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Day 6, Meal 4: Post-Workout Meal: Strawberry and Banana Smoothie

Ingredients:

- FitMiss Vanilla Chai protein powder, 1 scoop
- Low-fat milk, 4 oz.
- Banana, 1/2 medium
- Strawberries diced, 1/2 cup
- Peanut butter, 1 tbsp
- Ice cubes, 4-6

Directions:

1. Combine the ingredients in a blender, and blend on high for 60 seconds.

Nutrition Facts

Serving size: 1 smoothie

Recipe yields 1 serving

Calories: 343

Fat: 11 g

Carbs: 35 g

Protein: 26 g