

THE RESOLUTION

Pineapple, Banana, Spinach, Lemon & 'Get Lean'
with 20g Vanilla Whey Protein

GREAT SOURCE OF
VITAMIN C

PINEAPPLE
SPINACH
LEMON
GET LEAN

RICH IN
POTASSIUM

SHAKE OF THE MONTH



“THE RESOLUTION”

- 6 OZ DR. SMOOTHIE PINEAPPLE BLEND PURÉE/WATER MIX*
- 4 FREEZE-DRIED BANANA PIECES (OR 2" FRESH BANANA)
- 2 SCPS FREEZE-DRIED SPINACH
- 1 SCP VANILLA WHEY PROTEIN
- 1 SCP GET LEAN
- ¼ TSP LEMON EXTRACT
- 12 OZ ICE

Nutrition Facts

servings per container
Serving size 20 fl. oz. (591 ml)
(390g)

Amount per serving
Calories 340

% Daily Value*

Total Fat 3.5g	4%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 125mg	5%
Total Carbohydrate 55g	20%
Dietary Fiber 5g	18%
Total Sugars 36g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 251mg	20%
Iron 2mg	10%
Potassium 910mg	20%

*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.

***NUTRITION PANEL REFLECTS USE OF A 1:1 PUREE/WATER RATIO**