



STRAWBERRY CHEESECAKE PROTEIN SMOOTHIE

SERVINGS: 1

PREPPING TIME: 5 MIN

INGREDIENTS

- $\frac{2}{3}$ C (140g) Frozen Strawberries
- 1 scoop (31g) Vanilla Protein Powder
- 1 serving (8g) Sugar Free Cheesecake Pudding Mix
- 125–150 Diet Soda (about $\frac{1}{2}$ can)

DIRECTIONS

1. Blend it up and enjoy!

NOTES

Macros: 189 Calories, 24g of Protein, 21g of Carbs, 1g of Fat, 2