

TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"PB & JAM LITE"



GREAT SOURCE OF
ANTIOXIDANTS

RASPBERRIES

STRAWBERRIES

GET ESSENTIALS

HONEY ALMOND MILK

PB LITE

VANILLA PROTEIN

ESSENTIAL
**VITAMINS &
NUTRIENTS**

FOR A HEALTHY
IMMUNE SYSTEM



"PB & JAM LITE"

6 OZ UNSWEETENED VANILLA ALMOND MILK
1 SCP FREEZE-DRIED RASPBERRIES
1 SCP FREEZE-DRIED STRAWBERRIES
1 SCP PB LITE
1 SCP VANILLA WHEY PROTEIN
1 SCP GET ESSENTIALS
2 TSPS HONEY
12 OZ ICE

Nutrition Facts	
servings per container	
Serving size	20 fl. oz. (591 ml) (386g)
Amount per serving	
Calories	260
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 55mg	18%
Sodium 200mg	9%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 16g	
Includes 11g Added Sugars	22%
Protein 27g	
Vitamin D 2mcg	10%
Calcium 315mg	25%
Iron 1mg	6%
Potassium 404mg	8%
<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>	