

Directions

1. Add 1 scoop to 6 to 8 oz. cold water or milk.
2. Blend, Shake or Stir vigorously for 25 to 30 seconds until well combined. For easiest mixing, use a blender or shaker bottle.

Tips

- Blend with vanilla yogurt and frozen strawberries or raspberries for a smoothie.
- Combine with coffee and milk for a mocha drink. Blend with ice cubes for a frozen drink.
- Combine with milk and frozen yogurt or ice cream for a shake.
- Blend with peanut butter for additional flavor and protein.

PEANUT BUTTER

—Cup—
 ⇒ PROTEIN SMOOTHIE ⇒

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Makes 1 Smoothie

WHAT YOU'LL NEED

- 1 cup cold water or milk
- 1/2 cup vanilla frozen yogurt or ice cream
- 1 scoop Market Pantry Chocolate Whey Protein Powder
- 1/2 cup oats, if desired
- 1 Tbsp. peanut butter

1. Combine all ingredients in blender.
2. Blend on HIGH until smooth.

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MAKE IT YOUR OWN

- For a triple chocolate smoothie, use chocolate instead of vanilla ice cream and chocolate hazelnut spread in place of the peanut butter.
- Add a banana for a thicker smoothie.
- For a dessert smoothie, top with whipped cream and a mini peanut butter cup.

MARKET
PANTRY

⇒ VANILLA ⇒ NATURALLY & ARTIFICIALLY FLAVORED

WHEY PROTEIN POWDER

25g
PROTEIN**
PER SCOOP

160
CALORIES**
PER SCOOP

**SEE NUTRITION INFORMATION FOR CHOLESTEROL CONTENT

PER 1 SCOOP



SHAKE WELL.
STORAGE SUGGESTION:
NEVER USE THIS PRODUCT AS A FOOD SUPPLEMENT ONLY.
SEE INSTRUCTIONS FOR WEIGHT REDUCTION.

NET WT 32 OZ (2 LB) 907g

Nutrition Facts

about 23 servings per container
 Serving size 1 scoop (40g)

Amount per serving
Calories 160

	% Daily Value*
Total Fat 3g	4%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 75mg	25%
Sodium 160mg	7%
Total Carbohydrate 7g	3%
Dietary Fiber 0g	0%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 25g	50%
Vitamin D 0mcg	0%
Calcium 140mg	10%
Iron 0mg	0%
Potassium 140mg	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.

INGREDIENTS: WHEY PROTEIN CONCENTRATE, MALTODEXTRIN, NATURAL AND ARTIFICIAL FLAVORS, XANTHAN GUM, SALT, SOY LECITHIN, SUCRALOSE, ACESULFAME POTASSIUM, WHEY PROTEIN ISOLATE.

CONTAINS MILK AND SOY

PROCESSED IN A FACILITY THAT ALSO HANDLES EGG INGREDIENTS

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TYPICAL AMINO ACID PROFILE PER SERVING

L-Alanine	1,257 mg
L-Arginine	710 mg
L-Aspartic Acid	2,641 mg
L-Cystine	526 mg
L-Glutamic Acid	4,470 mg
Glycine	470 mg
L-Histidine	447 mg
L-Isoleucine	1,435 mg
L-Leucine	2,701 mg
L-Lysine	2,368 mg
L-Methionine	573 mg
L-Phenylalanine	793 mg
L-Proline	1,455 mg
L-Serine	1,278 mg
L-Threonine	1,739 mg
L-Tryptophan	420 mg
L-Tyrosine	733 mg
L-Valine	1,472 mg

100% SATISFACTION
Guaranteed
 OR YOUR MONEY BACK

WARNING: Do not use if pregnant or nursing. If you are taking medication or have a medical condition, consult a physician before using this product.

Store in a cool, dry place.