

2024


PB APPLE CRISP

Almond Milk, Apples, PB Lite, Apple Cinnamon Granola & 'Get Essentials' with Vanilla Whey Protein

SEPTEMBER

DID YOU KNOW... Apples may help protect against chronic diseases, infections and digestive issues.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div><div>1</div></div>	<div>Labor Day -PFC CLOSED-</div> <div><div>2</div></div>	<div><div>3</div></div>	<div><div>4</div></div>	<div><div>5</div></div>	<div><div>6</div></div>	<div><div>7</div></div>
<div>Grandparent's Day</div> <div><div>8</div></div>	<div><div>9</div></div>	<div><div>10</div></div>	<div>Patriot Day</div> <div><div>11</div></div>	<div><div>12</div></div>	<div><div>13</div></div>	<div><div>14</div></div>
<div><div>15</div></div>	<div><div>16</div></div>	<div><div>17</div></div>	<div><div>18</div></div>	<div><div>19</div></div>	<div><div>20</div></div>	<div>International Day of Peace</div> <div><div>21</div></div>
<div>First Day of Autumn</div> <div><div>22</div></div>	<div><div>23</div></div>	<div><div>24</div></div>	<div><div>25</div></div>	<div><div>26</div></div>	<div><div>27</div></div>	<div><div>28</div></div>
<div><div>29</div></div>	<div><div>30</div></div>				<div>August 2024</div> <div><div>S</div><div>M</div><div>T</div><div>W</div><div>T</div><div>F</div><div>S</div></div> <div>4</div> <div>5</div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>	<div>October 2024</div> <div><div>S</div><div>M</div><div>T</div><div>W</div><div>T</div><div>F</div><div>S</div></div> <div>6</div> <div>7</div> <div>8</div> <div>9</div> <div>10</div> <div>11</div> <div>12</div> <div>13</div> <div>14</div> <div>15</div> <div>16</div> <div>17</div> <div>18</div> <div>19</div> <div>20</div> <div>21</div> <div>22</div> <div>23</div> <div>24</div> <div>25</div> <div>26</div> <div>27</div> <div>28</div> <div>29</div> <div>30</div> <div>31</div>

OPERATIONS TIP: THE PERFECT POUR - If you're coming up with more than 20-22 ounces in a shake, your consistency and bottom line are impacted. If you're coming up with less than this, try adding more ice and blend again. Tip – if a shake contains whey protein, you'll only need 6 oz of liquid. Also, be sure to check out our "Scoop on Scoops" guide on the Member's Club to make sure you're using the right amount of product.

