

The Energizer Morning After 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 Energizer Protein Shake provides energy that nourishes with over 90 essential vitamins, minerals, enzymes. Feeling better begins with nourishing your body!

NUTRITIONAL INFO

Calories: 165

Fat: 1 gram

Carbs: 15 grams

Fiber: 1 gram

Low glycemic sugar: 5 grams

Protein: 24 metabolic boosting grams

Serves: 1

Ingredients:

- (2 scoops) LynFit Vanilla Protein Powder
- (½ cup) Water
- Handful of ice
- (1 oz.) LynFit Daily Power Shot