



KEY LIME PIE

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|----------|---------|-------|-----|
| 439 | 54g | 40g | 7g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|----------|---|
| 1 TBSP | LIME JUICE |
| 4 GRAHAM | CRACKERS |
| 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.

INSTANT MOCHA

| | | | |
|----------|---------|-------|-----|
| 382 | 53g | 32g | 5g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|----------|--|
| 1 TBSP | INSTANT COFFEE |
| 1 C | NON-FAT VANILLA FROZEN YOGURT |
| 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.

