

Gateway Cafe and F.I.T.@PRC's Protein Shake of the Month

ORGANIC VEGAN PROTEIN AND GREENS SHAKE!

*** Just \$5 a shake for the month of October!**

Nutrition	
Serving size 1	
Amount per serving	
Calories	227
	% Daily Value*
Total Fat	4g
Carbohydrates	17g
Protein	21g

Above Calorie and Gram Totals are Estimates



Gateway Cafe and FIT@PRC have teamed up to bring you a nutritious and tasty vegan protein shake for the month of October!

This tasty shake uses organic pea and rice protein along with powders made from organic spinach, broccoli and kale and chia seeds.

Blended with almond milk, frozen banana and pineapple, this shake gives you a good, clean way to up your greens and nutrition. A regular 'Clean, Green, Plant Based Machine!'

***Answer a Nutrition Trivia Question and Win a \$1 poker chip good towards your Vegan Shake!**

Come up to the front desk of FIT@PRC and answer a Nutrition Trivia Question correctly and win a \$1 poker chip good for a buck off your shake!



Orgain.

Organic Nutrition™

Protein that's good for you and the planet

- PLASTIC SAVED - 30,000LBS**
Equivalent: 2,000 gallons of crude oil
- CARDBOARD SAVED - 580,000LBS**
Equivalent: More than 4,900 trees
- REDUCED CO2 EMISSIONS - 884,000KG**
Equivalent: 192 Cars taken off the road

ORGAIN'S GREEN INITIATIVE

Sample Question

Why could it be dangerous to eat raw cookie dough?

- It Expands In Your Stomach
- It's Corrosive
- It Has Too Much Sugar
- It May Contain Raw Eggs