

## STONERSHAKE RECIPE CHANGELOG

- This chart is based on strawberry flavor (Nutritional values can vary per flavoring)

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### StonerShake 1.0 (Amount Per Daybag 500gr)

Amount	Ingredient
129 g	Whey protein powder
129 g	Fine Scottish Oats
120 g	Rice flour
71 g	Raw sunflower seed kernels
16 g	Chia seeds
40 g	Cane sugar unrefined
4.3 g	Jozo Salt
0.3 g	Iodized Salt
0.2 g	Vit C Powder
0.3 g	Vitamine D3 & K2 Capsules
0.7 g	Rainbow light women's one multivitamin
1.5 g	MSM powder
1.0 g	Spinach powder
1.0 g	Red beets
15 g	Raw Strawberry Freeze-dried

### Nutrition Facts 1.0 (Amount Per Daybag 500gr)

- Calories 2013
- Carb 48%, Protein 27%, Fat 25%
- Total Carbohydrate 246g 100%
- Dietary Fiber 30g 108%

- Protein 140g 114%
- Total Fat 56g 101%
  - Saturated Fat 7g
  - Monounsaturated Fat 19g
  - Polyunsaturated Fat 25g
  - Omega-3 Fatty Acids 3g 189%
  - Omega-6 Fatty Acids 18g 300%
- Cholesterol 21mg

Type	RDA %
Calcium	129%
Vitamin A	152%
Chloride	148%
Vitamin B6	1533%
Chromium	400%
Vitamin B12	861%
Copper	321%
Vitamin C	292%
Iodine	121%
Vitamin D	103%
Iron	147%
Vitamin E	489%
Magnesium	201%
Vitamin K	115%
Manganese	431%
Thiamin	1708%
Molybdenum	690%
Riboflavin	1578%
Phosphorus	431%
Niacin	197%
Potassium	104%
Folate	205%
Selenium	515%
Pantothenic Acid	535%

Sodium	109%
Biotin	350%
Sulfur	131%
Choline	156%
Zinc	222%

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### StonerShake 1.1 (Amount Per Daybag 500gr)

- More balanced RDA amounts
- Better flavoring
- Less raw sunflower seed (better texture)
- Added raw coconut flour
- More free dried fruits)
- More balanced multivitamine mix
- Better balanced vit D and K powder
- Better omega 6 and 3 ratio
- Less salt
- Less cholesterol

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Amount	Ingredient
115 g	Whey protein powder
155 g	Fine Scottish Oats
100 g	Rice flour
30 g	Raw sunflower seed kernels
25 g	Chia seeds
55 g	Cane sugar unrefined
1.1 g	Jozo Salt
0.5 g	Iodized Salt
0.1 g	Vit C Powder
1.0 g	(new) Calcium + vit D3 + vit K1 Powder

0.3 g	Plant based multivitamin
1.1 g	MSM powder
1.5 g	Spinach powder
25 g	Raw Coconut meal
17 g	Raw Strawberry Freeze-dried

### Nutrition Facts 1.1 (Amount Per Daybag 500gr)

- Calories 2009
- Carb 51%, Protein 25%, Fat 24%
- Total Carbohydrate 261g 106%
- Dietary Fiber 35g 125%
- Protein 126g 102%
- Total Fat 55g 100%
  - Saturated Fat 20g
  - Monounsaturated Fat 13g
  - Polyunsaturated Fat 18g
  - Omega-3 Fatty Acids 5g 287%
  - Omega-6 Fatty Acids 9g 153%
- Cholesterol 18mg

Type	RDA %
Calcium	206%
Vitamin A	102%
Chloride	101%
Vitamin B6	716%
Chromium	171%
Vitamin B12	430%
Copper	234%
Vitamin C	148%
Iodine	115%
Vitamin D	188%
Iron	110%
Vitamin E	213%
Magnesium	173%

Vitamin K	100%
Manganese	436%
Thiamin	100%
Molybdenum	739%
Riboflavin	781%
Phosphorus	398%
Niacin	117%
Potassium	104%
Folate	104%
Selenium	352%
Pantothenic Acid	312%
Sodium	107%
Biotin	150%
Sulfur	103%
Choline	136%
Zinc	173%

## STONERSHAKE V1.0 + V1.1 COMPARISON CHART

Amount V1.0	Amount V1.1	Ingredient
129 g	115 g	Whey protein powder
129 g	155 g	Fine Scottish Oats
120 g	100 g	Rice flour
71 g	30 g	Raw sunflower seed kernels
16 g	25 g	Chia seeds
40 g	55 g	Cane sugar unrefined
4.3 g	1.1 g	Jozo Salt
0.3 g	0.5 g	Iodized Salt
0.2 g	0.1 g	Vit C Powder
0.3 g	none	Vitamine D3 & K2 Capsules

none	1.0 g	Calcium + vit D3 + vit K1 Powder
0.7 g	none	Rainbow light women's one multivitamin
none	0.3 g	Plant based multivitamin
1.5 g	1.1 g	MSM powder
1.0 g	1.5 g	Spinach powder
1.0 g	none	Red beets
15 g	17 g	Raw Strawberry Freeze-dried

## Nutrition Facts V1.0 + V1.1

### Version 1.0

- Calories 2013
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### Version 1.1

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- Protein 126g 102%
- Total Fat 55g 100%
  - Saturated Fat 20g
  - Monounsaturated Fat 13g
  - Polyunsaturated Fat 18g
  - Omega-3 Fatty Acids 5g 287%
  - Omega-6 Fatty Acids 9g 153%
- Cholesterol 18mg

<b>Type</b>	<b>RDA V1.0</b>	<b>RDA V1.1</b>
Calcium	129%	206%
Vitamin A	152%	102%
Chloride	148%	101%
Vitamin B6	1533%	716%
Chromium	400%	171%
Vitamin B12	861%	430%
Copper	321%	234%
Vitamin C	292%	148%
Iodine	121%	115%
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