

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SALTED CARAMEL COCOA"



ALMOND MILK

SALTED CARAMEL

SQUARE MEALS

CACAO

VANILLA WHEY
PROTEIN

IMPROVES
NUTRIENT
ABSORPTION

NATURAL SOURCE OF
ANTIOXIDANTS



"SALTED CARAMEL COCOA"

6 OZ UNSWEETENED CHOCOLATE ALMOND MILK
2 TBSPS GROUND CACAO POWDER
1/2 SCP CAFE ESSENTIALS SALTED CARAMEL LATTE
1/2 SCP VANILLA WHEY PROTEIN
1 SCP CHOCOLATE SQUARE MEALS – WHEY BASED
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (392g)
Amount per serving	
Calories	330
% Daily Value*	
Total Fat 11g	14%
Saturated Fat 6g	30%
<i>Trans</i> Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 33g	12%
Dietary Fiber 6g	21%
Total Sugars 13g	
Includes 10g Added Sugars	20%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 442mg	35%
Iron 3mg	15%
Potassium 381mg	8%
<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>	