

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SQUARE-O-LANTERN"



PACKED WITH
ANTIOXIDANTS

MANGO BANANA PUMPKIN
ALMOND BANANA CINNAMON
MILK **SQWARE MEALS**

IMPROVES
NUTRIENT
ABSORPTION

"SQUARE-O-LANTERN"

6 OZ UNSWEETENED VANILLA ALMOND MILK
4 FREEZE-DRIED BANANA PIECES
½ SCP DRIED PUMPKIN
1 SCP FREEZE-DRIED MANGO
½ SCP VANILLA WHEY PROTEIN
1 SCP VANILLA SQUARE MEALS - WHEY BASED
½ TSP CINNAMON
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (385g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
<i>Trans</i> Fat 0g	
Cholesterol 45mg	15%
Sodium 180mg	8%
Total Carbohydrate 33g	12%
Dietary Fiber 4g	14%
Total Sugars 10g	
Includes 1g Added Sugars	2%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 506mg	40%
Iron 2mg	10%
Potassium 751mg	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>	