

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"BEET THE BLUES"



UNSWEETENED VANILLA
ALMOND MILK

BELTS **Oats**

BLUEBERRIES

VANILLA PROTEIN

HIGH IN
FIBER

POWERFUL
ANTIOXIDANTS



"BEET THE BLUES"

6 OZ UNSWEETENED ALMOND MILK
2 TSP DRIED BEETS
1 SCP FREEZE-DRIED BLUEBERRIES
1 SCP ROLLED OATS
1 SCP VANILLA WHEY PROTEIN
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (389g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 37g	13%
Dietary Fiber 5g	18%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 176mg	15%
Iron 1mg	6%
Potassium 303mg	6%
<small>*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.</small>	