

## Nutrition Facts

Serving Size 1 Packet (40g)  
Servings Per Container 7

### Amount Per Serving

**Calories** 160    Calories from Fat 30

### % Daily Value\*

**Total Fat** 3g    **5%**

Saturated Fat 0.5g    **2%**

Trans Fat 0g

**Cholesterol** 5mg    **2%**

**Sodium** 210mg    **9%**

**Total Carbohydrate** 21g    **7%**

Dietary Fiber 3g    **12%**

Sugars 9g

**Protein** 13g    **26%**

Vitamin A 0% • Vitamin C 25%

Calcium 30% • Iron 4%

Vitamin D 25% • Vitamin E 25%

Selenium 25%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

## DIRECTIONS:

1. Place contents of one packet into a large glass.
2. Add 1 cup (8 oz) of cold water.
3. Stir thoroughly until dissolved and serve.

Can also be prepared in a shaker container by shaking until dissolved.

**INGREDIENTS:** CALCIUM CASEINATE, FRUCTOSE, MALTODEXTRIN, SUNFLOWER OIL, COCOA (PROCESSED WITH ALKALI), RESISTANT MALTODEXTRIN (DIETARY FIBER), WHEY PROTEIN CONCENTRATE, SOY PROTEIN ISOLATE, NATURAL FLAVORS, MILK CALCIUM COMPLEX, SALT, SODIUM CASEINATE, KONJAC, CORNSTARCH, MONK FRUIT EXTRACT (SWEETENER), TOCOPHEROLS (TO PROTECT FLAVOR), MONO AND DIGLYCERIDES, XANTHAN GUM, SOY LECITHIN, STEVIA LEAF EXTRACT, CARRAGEENAN, VITAMIN C, VITAMIN E (ALPHA TOCOPHEROL ACETATE), MICROCRYSTALLINE CELLULOSE, SELENIUM GLYCINATE COMPLEX, VITAMIN D3.

CONTAINS MILK AND SOY.

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chocolate  
shake mix

NutriSystem®

craving  
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designed for  
women

CURBS HUNGER

NET WT  
9.9 OZ (281g)

7  
SHAKES