

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUARE MEALS BERRY CREAMSICLE"



ALMOND MILK
RASPBERRIES

SUPPORTS
IMMUNITY
+ SKIN
HEALTH

SQUARE MEALS

YOGURT **WHEY**
PROTEIN
VANILLA

PACKED WITH
ORGANIC
SUPERFOODS



"SQUARE 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 SQUARE MEALS – WHEY BASED
1/4 TSP VANILLA EXTRACT
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (384g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 2g	10%
<i>Trans Fat</i> 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%
<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>	