

**SHAKE**  
OF THE MONTH

# CHOCOLATE PB PEEL

Almond Milk, PB Lite, Banana & 'Get Regular'  
with Chocolate Whey Protein



## DID YOU KNOW...

**Bananas** are often considered the perfect food for an athlete due to their potassium and magnesium content.

# “CHOCOLATE PB PEEL”

## 20oz. RECIPE

6 oz	Unsweetened Almond Milk
12 lg coins or 3 scps	Freeze Dried Bananas (or 6" Fresh Banana)
1 scp	PB Lite
2 scps	Chocolate Whey Protein
1 scp	Get Regular
12 oz	Ice

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>20 fl oz. (591mL)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>390</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 110mg	<b>37%</b>
<b>Sodium</b> 100mg	<b>4%</b>
<b>Total Carbohydrate</b> 38g	<b>14%</b>
Dietary Fiber 12g	<b>43%</b>
Total Sugars 20g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 50g	
Vitamin D 0mcg	0%
Calcium 280mg	20%
Iron 4.9mg	25%
Potassium 1490mg	30%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## 12oz. RECIPE

4 oz	Unsweetened Almond Milk
6 lg coins or 1 1/2 scps	Freeze Dried Bananas (or 6" Fresh Banana)
1 scp	PB Lite
1 scp	Chocolate Whey Protein
1 scp	Get Regular
7 oz	Ice

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>12 fl oz. (355mL)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 55mg	<b>18%</b>
<b>Sodium</b> 55mg	<b>2%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 29g	
Vitamin D 0mcg	0%
Calcium 150mg	10%
Iron 2.9mg	15%
Potassium 840mg	20%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.