

WHY QUICK MEAL?

TOTAL MEAL REPLACEMENT

17g OF CARBS



DERIVED FROM REAL FOOD SOURCES



QUICK MEAL

REAL FOOD BLEND

25g PROTEIN

7g FIBER

17g CARBS



Chocolate Covered
Strawberries

DIETARY SUPPLEMENT NET WT. 2.75LBS. (1250g)
NATURALLY FLAVORED

Nutrition Facts

25 servings per container

Serving size 1 Scoop (50g)

Amount Per Serving
Calories 180

	% Daily Value*
Total Fat 4g	6%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 130mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 7g	25%
Total Sugars 2g	**
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 0.4mg	2%
Potassium 210mg	4%

*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. ** Daily Values Not Established.

INGREDIENTS: Morning Protein Blend (Beef Protein Isolate, Instant Egg White Protein & Non Fat Greek Yogurt Protein Powder), Rolled Oats, Sweet Potato Powder, Fruit Blend (Raspberry, Blueberry, Strawberry, Tart Cherry, Pomegranate, & Cranberry Powder), MCT Oil Powder, Natural Cocoa, Natural Flavor, Stevia Extract, and Non-GMO Sunflower Lecithin.

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SUGGESTED USE:

Stir up, shake up, or blend one scoopful of GASPARI QUICK MEAL with 8-12 oz. of water, milk or your favorite beverage. Adjust the taste of your shake by varying the amount of liquid that you use to prepare your shake. Use 7-8 oz. of water, milk or your favorite beverage with one scoopful of powder if you like your protein sweet and bold. If you don't like sweet, use 10-12 oz. of your preferred beverage with one scoopful of powder. Take your shake in the morning for a complete breakfast or as directed by your healthcare practitioner.

When your body is hungry, it wants food. Gaspari Quick Meal delivers complete protein from beef protein isolate, instant egg whites, and Greek yogurt protein. Quick Meal contains complex carbohydrates from real food sources such as sweet potatoes and rolled oats, with organic fruit flavor systems sweetened with natural stevia. **GASPARI QUICK MEAL IS REAL FOOD.**

FILL LINE

Product sold by weight, not by volume. Contents may settle during shipping.



MANUFACTURED IN A UL & NPA CERTIFIED AND FDA INSPECTED cGMP CERTIFIED FACILITY

NOTICE: USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY. DO NOT USE FOR WEIGHT REDUCTION.

AS WITH ANY DIETARY SUPPLEMENT, CONSULT YOUR HEALTHCARE PRACTITIONER BEFORE USING THIS PRODUCT, ESPECIALLY IF YOU ARE PREGNANT, NURSING OR OTHERWISE UNDER MEDICAL SUPERVISION.

KEEP OUT OF THE REACH OF CHILDREN. STORE IN A COOL DRY PLACE. STORE AWAY FROM HEAT AND MOISTURE. TAMPER EVIDENT: DO NOT USE IF SEAL UNDER CAP IS BROKEN OR MISSING.

WARNING: Cancer and Reproductive Harm - www.P65Warnings.ca.gov

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.



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