

SHAKE
OF THE MONTH

ENERGIZE ME

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



DID YOU KNOW...

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

“ENERGIZE ME”

20oz. RECIPE

| | |
|------------------------|---------------------------------------------|
| 6 oz | Orange Tangerine Purée/Water Mix* |
| 4 lg coins or 1 scp | Freeze-Dried Banana (or 2” Fresh Banana) |
| 1 scp | Vanilla Whey Protein |
| 1 scp | Get Energized |
| 12 oz | Ice |

| Nutrition Facts | |
|---------------------------------------|------------|
| 1 serving per container | |
| Serving size 20 fl oz. (591mL) | |
| Amount Per Serving | |
| Calories | 310 |
| % Daily Value* | |
| Total Fat 1.5g | 2% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 60mg | 20% |
| Sodium 55mg | 2% |
| Total Carbohydrate 52g | 19% |
| Dietary Fiber <1g | 2% |
| Total Sugars 43g | |
| Includes 0g Added Sugars | 0% |
| Protein 20g | |
| Vitamin D 0mcg | 0% |
| Calcium 150mg | 10% |
| Iron 0.1mg | 0% |
| 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 | Orange Tangerine Purée/Water Mix* |
| 3 lg coins or 3/4 scp | Freeze-Dried Banana (or 1 1/2” Fresh Banana) |
| 1/2 scp | Vanilla Whey Protein |
| 1 scp | Get Energized |
| 7 oz | Ice |

| Nutrition Facts | |
|---------------------------------------|------------|
| 1 serving per container | |
| Serving size 12 fl oz. (355mL) | |
| Amount Per Serving | |
| Calories | 200 |
| % Daily Value* | |
| Total Fat 1g | 1% |
| Saturated Fat 0.5g | 3% |
| Trans Fat 0g | |
| Cholesterol 30mg | 10% |
| Sodium 25mg | 1% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber <1g | 2% |
| Total Sugars 29g | |
| Includes 0g Added Sugars | 0% |
| Protein 10g | |
| Vitamin D 0mcg | 0% |
| Calcium 80mg | 6% |
| Iron 0.1mg | 0% |
| Potassium 350mg | 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.

*Nutrition Panel Reflects Use of a 1:1 Purée/Water Ratio