



Michele Sodon

BERRY BERRY BERRY PROTEIN SHAKE

472

CALORIES

55g

PROTEIN

53g

CARBS

11g

FAT

INGREDIENTS:

½ C	FRESH BLUEBERRIES
½ C	FRESH STRAWBERRIES
½ C	FRESH RASPBERRIES
½ C	NONFAT MILK
2 SCOOPS	WHEY PROTEIN POWDER (22 GRAMS/PER SCOOP)

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

CHOCO PEANUT BUTTER

566

CALORIES

60g

PROTEIN

37g

CARBS

22g

FAT

INGREDIENTS:

2 TBSP	OF PEANUT BUTTER
½ C	CUP NON-FAT MILK
2 SCOOPS	SCOOPS WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)

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

