



Michele Sodon

KEY LIME PIE

439

CALORIES

54g

PROTEIN

40g

CARBS

7g

FAT

INGREDIENTS:

1 TBSP
4 GRAHAM
2 SCOOPS
½ C

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

382

CALORIES

53g

PROTEIN

32g

CARBS

5g

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.

