IMF IMpowered Fitness

MOCHA MINT

486	54g	55g	7g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1OZ	ENVELOPE SWISS MOCHA COFFE MIX
1 DROP	PEPPERMINT EXTRACT
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.

ORANGE BANANA

607	57g	88g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

1 C	ORANGE JUICE
1	LARGE BANANA
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.