



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

THIN MINT

437

CALORIES

50g

PROTEIN

40g

CARBS

10g

FAT

INGREDIENTS:

| | |
|----------------|---|
| 1 DROP | PEPPERMINT EXTRACT |
| 1 | OREO COOKIES |
| 2 SCOOP | WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/PER SCOOP) |
| 1 C | NON-FAT MILK |

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

