

# DOES YOUR BREAKFAST WORK FOR YOU?

## A Simple Solution to a BREAKFAST BLUNDER

### Did You Know?

Studies show that those who consume a healthy, balanced breakfast are more focused, have more energy, and weigh less than those who eat an unhealthy breakfast or skip it all together.



Nutrition Facts Serving Size	1 Serving USANA® Dutch Chocolate Nutrimeal™	591 mL latte w/whipped cream 1 blueberry muffin	650 mL orange juice 227 g egg & sausage muffin 57 g hash brown
<b>Calories</b>	<b>240</b>	770	880
<b>Saturated Fat</b>	<b>1</b>	16	11.5
<b>Fibre</b>	<b>4</b>	2	2
<b>Carbohydrates</b>	<b>32</b>	111	103
<b>Sugar</b>	<b>17</b>	83	60
<b>Price</b>	<b>\$2.88</b>	\$6.58	\$5.67

USANA's Nutrimeal™ is a quick and nutritious meal replacement. It contains a perfect ratio of proteins, carbohydrates, and fats, and its low-glycemic formula is designed to promote satiety, sustain energy, and curb cravings. So start your day right and give your body what it really wants—a healthy and delicious, time-saving Nutrimeal shake.

To avoid your next breakfast blunder, contact your independent USANA Associate today!

