

# Michele Sodon

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## **BERRY BERRY BERRY PROTEIN SMOOTHIE**

**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.

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## **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.

