



The Master's Club

Fitness & Lifestyle Wellness

CHOCOLATE RASPBERRY PROTEIN SMOOTHIE

328	26g	37g	11g
CALORIES	PROTEIN	CARBS	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	2g	35g	6g
CALORIES	PROTEIN	CARBS	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.

