

Metabolic Boosting Detoxifer 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 Metabolic Boosting Detoxifier Protein Shake provides your body with alkalizing greens that won't spike blood sugar levels the way juicing will. Plus, you get the added benefit of protein!

NUTRITIONAL INFO

Calories: 140

Fat: 1 gram

Carbs: 15 grams

Fiber: 2 grams

Sugar: 2 grams

Protein: 24 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla Dream Non-GMO Advanced Protein Powder
 - (½ cup) Water
 - Handful of ice
 - (½ cup) Cucumber, peeled & diced
 - Handful of baby greens or Romaine spinach
 - Squeeze ½ of a lemon for juice
- *Add (1–2) full droppers of LynFit Thyro-Boost to provide nutrients & promote detox process