

2024

ENERGIZE ME

Oranges, Tangerines, Banana & 'Get Energized'
with Vanilla Whey Protein



MAY

DID YOU KNOW... Oranges are a nutritional powerhouse. Rich in Vitamin C, folic acid, calcium and fiber, this fruit sure packs a punch!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>April 2024</div> <div>S M T W T F S</div> <div>7 8 9 10 11 12 13</div> <div>14 15 16 17 18 19 20</div> <div>21 22 23 24 25 26 27</div> <div>28 29 30</div>	<div>June 2024</div> <div>S M T W T F S</div> <div>2 3 4 5 6 7 8</div> <div>9 10 11 12 13 14 15</div> <div>16 17 18 19 20 21 22</div> <div>23 24 25 26 27 28 29</div> <div>30</div>					National Fitness Day
Cinco De Mayo   <div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>1</div> 	<div>2</div>	<div>3</div>
<div>5</div>	<div>6</div>	<div>7</div>	<div>8</div>	<div>9</div> 	<div>10</div>	<div>11</div>
Mother's Day  <div>12</div>	<div>13</div> 	<div>14</div>	<div>15</div>	<div>16</div>	<div>17</div>	Armed Forces Day
<div>19</div> 	<div>20</div>	<div>21</div>	<div>22</div> 	<div>23</div>	<div>24</div>	<div>25</div>
<div>26</div> 	Memorial Day -PFC CLOSED- <div>27</div>	<div>28</div>	<div>29</div>	<div>30</div> 	<div>31</div>	

OPERATIONS TIP: MANUAL - While all of our Recipes & Operations tips are on our Member's Club, nothing beats holding that same knowledge in your hand! Your Shake & Smoothie Bar Manual is your Operations Bible! Is yours up to date? Keep it handy and use it to make new shakes/ recipes, reference calorie counts, get nutrition tips and find proper Shake & Smoothie Bar procedures.

