

# weightwatchers

## creamy chocolate smoothie

In the mood for something cold, creamy and oh-so chocolaty? You've come to the right place! Our Weight Watchers® Creamy Chocolate Smoothie drink mix is a refreshing – and smart – way to help you meet the Good Health Guideline for milk products and enjoy 60% more calcium than 1 cup of milk.\* And guess what? When prepared, our Smoothies count as a Weight Watchers Power Food. So go ahead. Enjoy and indulge for just 2 PointsPlus® value!

### product highlights

- excellent source of protein
- Good source of fiber
- Helps satisfy the good health guidelines for milk products

### nutrition facts

Serving Size: 1 Packet (28g)

Servings Per Container: 7

Amount Per Serving

Calories: 90

Calories from Fat: 15

Calories (with 1 cup nonfat milk): 180

Calories from Fat (with 1 cup nonfat milk): 15

Total Fat: 1.5g\*

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 190mg

Potassium: 390mg

Total Carbohydrate: 11g

Dietary Fiber: 4g

Sugars: 5g

Protein: 10g

\*Amount in powder.



**INGREDIENTS:** NONFAT MILK, SOY PROTEIN ISOLATE, COCOA (PROCESSED WITH ALKALI), GUM ARABIC, NATURAL FLAVOR, RESISTANT MALTODEXTRIN, CALCIUM PHOSPHATE, SUNFLOWER OIL, MALTODEXTRIN, CELLULOSE GUM, CALCIUM CITRATE, GUAR GUM, SOY LECITHIN, XANTHAN GUM, CARRAGEENAN, CALCIUM CARBONATE, SODIUM CASEINATE, ACESULFAME K, POTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, SUCRALOSE, VITAMIN A PALMITATE, ZINC OXIDE, RIBOFLAVIN, TOCOPHEROLS ADDED TO PROTECT FLAVOR, VITAMIN D3, VITAMIN B12.

**CONTAINS SOYBEAN, MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGG, WHEAT, SESAME, SHELLFISH.**

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## french vanilla smoothie

Looking for something sweet that will quench your thirst? Your search ends now with our creamy Weight Watchers® French Vanilla Smoothie. Our Smoothie drink mixes are a refreshing – and smart – way to help you meet the Good Health Guideline for milk products and enjoy 60% more calcium than 1 cup of milk.\* And guess what? When prepared, our Smoothies count as a Weight Watchers Power Food. So go ahead. Enjoy and indulge for just 2 **PointsPlus**® value!

### product highlights

- excellent source of protein
- Good source of fiber
- Helps satisfy the good health guidelines for milk products

### nutrition facts

Serving Size: 1 Packet (28g)

Servings Per Container: 7

Amount Per Serving:

Calories: 90

Calories from Fat: 10

Calories (with 1 cup nonfat milk): 180

Calories from Fat (with 1 cup nonfat milk): 15

Total Fat: 1.5g\*

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 190mg

Potassium: 390mg

Total Carbohydrate: 12g

Dietary Fiber: 4g

Sugars: 6g

Protein: 10g

\*Amount in powder.



**INGREDIENTS:** NONFAT MILK, SOY PROTEIN ISOLATE, GUM ARABIC, NATURAL AND ARTIFICIAL FLAVOR (INCLUDES BARLEY), MALTODEXTRIN, RESISTANT MALTODEXTRIN, CALCIUM PHOSPHATE, SUNFLOWER OIL, CALCIUM CITRATE, CELLULOSE GUM, GUAR GUM, SOY LECITHIN, CALCIUM CARBONATE, CARRAGEENAN, XANTHAN GUM, SODIUM CASEINATE, ACESULFAME K, POTASSIUM PHOSPHATE, MONO- AND DIGLYCERIDES, SUCRALOSE, VITAMIN A PALMITATE, ZINC OXIDE, YELLOW 5, RIBOFLAVIN, TOCOPHEROLS ADDED TO PROTECT FLAVOR, VITAMIN D 3, VITAMIN B12.

