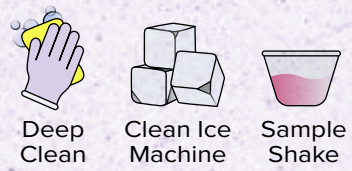




Fireworks

Strawberries, Blueberries, more Strawberries
& Lemon with Vanilla Whey Protein

JULY 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>JUNE 2023</div> <div>SMTWTFSS</div> <div>123456789101112131415161718192021222324252627282930</div>	<div>AUGUST 2023</div> <div>SMTWTFSS</div> <div>12345678910111213141516171819202122232425262728293031</div>					
<div> 2</div>	3	<div>Independence Day - PFC CLOSED - 4</div>	5	<div> 6</div>	7	<div>National Blueberry Day 8</div>
<div> 9</div>	10	<div> 11</div>	12	13	14	15
<div>National Ice Cream Day 16</div>	17	18	<div> 19</div>	20	21	22
<div>23 </div>	<div>24 </div>			<div>National Refreshment Day 27</div>	28	29
30	31	25	26			

OPERATIONS TIP: THE PERFECT POUR If you’re coming up with more than 20-22 ounces in a shake, your consistency and bottom line are impacted. If you’re coming up with less than this, try adding more ice and blend again. Tip - if a shake contains whey protein, you’ll only need 6 oz of liquid. Also, be sure to check out our “Scoop on Scoops” guide on the Member's Club to make sure you’re using the right amount of product.



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Fireworks
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