

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"PINEAPPLE CAKE SQUARED"



ALMOND MILK  
**PINEAPPLE**

CARAMEL SEA SALT  
**COCONUT OATS**

SQUARE MEALS

VANILLA **WHEY**  
PROTEIN

PACKED WITH  
VITAMIN C

ALKALIZE, DETOXYFY  
& CLEANSE WITH  
SUPER-VEGGIES



# "PINEAPPLE CAKE SQWARED"

6 OZ UNSWEETENED VANILLA ALMOND MILK  
2 SCPS FREEZE-DRIED PINEAPPLE  
1/8 SCP SALTED CARAMEL LATTE  
1 TSP DRIED, SHREDDED COCONUT  
1/2 SCP ROLLED OATS  
1 SCP VANILLA SQWARE MEALS - WHEY BASED  
1/2 SCP VANILLA WHEY PROTEIN  
1/4 TSP VANILLA EXTRACT  
12 OZ ICE

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> <b>(385g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 3.5g	<b>18%</b>
<i>Trans Fat</i> 0g	
<b>Cholesterol</b> 45mg	<b>15%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 4g Added Sugars	<b>8%</b>
<b>Protein</b> 23g	
Vitamin D 2mcg	10%
Calcium 479mg	35%
Iron 1mg	6%
Potassium 273mg	6%
<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>	