

# Raspberry Ketone Protein Shake

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## Directions:

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

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

If you want to trick your body into thinking like a skinny person, the Raspberry Ketone Protein Shake is for you. Add LynFit Accelerator Advanced to turn the weight gain switch off and the weight loss switch on.

## 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 Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (½ cup) Raspberries
- The contents from one (1) LynFit Accelerator Advanced