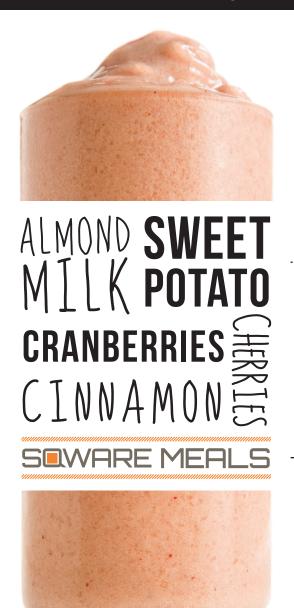
TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"HARVEST BERRY SQWARED"



SUPPORTS HEALTHY VISION

MANAGES WEIGHT

"HARVEST BERRY SQWARED"

3 O Z **UNSWEETENED VANILLA ALMOND MILK** DR. SMOOTHIE CHERRY CRANBERRY 3 O Z PURÉE/WATER MIX **DRIED SWEET POTATO** 1 SCP **VANILLA WHEY PROTEIN** 1/2 **SCP VANILLA SQWARE MEALS - WHEY BASED** 1 SCP

1 TSP **CINNAMON**

12 OZ **ICE**

Nutrition F	acts
servings per container Serving size 20 fl. oz. (591 ml) (392g)	
Amount per serving	330
Calories	<u> </u>
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 135mg	6%
Total Carbohydrate 52g	19%
Dietary Fiber 5g	18%
Total Sugars 27g	
Includes 2g Added Sugars	4%
Protein 21g	
Vitamin D 1mcg	6%
Calcium 445mg	35%
Iron 1mg	6%
Potassium 496mg	10%
*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.	