

Michele Sodon

PINEAPPLE COCONUT

581

Calories

56g

Protein

72g

Carbs

10g

Fat

½ cup fresh pineapple chunks

1 cup orange juice

2 tbsp shredded coconut

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.

STRAWBERRY BANANA

520

Calories

55g

Protein

66g

Carbs

6g

Fat

1 large banana

4 large strawberries

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.

