

# CHOCOLATE HEART-BEET

Strawberries, Cacao, Beets & 20g Chocolate Whey Protein

HEART  
HEALTHY

CACAO

STRAWBERRIES

BEETS

PROTEIN

EXCELLENT SOURCE OF  
FIBER

SHAKE OF THE MONTH



# “CHOCOLATE HEART-BEET”

6 OZ DR. SMOOTHIE STRAWBERRY  
PUREE/ WATER MIX\*  
1 TSP DRIED BEETS  
2 TBSPS GROUND CACAO POWDER  
1 SCP CHOCOLATE WHEY PROTEIN  
12 OZ ICE

## Nutrition Facts

servings per container  
Serving size 20 fl. oz. (591 ml)  
(392g)

Amount per serving  
**Calories 380**  
% Daily Value\*

<b>Total Fat</b> 6g	<b>8%</b>
Saturated Fat 4g	20%
Trans Fat 0g	
<b>Cholesterol</b> 50mg	<b>17%</b>
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 56g	<b>20%</b>
Dietary Fiber 8g	29%
Total Sugars 40g	
Includes 0g Added Sugars	0%
<b>Protein</b> 24g	
Vitamin D 0mcg	0%
Calcium 190mg	15%
Iron 3mg	15%
Potassium 139mg	2%

\*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.

\*NUTRITION PANEL REFLECTS USE OF  
A 1:1 PUREE/WATER RATIO

# TRAINER'S SHAKE OF THE MONTH

FOOD FOR FITNESS, FORMULATED BY THE PROS

"SPICED COCOA SQUARED"



HONEY CACAO

ALMOND MILK

SQUARE MEALS

CINNAMON CHIA



FULL OF  
ANTIOXIDANTS

IMPROVES  
NUTRIENT  
ABSORPTION

FEBRUARY 2020

# "SPICED COCOA SQWARED"

6 OZ	UNSWEETENED CHOCOLATE
	ALMOND MILK
1 TSP	CHIA SEEDS
2 TBSPS	GROUND CACAO POWDER
½ SCP	VANILLA WHEY PROTEIN
1 SCP	VANILLA SQWARE MEALS - WHEY BASED
2 TSPS	HONEY
1 TSP	CINNAMON
12 OZ	ICE

<b>Nutrition Facts</b>	
servings per container	
<b>Serving size</b>	<b>20 fl. oz. (591 ml)</b> <b>(396g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>320</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 5g	<b>25%</b>
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 200mg	<b>9%</b>
<b>Total Carbohydrate</b> 34g	<b>12%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 13g	
Includes 11g Added Sugars	<b>22%</b>
<b>Protein</b> 25g	
Vitamin D 2mcg	10%
Calcium 548mg	40%
Iron 3mg	15%
Potassium 301mg	6%
<small>*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.</small>	