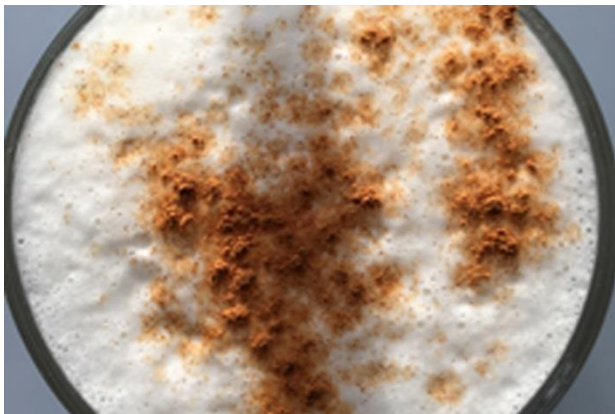


Fat-Burning Flat White Protein Shake



Directions:

Blend or shake in Shaker Cup until frothy (better blended)

**LynFit's shakes can even be stirred with a spoon.*

Need a protein boost? You'll love the Fat-Burning Flat White Protein Shake. Enjoy eating the froth with a spoon for a little "trick play."

NUTRITIONAL INFO

Calories: 134

Fat: .59 grams

Carbs: 7 grams

Fiber: 1 gram

Sugar: 2 grams

Protein: 24 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½–1 cup) Water black coffee or warm water