



iMATTER100



BERRY BERRY BERRY PROTEIN SHAKE

472

CALORIES

55g

PROTEIN

53g

CARBS

11g

FAT

INGREDIENTS:

½ C

FRESH BLUEBERRIES

½ C

FRESH STRAWBERRIES

½ C

FRESH RASPBERRIES

½ C

NONFAT MILK

2 SCOOPS

WHEY PROTEIN POWDER
(22 GRAMS/PER SCOOP)

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

CHOCO PEANUT BUTTER

566

CALORIES

60g

PROTEIN

37g

CARBS

22g

FAT

INGREDIENTS:

2 TBSP

OF PEANUT BUTTER

½ C

CUP NON-FAT MILK

2 SCOOPS

SCOOPS WHEY PROTEIN POWDER
CHOCOLATE (22 GRAMS/SCOOP)

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

