IMF IMpowered Fitness

KEY LIME PIE

439	54g	40g	7g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 TBSP	LIME JUICE
4 GRAHAM	CRACKERS
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/PER SCOOP)
½ C	NON-FAT MILK

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:

1 TBSP	INSTANT COFFEE
1 C	NON-FAT VANILLA FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)
½ C	NON-FAT MILK

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