

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUARE MEALS PB BANANA BERRY"



ALMOND MILK

SQUARE MEALS

BANANA

RASPBERRIES

WHEY

PROTEIN



INCREASES
ENERGY

NO CHOLESTEROL
NO SATURATED FAT
NO TRANS FATS

"SQUARE 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 SQUARE MEALS — WHEY BASED
½ SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts	
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 6g	
Includes 0g Added Sugars	0%
Protein 27g	
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 a day is used for general nutrition advice.	