



Chocolate Peanut Butter Supreme:

- 12 oz. water
- 4 ice cubes
- 1 tablespoon heavy whipping cream
- 1 tablespoon natural peanut butter
- 2 scoops chocolate [protein](#) powder

Chocolate Strawberry Shake

- 1 to 2 scoops of chocolate [protein](#) powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 8 strawberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

Chocolate Banana Nut Shake

- 1 scoop of chocolate protein powder
- 1 tbsp of almond butter
- 1 banana
- 1 cup of no-fat soy milk
- 2 ice cubes

The Bad Girl

Ingredients:

- 12 Oz Skim Milk
- 4-8 Thin Mint Girl Scout Cookies
- Handful Of Ice
- 2 Scoops Of Chocolate [Whey Protein](#)

Banana Bread Shake

Ingredients:

- 2 scoops [Whey Protein](#)
- 1 Banana
- 1/2 Cup Quaker Oatmeal (cook with boiling water)
- 3/4 Cup Kellogg's Bran Flakes

- 1 Bottle of Water
- Artificial Sweetener to taste