

Melt Fat Mocha Blast 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.*

The Melt Fat Mocha Blast Protein Shake will help you blast fat and calories due to saving you hundreds of calories, fat, and sugar.

NUTRITIONAL INFO

Calories: 155

Carbs: 15 grams

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Fat: 1 gram

Fiber: 1 gram

Serves: 1

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½–1 cup) Warm coffee (not hot)
- Handful of ice