

Vanilla without milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	140
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 170mg	7%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%

*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.

Chocolate without milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	175
% Daily Values*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 480mg	21%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 20g	40%

*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.

Peanut Butter without milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	185
% Daily Values*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 170mg	7%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	50%

*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.

Chocolate Peanut Butter without milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	220
% Daily Values*	
Total Fat 3.5g	4%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 480mg	21%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 25g	50%

*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.

Vanilla with milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	290
% Daily Values*	
Total Fat 9.5g	12%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 290mg	13%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 28g	56%

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Chocolate with milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	325
% Daily Values*	
Total Fat 9.5g	12%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 600mg	26%
Total Carbohydrate 31g	11%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 28g	56%

*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.

Peanut Butter with milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	335
% Daily Values*	
Total Fat 11.5g	15%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 290mg	13%
Total Carbohydrate 28g	10%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 33g	66%

*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.

Chocolate Peanut Butter with milk

Nutrition Facts	
Serving size	20 oz
Amount Per Serving	
Calories	370
% Daily Values*	
Total Fat 11.5g	15%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 600mg	26%
Total Carbohydrate 36g	13%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 33g	66%

*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.