

# I LOVE VEGGIES

Crushed Pineapple, Fiber-Rich Coconut, Spinach, Kale, Avocado, Lemon, Banana & 20g Vanilla Whey Protein create a Green blend Everyone will Love!



PINEAPPLE

BANANA

SPINACH

KALE

AVOCADO

LEMON

PROTEIN

RICH IN  
ANTIOXIDANTS

HIGH IN IRON



# “I LOVE VEGGIES”

- 6 OZ DR. SMOOTHIE PINEAPPLE PUREE/WATER MIX
- 4 FREEZE DRIED BANANA PIECES
- 1/2 SCP FREEZE DRIED SPINACH
- 1/2 SCP FREEZE DRIED KALE
- 1/2 TSP DRIED POWDERED AVOCADO
- 1/2 TSP LEMON EXTRACT
- 1/4 TSP FREEZE DRIED LEMON
- 1 SCP VANILLA WHEY PROTEIN
- 12 OZ ICE

<b>Nutrition Facts</b>			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
<hr/>			
Amount Per Serving			
<b>Calories</b> 370	Calories from Fat 20		
<hr/>			
			<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g			<b>4%</b>
Saturated Fat 0g			<b>0%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 55mg			<b>2%</b>
<b>Total Carbohydrate</b> 65g			<b>22%</b>
Dietary Fiber 3g			<b>12%</b>
Sugars 52g			
<b>Protein</b> 22g			
<hr/>			
Vitamin A 40%	• Vitamin C 90%		
Calcium 6%	• Iron 6%		
*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			