Gateway Cafe and F.I.T.@PRC

Present..

PROTEIN SHAKE OF THE MONTH Just \$5 a shake for the month of April!

BCED COFFEE PROTEIN SHAKE!



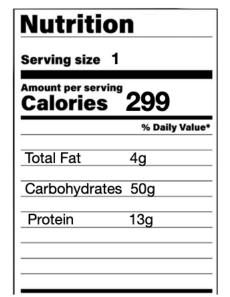
Gateway Cafe and FIT@PRC have teamed up to bring you a nutritious and tasty protein shake for the month of April

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

Ingredients

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





Above gram totals are estimates



Every Week We Are Giving C Away a Free Shake!



Just send Mark an email to 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!