

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"CARROT CAKE SQUARED"



CARROTS **GINGER**  
VANILLA **YOGURT**  
PROTEIN

SQUARE MEALS

**CINNAMON** OATS



ANTI-INFLAMMATORY  
**PROPERTIES**

**IMPROVES**  
NUTRIENT  
ABSORPTION

# "CARROT CAKE SQWARED"

3 OZ	UNSWEETENED VANILLA ALMOND MILK
3 OZ	DR. SMOOTHIE CARROT GINGER PURÉE/WATER MIX
½ SCP	ROLLED OATS
½ SCP	POWDERED YOGURT
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQUARE MEALS - WHEY BASED
1 TSP	CINNAMON
12 OZ	ICE

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> <b>(403g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>380</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 31g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 29g	
Vitamin D 1mcg	6%
Calcium 584mg	45%
Iron 1mg	6%
Potassium 531mg	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.