IMF IMpowered Fitness

BERRY BERRY BERRY PROTEIN SHAKE

472	55g	53g	11g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

½ C	FRESH BLUEBERRIES
½ C	FRESH STRAWBWERRIES
½ C	FRESH RESPBERRIES
½ C	NONFAT MILK
2 SCOOPS	WHEY PROTEIN POWDER (22 GRAMS/PER SCOOP)

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

CHOCO PEANUT BUTTER

566	60g	37g	22g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

2 TBSP	OF PEANUT BUTTER
½ C	CUP NON-FAT MILK
2 SCOOPS	SCOOPS WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP)

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