

My Drinks

Morning Smoothie

I use a high speed blender for making this

6oz Milk

3oz Water

2 Handfuls of FROZEN fruit

2 Scoops of Protein Powder

1 tsp Wheat Germ

1 Tbl Peanut Butter

You might need to add more milk or water depending on how thick it is after you blend it

Veggie Smoothie

6oz V8 Juice

3oz Water or Aloe Juice

2-3 handfuls of FROZEN Veggies

Dash of Worcestershire sauce Hot Sauce to taste

During Workout Drink

28oz water
1scoop Vanilla Protein
1 scoop Orange Gatorade

Favorite Post Workout Drink

Chocolate Milk