

Beth Ann

DICE

PINEAPPLE COCONUT

581

CALORIES

56g

PROTEIN

72g

CARBS

10g

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

CALORIES

55g

PROTEIN

66g

CARBS

6g

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.

