



KEY LIME PIE









CALORIES

INGREDIENTS:

1 TBSP 4 GRAHAM

2 SCOOPS

LIME JUICE **CRACKERS**

WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)

NON-FAT MILK

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

INSTANT MOCHA









CALORIES PROTEIN

FAT

INGREDIENTS:

1 TBSP **INSTANT COFFEE**

1 C NON-FAT VANILLA FROZEN YOGURT

WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP) **2 SCOOPS**

½ C NON-FAT MILK

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

