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- Strengthens immune system
- Keeps you feeling full

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protein than 1 egg.

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Nutrition Facts

1 Serving Per container
Serving size 1 pack (127g)

Amount Per Serving
Calories 116

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 19g	6%
Dietary Fiber 1g	4%
Total Sugars 15g	
Incl. 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 9mg	1%
Iron 0mg	0%
Potassium 254mg	7%

*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 used for general nutrition advice.

INGREDIENTS: Pineapple, banana, Water, Mango, Whey Protein Isolate, Natural Flavor, Citric Acid, Ascorbic Acid (Vitamin C)
Contains: Milk

**ENJOY AT ROOM TEMPERATURE,
OR TRY IT CHILLED!**

Refrigerate after opening and
consume within 24 hours

Do not consume if cap seal is
broken or package is damaged
or swollen.

**BPA
FREE**

Clear Pkt NA 1

Sample Fuel The Fire Nutrition Guide

Mike Jess



Sample Fuel The Fire Nutrition Guide:

Manual for Nutrition Surveys United States. Interdepartmental Committee on Nutrition for National Defense,1963

Fuel the Fire Pamela Nisevich Bede,2022-08-09 A revolutionary approach to helping women athletes achieve success in sports and in life In this game changing guide sports dietitian Pam Nisevich Bede explains how women are unique with regards to training nutrition and performance on the road court field or track Instead of outdated concepts and male centric research that never spoke to your specific needs here you will find a framework that will maximize performance no matter your sport illustrated with the insights and experiences of world class athletes Fuel the Fire provides simple and clear instructions that will help you own your plate fuel your workout and your day and navigate specific fueling scenarios Whether competing in college nourishing pregnancy and lactation recovering from injury or adjusting nutrition across the menstrual cycle learn how to perform stronger and longer and apply this new understanding of fueling for years to come *Fire*

managers field guide ,2010 **Disaster Planning Guidelines for Fire Chiefs** ,1981 NBS Special Publication ,1968

Dr. Dan's Super Weight Loss Plan Dan Curtis,2005 **Physical Fitness Coordinator's Manual for Fire Departments** , *Publications of the National Institute of Standards and Technology ... Catalog* National Institute of Standards and Technology (U.S.),1983 National Fire Plan Implementation United States. Congress. House. Committee on Resources. Subcommittee on Forests and Forest Health,2001 **Draft Yosemite Fire Management Plan** United States. National Park Service,2002

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