



Strawberry Lemonade Meal Replacement Shake

U.S.

8 oz	Water
1 each	Vanilla Meal Replacement (44 g)
4 each	Strawberries, whole, frozen
3 Tbsp	Lemon, juiced

Metric

340mL
1 each
4 each
45mL

Preparation:

1. Gather all ingredients and equipment.
2. Place all ingredients in blender. Blend until smooth. Enjoy!

Nutrition Facts

1 Servings

Serving size **1 shake**

Amount per serving

Calories **180**

Calories from Fat 0

Total Fat 1 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 20 mg

Sodium 320 mg

Total Carbohydrate 31 g

 Dietary Fiber 3 g

 Total Sugars 23 g

 Includes 3g Added Sugars

Protein 15 g

Vitamin D 35 %

Calcium 26 %

Iron 27 %

Potassium 800 mg

Phosphorus 325 mg
