IMF IMpowered Fitness

CHOCO STRAWBERRY

479	54g	55g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	OF CHOCOLATE SYRUP
1 C	OF STRAWBERRIES
2 SCOOPS	WHEY PROTEIN POWDER CHOLOCLATE (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

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

CINNAMON BUN

414	53g	39g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	FAT-FREE BUTTER REPLACEMENT
½ TBSP	CINNAMON
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
1 C	NON-FAT MILK

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