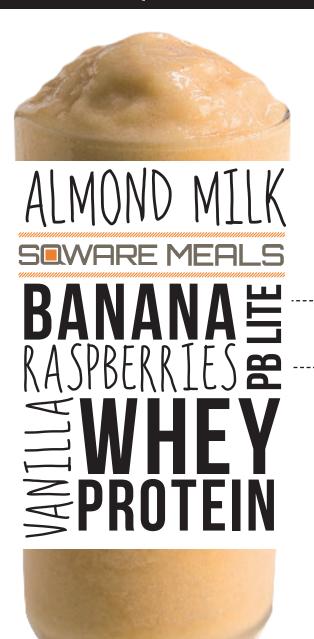
## TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQWARE MEALS PB BANANA BERRY"



INCREASES ENERGY

NO CHOLESTEROL NO SATURATED FAT NO TRANS FATS

## "SQWARE MEALS PB BANANA BERRY"

6 OZ UNSWEETENED VANILLA ALMOND MILK

4 FREEZE-DRIED BANANA PIECES

1 SCP FREEZE-DRIED RASPBERRIES

1 SCP PB LITE

1 SCP VANILLA SQWARE MEALS — WHEY BASED

1/2 SCP VANILLA WHEY PROTEIN

12 OZ ICE

<b>Nutrition F</b>	acts
servings per container Serving size 20 fl. oz	. (591 ml) (383g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 180mg	8%
Total Carbohydrate 27g	10%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 27g	
Vitaria D Orași	401/
Vitamin D 2mcg	10%
Calcium 423mg	35%
Iron 1mg	6%
Potassium 460mg	10%
"The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories at	