



MOCHA MINT

486

CALORIES

54g

PROTEIN

55g

CARBS

7g

FAT

INGREDIENTS:

- 1 OZ ENVELOPE SWISS MOCHA COFFE MIX
- 1 DROP PEPPERMINT EXTRACT
- 2 SCOOPS WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)
- ½ C NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



ORANGE BANANA

607

CALORIES

57g

PROTEIN

88g

CARBS

6g

FAT

INGREDIENTS:

- 1 C ORANGE JUICE
- 1 LARGE BANANA
- 2 SCOOPS WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
- ½ C NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

