

Fat Blast shake:

Pre or Post workout Shake:

1 Scoop chocolate protein powder
1 TBSP Cocoa Powder
¾ C Frozen strawberries
½ banana
1/3 C coconut milk
½ tsp Matcha Powder
½ C Water

266 cal, 39 Carbs, 9 g Fat, 21 g Protein, 8.5 g Fiber

Meal Replacement shake:

1 Scoop Protein
¼ C Raw Steel Cut Oats
1 TBSP Nut Butter (Almond, Peanut, Walnut, Sunflower, etc...)
¼ C Mixed Berries
Handful Spinach or Kale
Water or almond milk
Ice

392 cal, 40 g Carbs, 14 g Fat, 32 g Protein, 8 g Fiber
33 g Net Carbs

Green Smoothie:

1 Green Apple
1 lemon (Juice)
½ Bunch Parsley
1 Cucumber
4 Celery Ribs
6 Kale leaves

Blend and drink. 1 serving
Boosts immunity, energy, life!

186 Cal, 45.1 g Carbs, 0.5 g Fat, 8.4 g Protein