

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"HONEY ROASTED PEANUTS"



ALMOND PEANUT
MILK BUTTER

SQWARE MEALS

VANILLA CINNAMON
PROTEIN HONEY



FULL OF
FIBER &
PROTEIN

REDUCES
HUNGER

"HONEY ROASTED PEANUTS"

6 OZ UNSWEETENED VANILLA ALMOND MILK
1 SCP PEANUT BUTTER
½ SCP VANILLA WHEY PROTEIN
1 SCP VANILLA SQUARE MEALS - WHEY BASED
2 TSPS HONEY
½ TSP CINNAMON
12 OZ ICE

Nutrition Facts

servings per container

Serving size 20 fl. oz. (591 ml)
(407g)

Amount per serving

Calories 410

% Daily Value*

Total Fat 21g 27%

Saturated Fat 4.5g 23%

Trans Fat 0g

Cholesterol 60mg 20%

Sodium 200mg 9%

Total Carbohydrate 31g 11%

Dietary Fiber 5g 18%

Total Sugars 15g

Includes 11g Added Sugars 22%

Protein 29g

Vitamin D 2mcg 10%

Calcium 512mg 40%

Iron 1mg 6%

Potassium 469mg 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.