

BERRY BERRY BERRY PROTEIN SHAKE

472

Calories

55g

Protein

53g

Carbs

11g

Fat

½ cup fresh blueberries

½ cup fresh strawberries

½ cup fresh raspberries

1 ½ cup 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

2 tbsp of Peanut Butter

1 ½ cup non-fat milk

2 scoops whey protein powder chocolate (22 grams/per scoop)

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

