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Spinach Egg Whites

Ingredients

- 6 egg whites
- 1 package of spinach

Directions

1. Take 6 egg whites and mix in 1 package of spinach (10 oz).

Go Optimum Crunch

Ingredients

- 1 scoop of Optimum 100% Whey
- 1 cup of skim milk
- one serving of Kashi Go Lean Crunch

Directions

2. Simply mix 1 scoop of Optimum 100% Whey Vanilla Ice Cream with 1 cup of skim milk in a glass using a spoon.
3. Pour one serving of Kashi Go Lean Crunch and the mixed milk into a bowl and enjoy.!

Tropical Isoatmeal

Ingredients

- 1/4 cup of Quaker oats
- 1/2 cup of skim milk
- one scoop of Zero Carb Isopure Pineapple Orange Banana

Directions

1. After the oatmeal is done being prepared and ready to be eaten, quickly add one scoop of Zero Carb Isopure Pineapple Orange Banana.
2. Mix into the oatmeal until it is dispersed and enjoy a new kind of delicious oatmeal.!