

ORANGE CREAMSICLE

Ingredients:

- 4 oz extra creamy oat milk
- 4 oz orange juice
- 2/3 c (95 g) frozen mango chunks
- 1 scoop Isopure unflavored protein

Directions:

- Blend all ingredients in a blender!

Nutrition Facts:

280 calories
39 g carbs
27 g protein
1 g fat
25 g sugar
3 g fiber



Enjoy!



- 4oz vanilla oat milk
- 4oz orange juice
- 2/3 c frozen mango
- 1 scoop clear whey protein

BERRY BLISS PROTEIN SMOOTHIE

Ingredients:

- 8 oz vanilla almond milk
- 1/3 c frozen cherries
- 1/3 c frozen blueberries
- 1 scoop Naked vanilla whey protein powder

Directions:

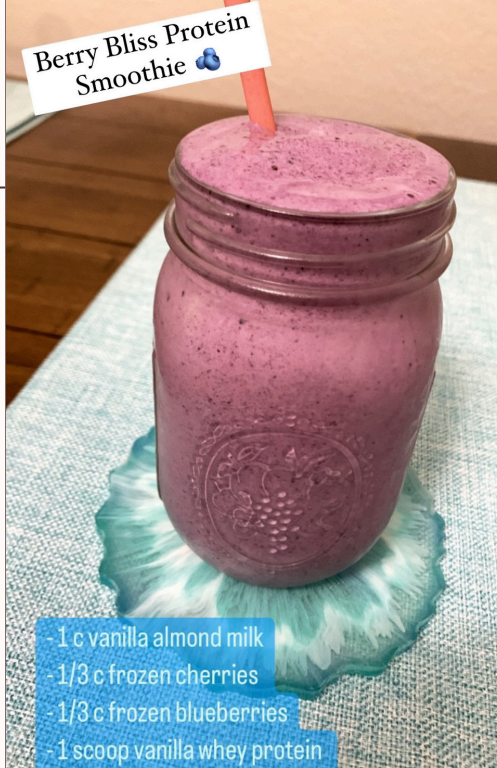
- Blend all ingredients in a blender!

Nutrition Facts:

297 calories
37 g carbs
26 g protein
4 g fat
30 g sugar
4 g fiber



Enjoy!



CHOCOCHERRY PROTEIN SHAKE

Ingredients:

- 8 oz extra creamy oat milk
- 2/3 c (95 g) frozen cherries
- 1 T cocoa powder
- 1 scoop Naked vanilla whey protein powder

Directions:

- Blend all ingredients in a blender!

Nutrition Facts:

354 calories
38 g carbs
29 g protein
8 g fat
23 g sugar
3 g fiber



Enjoy!



BLUENANA PROTEIN SHAKE

Ingredients:

- 8 oz vanilla almond milk
- 1/2 c frozen blueberries
- 1/2 frozen banana
- 1 scoop Naked vanilla whey protein powder

Directions:

- Blend all ingredients in a blender!

Nutrition Facts:

332 calories
46 g carbs
26 g protein
5 g fat
34 g sugar
6 g fiber



Enjoy!



1/2 frozen banana
1/2 c frozen blueberries
1 c vanilla almond milk
1 scoop vanilla whey protein