**CONTAINS SOYBEAN, MILK. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGG, WHEAT, SESAME, SHELLFISH.**

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# white chocolate macadamia smoothie

Our creamy Weight Watchers **White Chocolate Macadamia Smoothie** is a refreshing way to help you meet the Good Health Guideline for milk products and enjoy 40% more of the recommended daily intake for calcium than 1 cup of milk.\* And guess what? When prepared, our Smoothies count as a Weight Watchers Power Food. So go ahead. Enjoy and indulge for just 2 **PointsPlus**® value!

## product highlights

- Good source of protein
- Good source of fiber
- Helps satisfy the good health guidelines for milk products

## nutrition facts

Serving Size: 1 Packet (28g)

Servings Per Container: 7

Amount Per Serving:

Calories: 15

Calories from Fat: 15

Calories (with 1 cup nonfat milk): 170

Calories from Fat (with 1 cup nonfat milk): 15

Total Fat: 1.5g\*

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: less than 5mg

Sodium: 140mg

Potassium: 240mg

Total Carbohydrate: 12g

Dietary Fiber: 4g

Sugars: 7g

Protein: 7g

\*Amount in powder.



**INGREDIENTS:** NONFAT MILK, MALTODEXTRIN, SOY PROTEIN ISOLATE, CALCIUM CARBONATE, SUNFLOWER OIL, DIPOTASSIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVORS, SOY LECITHIN, CELLULOSE GUM, DICALCIUM PHOSPHATE, TRICALCIUM PHOSPHATE, SODIUM CASEINATE (A MILK DERIVATIVE), XANTHAN GUM, CARRAGEENAN, SUCRALOSE, MONO AND DIGLYCERIDES, NATURAL TOCOPHEROLS (TO PROTECT FLAVOR), ACESULFAME POTASSIUM, VITAMIN A PALMITATE, FERROUS SULFATE, ZINC OXIDE, VITAMIN B12, VITAMIN D3, AND RIBOFLAVIN (VITAMIN B2).

**CONTAINS MILK, SOY. PRODUCED ON EQUIPMENT THAT ALSO PROCESSES PEANUTS, TREE NUTS, EGG, WHEAT, SESAME, SHELLFISH.**

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## greek yogurt & honey smoothie

Get your taste buds buzzing with this rich and smooth blend of Greek Yogurt & Honey flavors. This Weight Watchers® Smoothie drink mix is a refreshing – and smart – way to help you meet the Good Health Guideline for milk products and enjoy 60% more calcium than 1 cup milk.\* And guess what? When prepared, our Smoothies count as a Weight Watchers Power Food! Go ahead. For just 2 **PointsPlus**® values, add a little sweetness to your day.

### product highlights

- Good source of protein
- Good source of fiber
- Helps satisfy the good health guidelines for milk products

### nutrition facts

Serving Size: 1 Packet (31g)

Servings Per Container: 7

Amount Per Serving

Calories: 100

Calories from Fat: 5

Calories (with 1 cup nonfat milk): 180

Calories from Fat (with 1 cup nonfat milk): 10

Total Fat: 0.5g\*

Saturated Fat: 0g

Trans Fat: 0g

Cholesterol: 5mg

Sodium: 230mg

Potassium: 310mg

Total Carbohydrate: 16g

Dietary Fiber: 6g

Sugars: 8g

Protein: 10g

\*Amount in powder.



**INGREDIENTS:** NONFAT MILK, GUM ARABIC, YOGURT POWDER (WHEY PROTEIN CONCENTRATE, NONFAT MILK, YOGURT CULTURE), SOY PROTEIN ISOLATE, NATURAL AND ARTIFICIAL FLAVOR, CELLULOSE GUM, CALCIUM PHOSPHATE, CALCIUM CARBONATE, MALTODEXTRIN, HIGH OLEIC SUNFLOWER OIL, CARRAGEENAN, XANTHAN GUM, SOY LECITHIN, ACESULFAME K, SUCRALOSE, SODIUM CASEINATE, POTASSIUM PHOSPHATE, ZINC OXIDE, TOCOPHEROLS ADDED TO PROTECT FLAVOR, VITAMIN A PALMITATE, RIBOFLAVIN, VITAMIN D3, VITAMIN B12.

**CONTAINS SOYBEAN, MILK.**

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