

# CHOCOLATE THINNY MINT

This shake is perfect before or after a workout and will help keep the fat off!

MINT

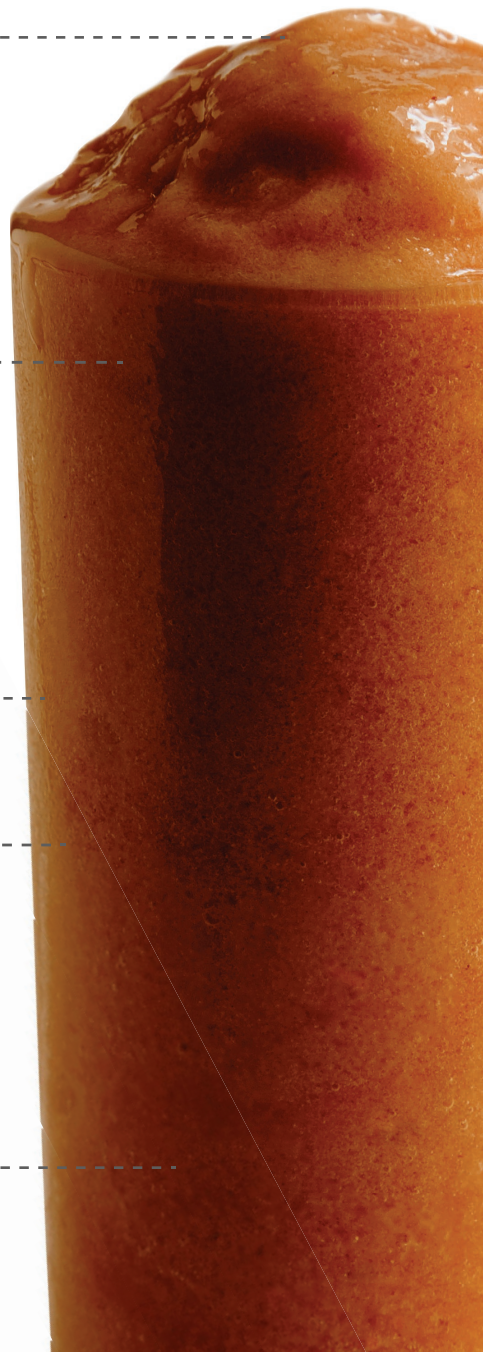
CHOCOLATE

GREAT SOURCE OF  
VITAMINS E & D

MILK

PROTEIN

'GET LEAN'



HELPS  
APPETITE

# “CHOCOLATE THINNY MINT”

- 6 OZ CHOCOLATE SOY MILK
- 1 SCP CHOCOHOLIC’S CHOICE
- 1/4 TSP MINT EXTRACT
- 1 SCP GET LEAN
- 1 1/2 SCPS CHOCOLATE WHEY PROTEIN
- 12 OZ ICE
- 1 ORGANIC SANDWICH COOKIES (OPTIONAL)

<b>Nutrition Facts</b>	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
<b>Amount Per Serving</b>	
<b>Calories 380</b>	Calories from Fat 45
% Daily Value*	
<b>Total Fat 5g</b>	<b>8%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol 5mg</b>	<b>2%</b>
<b>Sodium 260mg</b>	<b>11%</b>
<b>Total Carbohydrate 49g</b>	<b>16%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 29g	
<b>Protein 38g</b>	
Vitamin A 8%	• Vitamin C 0%
Calcium 25%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	