

OLD FASHIONED PUMPKIN PIE

Fat Free Milk, Chai Tea, Pumpkin, Cinnamon
& 'Get Essentials' with 30g Vanilla Whey Protein

RICH IN
FIBER

MILK

PUMPKIN

GET ESSENTIALS

CINNAMON

**CHAI TEA
SPICES**

PROTEIN

GOOD SOURCE OF
BETA-CAROTENE

SHAKE OF THE MONTH

“OLD FASHIONED PUMPKIN PIE”

6 OZ	SKIM MILK
1 SCP	CHAI TEA
1 SCP	FREEZE -DRIED PUMPKIN
1 SCP	GET ESSENTIALS
1½ SCPS	VANILLA WHEY PROTEIN
½ TSP	CINNAMON
12 OZ	ICE

Nutrition Facts			
Serving Size 20 fl. oz. (591 ml)			
Servings Per Container			
Amount Per Serving			
Calories 470	Calories from Fat 60		
% Daily Value*			
Total Fat 6g			9%
Saturated Fat 3.5g			18%
Trans Fat 0g			
Cholesterol 5mg			2%
Sodium 290mg			12%
Total Carbohydrate 66g			22%
Dietary Fiber 2g			8%
Sugars 37g			
Protein 38g			
Vitamin A 40%	•	Vitamin C 10%	
Calcium 30%	•	Iron 2%	
*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			