

WEEK 3 RECIPES /// PRE-WORKOUT SNACK

POWERED BY  **CELLUCOR**

MOCHA MUSCLE MAKER

Tweak the taste of your favorite chocolate-flavored protein powder with some instant coffee. Its caffeine kick will help jumpstart your workout.



INGREDIENTS

- 2 Scoops Cellucor Super Sport Whey
- 8oz Coffee (I use a Nescafé Taster's Choice single-serve packet.)

INSTRUCTIONS

- Step 1** /// Put all ingredients into a shaker cup.
- Step 2** /// Shake to blend, and drink before your workout.

NUTRITION FACTS	Quantity/g	Protein	Carbs	Fats	Calories
CELLUCOR SUPER SPORT WHEY	2	60	6	1	273
COFFEE	0	0	0	0	0
▶ TOTAL		60	6	1	273