

# PB & JAM

Vanilla Almond Milk, Strawberries, Oats & Peanut Butter  
with 20g Vanilla Whey Protein

**FIBER** RICH

**STRAWBERRIES**

**VANILLA ALMOND  
MILK**

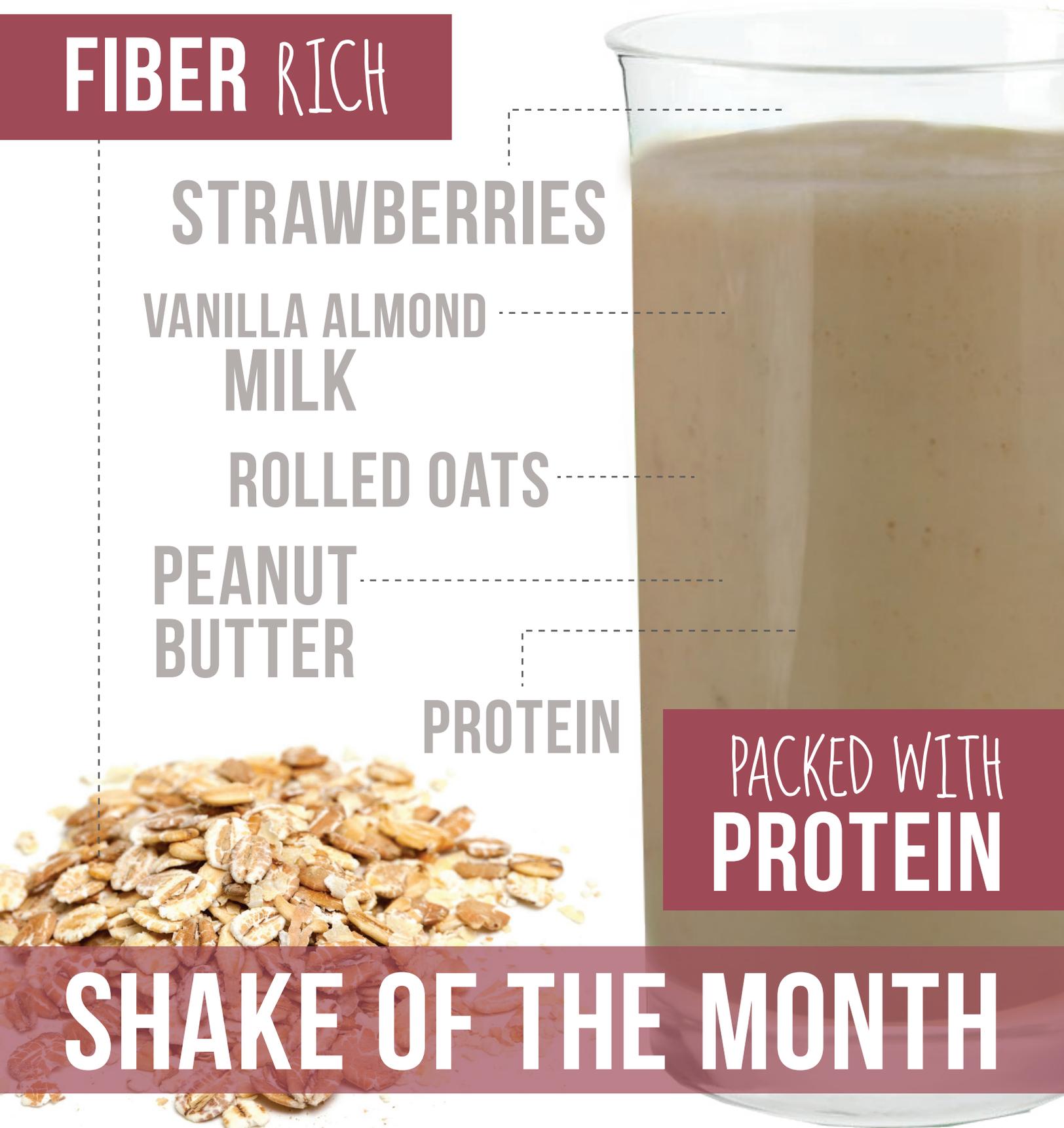
**ROLLED OATS**

**PEANUT  
BUTTER**

**PROTEIN**

PACKED WITH  
**PROTEIN**

**SHAKE OF THE MONTH**



# “PB & JAM”

3 OZ	STRAWBERRY PURÉE
3 OZ	UNSWEETENED VANILLA ALMOND MILK
2 SCPS	FREEZE-DRIED STRAWBERRIES
1 SCP	PEANUT BUTTER
1 SCP	OATS
1 SCP	VANILLA WHEY PROTEIN
12 OZ	ICE

Nutrition Facts	
Serving Size 20 fl. oz. (591 ml)	
Servings Per Container	
Amount Per Serving	
<b>Calories</b> 520	Calories from Fat 180
% Daily Value*	
<b>Total Fat</b> 20g	<b>31%</b>
Saturated Fat 2.5g	<b>13%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 75mg	<b>3%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 8g	<b>32%</b>
Sugars 27g	
<b>Protein</b> 32g	
Vitamin A 4%	• Vitamin C 110%
Calcium 15%	• 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	