

Vanilla without milk

Nutrition Facts

Serving size **20 oz**

Amount Per Serving
Calories 230

% Daily Values*

Total Fat 4g	5%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 225mg	10%
Total Carbohydrate 24g	9%
Dietary Fiber 0g	0%
Total Sugars 15g	
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 230

% Daily Values*

Total Fat 4g	5%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 60mg	20%
Sodium 535mg	23%
Total Carbohydrate 32g	12%
Dietary Fiber 0g	0%
Total Sugars 15g	
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.

Vanilla with milk

Nutrition Facts

Serving size **20 oz**

Amount Per Serving
Calories 380

% Daily Values*

Total Fat 12g	15%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 345mg	15%
Total Carbohydrate 36g	13%
Dietary Fiber 0g	0%
Total Sugars 26g	
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.

Chocolate with milk

Nutrition Facts

Serving size **20 oz**

Amount Per Serving
Calories 380

% Daily Values*

Total Fat 12g	15%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Cholesterol 95mg	32%
Sodium 655mg	28%
Total Carbohydrate 44g	16%
Dietary Fiber 0g	0%
Total Sugars 26g	
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.