



Lifestyle Wellness Academy

KEY LIME PIE



INGREDIENTS:

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| 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



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.

