IMF IMpowered Fitness

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 (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 (22 GRAMS/ PER SCOOP)
½ C	NON-FAT MILK

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