TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"PB & JAM LITE"



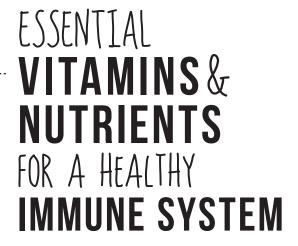
GREAT SOURCE OF ANTIOXIDANTS

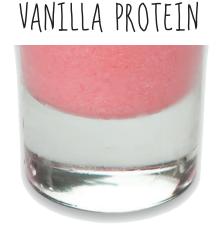
RASPBERRIES

STRAWBERRIES

GET ESSENTIALS

ALMOND MILK
PB LITE





"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	<u> 260</u>
% D:	aily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans 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	
Vitamia D Oman	400/
Vitamin D 2mcg	10%
Calcium 315mg	25%
Iron 1mg	6%
Potassium 404mg	8%

*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.