings Per Container	
Amount Per Serving	
Calories 230	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 45mg	2%
Total Carbohydrate 45g	15%
Dietary Fiber 5g	20%
Sugars 35g	
Protein 14g	
Vitamin A 8%	Vitamin C 45%
Calcium 4%	Iron 6%
*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	