



**BOD BY TODD**  
**Fitness Coaching**  
*"Don't Be Average, Be Fit"*

## CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328

CALORIES

26g

PROTEIN

37g

CARBS

11g

FAT

### INGREDIENTS:

1 C	RAW MILK OR NUT MILK OF CHOICE (RAW MILK USED FOR NUTRITIONAL INFORMATION)
1	BANANA (OPTIONAL FROZEN)
½ C	RASPBERRIES
	1 SERVING OF YOUR PREFERRED CHOCOLATE PROTEIN POWDER (22 GRAMS/PER SCOOP)

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



## KIWI STRAWBERRY BANANA SMOOTHIE

183

CALORIES

2g

PROTEIN

35g

CARBS

6g

FAT

### INGREDIENTS:

1 C	WATER
1 KIWI	PEELED AND HALVED
1 C	FRESH OR FROZEN STRAWBERRIES
½	FRESH OR FROZEN BANANA
1 TSP	COCONUT OIL
4-6	ICE CUBES

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

