

Melt Fat Milk Protein Shake



Directions:

Put all the ingredients into a blender or shaker cup and mix well.

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

This fat-melting milk packs 24 grams of metabolic boosting protein and saves you the insulin-spiking sugar from lactose. Swap out the milk you put in your coffee for this leaner version.

NUTRITIONAL INFO

Calories: 155

Carbs: 15 grams

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

Fat: 1 gram

Fiber: 1 gram

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 tsp.) Vanilla extract