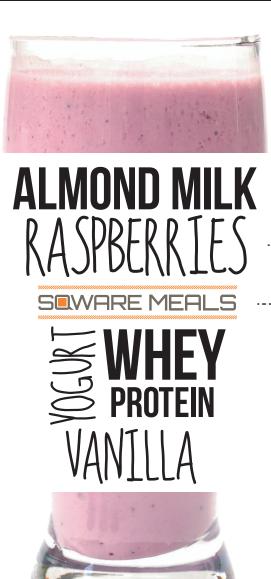
TRAINER'S SHAKE OF THE NOTE O





PACKED WITH ORGANIC SUPERFOODS

"SQWARE MEALS BERRY CREAMSICLE"

6 OZ	UNSWEETENED VANILLA ALMOND MILK
2 SCPS	FREEZE-DRIED RASPBERRIES
1⁄2 SCP	POWDERED YOGURT
1⁄2 SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQWARE MEALS — WHEY BASED
¹ /4 TSP	VANILLA EXTRACT
12 OZ	ICE

Nutrition F	acts
servings per container Serving size 20 fl. oz.	(591 ml) (384g)
Amount per serving	070
Calories	270
% C	aily Value*
Total Fat 5g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 270mg	12%
Total Carbohydrate 28g	10%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 1g Added Sugars	2%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 624mg	50%
Iron 1mg	6%
Potassium 452mg	10%
*The % Daily Value tells you how much a r serving of food contributes to a daily diet. 2 day is used for general nutrition advice.	nutrient in a 2,000 calories a