

Michele Sodon

MOCHA MINT

486

Calories

54g

Protein

55g

Carbs

7g

Fat

One, 1oz envelope swiss mocha coffee mix
1 drop peppermint extract
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.

ORANGE BANANA

607

Calories

57g

Protein

88g

Carbs

6g

Fat

1 cup orange juice
1 large banana
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.

