



Nutrition Guide

Frozen Treats

cheatdaydesign.com

*Not all flavors listed here. Most flavor variations offer similar nutrition profiles but will differ slightly



Vanilla Shake

Mini	Small	Medium	Large
370 Calories	570 Calories	710 Calories	1040 Calories
15g Fat (12g Sat)	22g Fat (17g Sat)	27g Fat (20g Sat)	39g Fat (28g Sat)
53g Carbs	85g Carbs	107g Carbs	160g Carbs
7g Protein	12g Protein	15g Protein	23g Protein
46g Sugar	74g Sugar	92g Sugar	137g Sugar



Strawberry Shake

Mini	Small	Medium	Large
360 Calories	560 Calories	690 Calories	1010 Calories
14g Fat (11g Sat)	21g Fat (16g Sat)	25g Fat (18g Sat)	36g Fat (26g Sat)
54g Carbs	85g Carbs	108g Carbs	162g Carbs
6g Protein	11g Protein	14g Protein	21g Protein
47g Sugar	74g Sugar	94g Sugar	140g Sugar



Cheesecake Master Shake

Mini	Small	Medium	Large
400 Calories	600 Calories	750 Calories	1090 Calories
16g Fat (12g Sat)	23g Fat (16g Sat)	27g Fat (19g Sat)	39g Fat (27g Sat)
60g Carbs	92g Carbs	117g Carbs	173g Carbs
7g Protein	12g Protein	14g Protein	22g Protein
49g Sugar	76g Sugar	96g Sugar	142g Sugar



SONIC Blast with M&Ms

Mini	Small	Medium
490 Calories	730 Calories	960 Calories
20g Fat (13g Sat)	29g Fat (19g Sat)	38g Fat (25g Sat)
73g Carbs	109g Carbs	144g Carbs
8g Protein	13g Protein	17g Protein
64g Sugar	96g Sugar	126g Sugar



Vanilla Cup

300 Calories
10g Fat (7g Sat)
47g Carbs
7g Protein
40g Sugar



Hot Fudge Sundae

460 Calories
17g Fat (13g Sat)
73g Carbs
8g Protein
60g Sugar



Chocolate Shake

Mini	Small	Medium	Large
370 Calories	570 Calories	720 Calories	1050 Calories
15g Fat (12g Sat)	22g Fat (17g Sat)	27g Fat (20g Sat)	39g Fat (28g Sat)
56g Carbs	87g Carbs	112g Carbs	167g Carbs
7g Protein	11g Protein	14g Protein	22g Protein
48g Sugar	75g Sugar	95g Sugar	142g Sugar



Oreo PB Master Shake

Mini	Small	Medium	Large
540 Calories	740 Calories	1030 Calories	1480 Calories
28g Fat (14g Sat)	35g Fat (19g Sat)	51g Fat (24g Sat)	73g Fat (33g Sat)
68g Carbs	99g Carbs	133g Carbs	190g Carbs
9g Protein	14g Protein	20g Protein	30g Protein
53g Sugar	79g Sugar	103g Sugar	148g Sugar



Chocolate Chunk Brownie Blast

Mini	Small	Medium
410 Calories	620 Calories	820 Calories
17g Fat (11g Sat)	26g Fat (17g Sat)	34g Fat (23g Sat)
60g Carbs	92g Carbs	122g Carbs
7g Protein	12g Protein	15g Protein
48g Sugar	76g Sugar	100g Sugar



SONIC Blast with Reese's

Mini	Small	Medium
450 Calories	680 Calories	890 Calories
20g Fat (10g Sat)	30g Fat (15g Sat)	39g Fat (20g Sat)
63g Carbs	96g Carbs	126g Carbs
10g Protein	15g Protein	20g Protein
54g Sugar	83g Sugar	110g Sugar



Caramel Sundae

430 Calories
13g Fat (10g Sat)
71g Carbs
7g Protein
57g Sugar



Strawberry Sundae

380 Calories
12g Fat (9g Sat)
62g Carbs
7g Protein
55g Sugar

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1. Understanding the eBook Sonic Nutrition Facts Guide
 - The Rise of Digital Reading Sonic Nutrition Facts Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Sonic Nutrition Facts Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Sonic Nutrition Facts Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Sonic Nutrition Facts Guide
 - Personalized Recommendations
 - Sonic Nutrition Facts Guide User Reviews and Ratings
 - Sonic Nutrition Facts Guide and Bestseller Lists
5. Accessing Sonic Nutrition Facts Guide Free and Paid eBooks
 - Sonic Nutrition Facts Guide Public Domain eBooks
 - Sonic Nutrition Facts Guide eBook Subscription Services
 - Sonic Nutrition Facts Guide Budget-Friendly Options

6. Navigating Sonic Nutrition Facts Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Sonic Nutrition Facts Guide Compatibility with Devices
 - Sonic Nutrition Facts Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Sonic Nutrition Facts Guide
 - Highlighting and Note-Taking Sonic Nutrition Facts Guide
 - Interactive Elements Sonic Nutrition Facts Guide
8. Staying Engaged with Sonic Nutrition Facts Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Sonic Nutrition Facts Guide
9. Balancing eBooks and Physical Books Sonic Nutrition Facts Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Sonic Nutrition Facts Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Sonic Nutrition Facts Guide
 - Setting Reading Goals Sonic Nutrition Facts Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Sonic Nutrition Facts Guide
 - Fact-Checking eBook Content of Sonic Nutrition Facts Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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