



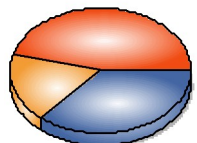
Graeme Thomas Online

Because "Good Enough", Isn't!

<http://graemethomasonline.com>

Pina Colada Shake

Recipe grams: 322.83g/11.4oz
 Serves 1 322.83g/11.4oz per serving



Protein: 37%
 Carbohydrates: 18%
 Fat: 46%

INGREDIENTS

- 1.5 scoop Protein powder
- 1/3 cup COCONUT MILK, CANNED
- 1/2 cup PINEAPPLE, ALL VARIETIES, RAW, diced
- 1/2 cup Almond Milk

Nutrition Facts	
Serving Size: 1 serving (322.8g)	
Servings: 1	
Amount Per Serving	
Calories 390	Calories from Fat 190
% Daily Value*	
Total Fat 21g	30%
Saturated Fat 16g	80%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0.5g	
Cholesterol 100mg	35%
Sodium 180mg	8%
Total Carbohydrate 18g	6%
Dietary Fiber 3g	10%
Sugars 9g	
Protein 37g	
Vitamin A 0%	• Vitamin C 50%
Calcium 25%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet.	