

Melt Fat Mochaccino 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.*

You will save hundreds of calories, fat, and sugar with the Melt Fat Mochaccino Protein Shake. A deep, delicious flavor that's enjoyable any season of the year.

NUTRITIONAL INFO

Calories: 155

Fat: 1 gram

Carbs: 15 grams

Fiber: 1 gram

Sugar: 3 grams

Protein: 24 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Chocolate Protein Powder
- (½–1 tsp.) Granulated coffee
- (½–cup) Water
- Handful of ice