

Michele Sodon

CHOCO- STRAWBERRY

479

Calories

54g

Protein

55g

Carbs

6g

Fat

1 tbsp of chocolate syrup

1 cup of strawberries

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.

CINNAMON BUN

414

Calories

53g

Protein

39g

Carbs

5g

Fat

1 tbsp fat-free butter replacement

½ tsp cinnamon

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.

