

# Gateway Cafe and F.I.T.@PRC

*Present..*

## PROTEIN SHAKE OF THE MONTH

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

# ICED COFFEE PROTEIN SHAKE!



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

The protein shake for you coffee lovers!  
This iced coffee protein shake is a refreshing drink when you need a little pick-me-up and is a perfect post workout snack

<b>Nutrition</b>	
<b>Serving size</b>	<b>1</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>299</b>
<small>% Daily Value*</small>	
Total Fat	4g
Carbohydrates	50g
Protein	13g

Above gram totals are estimates

### Ingredients

- Ice Cubes
- Almond Milk
- Frozen Banana
- Organic Vegan Protein Powder
- Coffee, Cooled
- Honey

### Cleaner Ingredients

WHAT'S  
INSIDE



Organic Pea Protein



Organic Chia Seeds



Organic Brown Rice



Organic Cocoa

Orgain



**Every Week We Are Giving  
Away a Free Shake!**



Just send Mark an email to [mark@fitprc](mailto:mark@fitprc) with the words 'FREE SHAKE' in the subject line. We'll do a random drawing each week and award a 'Protein Shake of the Month' prize to a PRC tenant!