JouleFuel

A complete meal replacement made of organic whole foods and vitamins giving the body what it needs to sustain energy.

Follow us on FB, IG and Twtr: @JouleFuel

JouleFuel Lifestyle

We want to hear from you! Share your JF Lifestyle for a chance to have your story posted on our website.

Send to: lifestyle@joulefuel.me

Mixing Instructions

Required: JouleFuel, Olive Oil, Water
Optional: Blender, Almond Milk, Fruit

1. Add slightly less than 1 cup of JouleFuel™

2. Add 2 ½ - 3 cups of milk/water to blender

3. Add 2.5 teaspoons of olive oil

4. (Optional) Add fruit, if desired (banana etc..)

5. Blend until fully mixed

6. (Optional) Refrigerate a few hours (till cold)

For more detailed instructions and consumption notes visit: http://www.joulefuel.me/about/

Nutrition Facts

Serving Size (125g)
Servings Per Container 5

Amount Per Serving	
Calories 550	Calories from Fat 200
	% Daily Value*
Total Fat 22g	**34%**
Saturated Fat 3.5g	**18%**
Trans Fat 0g	
Polyunsaturated Fat 5g	
Monounsaturated Fat 12g	
Cholesterol 30mg	**10%**
Sodium 420mg	**18%**
Potassium 810mg	**23%**
Total Carbohydrate 58g	**19%**
Dietary Fiber 9g	**36%**
Sugars 5g	
Protein 32g	**56%**

Vitamin A 25% •	Vitamin C 70%
Calcium 35% •	Iron 25%
Vitamin D 50% •	Vitamin E 110%
Vitamin K 20% •	Thiamin 700%
Riboflavin 600% •	Niacin 60%
Vitamin B6 350% •	Folate 30%
Vitamin B12 220% •	Biotin 20%
Pantothenic Acid 110% •	Magnesium 35%
Zinc 30% •	Selenium 45%
Copper 35% •	Manganese 180%
Chromium 15% •	Molybdenum 50%

*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
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500 mg	3,500 mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

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

Ingredients: Oat Flour, Brown Rice Flour, All Natural Whey Protein, Unblanched Almond Flour, Chia Seeds, Flax Meal, Potassium Citrate, Sea Salt, Organic Flavoring, Vitamin Blend, Calcium Carbonate, Xanthan Gum, Choline Bitartrate

Contains: Shellfish, Dairy

Allergy Information: Product is made in a facility that processes peanuts and gluten.

* Assumes 12ml of olive oil added per serving.
* Nutrition Data validated by NutriData, Inc.