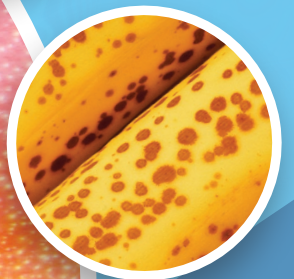


SHAKE
OF THE MONTH

VACATION IN A GLASS

Almond Milk, Banana, Mango, Pineapple
& Coconut with Vanilla Whey Protein



DID YOU KNOW...

Mangoes are low-calorie, nutrient-dense, and may aid in sleep and mood regulation.

“VACATION IN A GLASS”

20oz. RECIPE

6 oz	Unsweetened Vanilla Almond Milk
4 lg coins or 1 scp	Freeze-Dried Bananas (or 2" Fresh Banana)
2 scps	Freeze-Dried Pineapple
1 scp	Freeze-Dried Mango
1 tsp	Dried, Shredded Coconut
1 scp	Vanilla Whey Protein
12 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size	20 fl oz. (591mL)
Amount Per Serving	
Calories	210
% Daily Value*	
Total Fat 3.5g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 60mg	3%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	14%
Total Sugars 16g	
Includes 0g Added Sugars	0%
Protein 25g	
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 1.2mg	6%
Potassium 540mg	10%

*The % Daily Value (DV) 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.

12oz. RECIPE

4 oz	Unsweetened Vanilla Almond Milk
3 lg coins or ¾ scp	Freeze-Dried Bananas (or 2" Fresh Banana)
1 scp	Freeze-Dried Pineapple
½ scp	Freeze-Dried Mango
½ tsp	Dried, Shredded Coconut
1 scp	Vanilla Whey Protein
7 oz	Ice

Nutrition Facts	
1 serving per container	
Serving size	12 fl oz. (355mL)
Amount Per Serving	
Calories	170
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 55mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 0.7mg	4%
Potassium 400mg	8%

*The % Daily Value (DV) 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.