



PrimeFITT

THIN MINT

437

CALORIES

50g

PROTEIN

40g

CARBS

10g

FAT

INGREDIENTS:

1 DROP

PEPPERMINT EXTRACT

1

OREO COOKIE

2 SCOOP

WHEY PROTEIN POWDER
CHOCOLATE (22 GRAMS/PER SCOOP)

1 C

NON-FAT MILK

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND ON HIGH UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

