



CATALYST 4 FITNESS
YOUR FITNESS AND NUTRITION SOLUTION

KEY LIME PIE

439

CALORIES

54g

PROTEIN

40g

CARBS

7g

FAT

INGREDIENTS:

1 TBSP	LIME JUICE
4 GRAHAM	CRACKERS
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.

INSTANT MOCHA

382

CALORIES

53g

PROTEIN

32g

CARBS

5g

FAT

INGREDIENTS:

1 TBSP	INSTANT COFFEE
1 C	NON-FAT VANILLA FROZEN YOGURT
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.

