

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"NUTS ABOUT CARAMEL"



OATS SLICED ALMONDS  
CARAMEL SEA SALT

SQWARE MEALS

ALMOND MILK VANILLA ALMOND BUTTER

HEART  
HEALTHY

INCREASES  
ENERGY



# "NUTS ABOUT CARAMEL"

6 OZ	UNSWEETENED VANILLA ALMOND MILK
1 SCP	ALMOND BUTTER
1 TBSP	SLICED ALMONDS
½ SCP	ROLLED OATS
½ SCP	FLAVOR FUSIONS - SEA SALTED CARAMEL
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQUARE MEALS - WHEY BASED
¼ TSP	VANILLA EXTRACT
12 OZ	ICE

## Nutrition Facts

servings per container  
Serving size 20 fl. oz. (591 ml)  
(418g)

Amount per serving  
**Calories 450**

% Daily Value\*

**Total Fat** 18g 23%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 60mg 20%

**Sodium** 570mg 25%

**Total Carbohydrate** 46g 17%

Dietary Fiber 6g 21%

Total Sugars 21g

Includes 17g Added Sugars 34%

**Protein** 28g

Vitamin D 2mcg 10%

Calcium 552mg 40%

Iron 2mg 10%

Potassium 459mg 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.