



Michele Sodon

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.

