

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"MINTY MOCHA SQUARED"



COFFEE MINT

SQUARE MEALS

CHOCOLATE

ALMOND MILK

CACAO NIBS



BOOSTS
IMMUNITY

REDUCES
HUNGER

"MINTY MOCHA SQWARED"

6 OZ	UNSWEETENED CHOCOLATE ALMOND MILK
2 TSPS	CACAO NIBS
½ SCP	FLAVOR FUSIONS - MOCHA LATTE
½ SCP	CHOCOLATE WHEY PROTEIN
1 SCP	VANILLA SQWARE MEALS - WHEY BASED
¼ TSP	ORGANIC MINT EXTRACT
12 OZ	ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (389g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4.5g	23%
<i>Trans Fat</i> 0g	
Cholesterol 55mg	18%
Sodium 310mg	13%
Total Carbohydrate 35g	13%
Dietary Fiber 5g	18%
Total Sugars 18g	
Includes 16g Added Sugars	32%
Protein 22g	
Vitamin D 2mcg	10%
Calcium 484mg	35%
Iron 2mg	10%
Potassium 285mg	6%
<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>	