

SQUASHED VEGGIES

A blend of Butternut Squash, Mangoes, Spinach, Kale, Avocado, Lemon & Banana with 20g Vanilla Whey Protein that will Surely make you Smile!

BUTTERNUT
SQUASH

MANGOES

BEETS

ORANGES

CELERY & PARSLEY

AVOCADO

PROTEIN

SPINACH
& KALE

LEMON

BANANA

RICH IN
CALCIUM

HIGH IN
VITAMIN A

“SQUASHED VEGGIES”

8 OZ	DR. SMOOTHIE BUTTERNUT SQUASH
	& MANGO PURÉE/WATER MIX
4	FREEZE-DRIED BANANA PIECES
	(OR 3" FRESH BANANA)
½ SCP	FREEZE-DRIED KALE
½ SCP	FREEZE-DRIED SPINACH
½ TSP	DRIED AVOCADO
¼ TSP	LEMON EXTRACT
¼ TSP	FREEZE-DRIED LEMON
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories	370	Calories from Fat 20	
		% Daily Value*	
Total Fat	2.5g		4%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	64g		21%
Dietary Fiber	3g		12%
Sugars	50g		
Protein	22g		
Vitamin A 100% • Vitamin C 60%			
Calcium 6% • Iron 8%			
*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			