

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUAREBERRY LEMONADE"



STRAWBERRIES

COCONUT WATER

SQUARE MEALS

YOGURT

LEMON

COCONUT

HONEY



ANTI-INFLAMMATORY
PROPERTIES

HELPS MAINTAIN
HEALTHY
WEIGHT

"SQUAREBERRY LEMONADE"

6 OZ	COCONUT WATER
2 SCPS	FREEZE-DRIED STRAWBERRIES
1 TSP	DRIED, SHREDDED COCONUT
1/2 SCP	POWDERED YOGURT
1 SCP	VANILLA SQUARE MEALS - WHEY BASED
1 TSP	HONEY
1/4 TSP	LEMON EXTRACT
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (391g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 3g	15%
<i>Trans</i> Fat 0g	
Cholesterol 35mg	12%
Sodium 190mg	8%
Total Carbohydrate 39g	14%
Dietary Fiber 4g	14%
Total Sugars 24g	
Includes 6g Added Sugars	12%
Protein 17g	
Vitamin D 0mcg	0%
Calcium 453mg	35%
Iron 1mg	6%
Potassium 629mg	15%
<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>	