



KEY LIME PIE

439	54g	40g	7g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 TBSP</p> <p>4 GRAHAM</p> <p>2 SCOOPS</p> <p>½ C</p>	<p>LIME JUICE</p> <p>CRACKERS</p> <p>WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)</p> <p>NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

INSTANT MOCHA

382	53g	32g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 TBSP</p> <p>1 C</p> <p>2 SCOOPS</p> <p>½ C</p>	<p>INSTANT COFFEE</p> <p>NON-FAT VANILLA FROZEN YOGURT</p> <p>WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)</p> <p>NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

