



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

MOCHA MINT

486

CALORIES

54g

PROTEIN

55g

CARBS

7g

FAT

INGREDIENTS:

10Z

ENVELOPE SWISS MOCHA COFFE MIX

1 DROP

PEPPERMINT EXTRACT

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.



ORANGE BANANA

607

CALORIES

57g

PROTEIN

88g

CARBS

6g

FAT

INGREDIENTS:

1 C

ORANGE JUICE

1

LARGE BANANA

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.

