



## PINEAPPLE COCONUT

|          |         |       |     |
|----------|---------|-------|-----|
| 581      | 56g     | 72g   | 10g |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|          |   |
|----------|---|
| ½ C      | FRESH PINEAPPLE CHUNKS                              |
| 1 C      | ORANGE JUICE  |
| 2 TBSP   | SHREDDED COCONUT                                    |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA<br>(22 GRAMS/PER SCOOP) |
| ½ C      | NON-FAT MILK  |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



## STRAWBERRY BANANA

|          |         |       |     |
|----------|---------|-------|-----|
| 520      | 55g     | 66g   | 6g  |
| CALORIES | PROTEIN | CARBS | FAT |

### INGREDIENTS:

|          |  |
|----------|--|
| 1        | LARGE BANANA   |
| 4        | LARGE STRAWBERRIES                                   |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA<br>(22 GRAMS/ PER SCOOP) |
| ½ C      | NON-FAT MILK   |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

