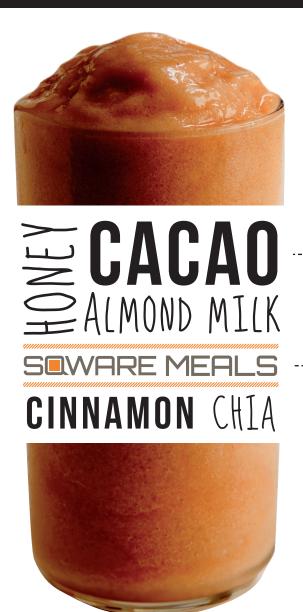
TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SPICED COCOA SQWARED"



ANTIOXIDANTS

IMPROVES NUTRIENT ABSORPTION

"SPICED COCOA SQWARED"

6 OZ UNSWEETENED CHOCOLATE

ALMOND MILK

1 TSP CHIA SEEDS

2 TBSPS GROUND CACAO POWDER

1/2 SCP VANILLA WHEY PROTEIN

1 SCP VANILLA SQWARE MEALS - WHEY BASED

2 TSPS HONEY

1 TSP CINNAMON

12 OZ ICE

Nutrition Fa	acts
servings per container Serving size 20 fl. oz.	(591 ml) (396g)
Amount per serving Calories	320
% D	aily Value*
Total Fat 10g	13%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 200mg	9%
Total Carbohydrate 34g	12%
Dietary Fiber 9g	32%
Total Sugars 13g	
Includes 11g Added Sugars	22%
Protein 25g	
Vitamin D 2mcg	10%
Calcium 548mg	40%
Iron 3mg	15%
Potassium 301mg	6%
"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.	