

KEY LIME PIE

439

Calories

54g

Protein

40g

Carbs

7g

Fat

1 tbsp lime juice

4 graham crackers

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

1 ½ cup 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

1 tbsp instant coffee

1 cup non-fat vanilla frozen yogurt

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

1 ½ cup non-fat milk

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

