

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™	20 oz. latte w/whipped cream 1 blueberry muffin	22 oz. orange juice 8 oz. egg & sausage muffin 2 oz. hash brown
Calories	230	770	880
Saturated Fat	1	16	11.5
Fiber	8	2	4
Carbohydrates	32	111	103
Sugar	17	83	60
Price	\$2.81	\$6.40	\$5.51

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!

