Monkey Milk Power Smoothie:

Monkey Milk Power Smoothie - White:

The following smoothie is 390 calories (about 25 grams of protein) and it will definitely get you from breakfast to lunch without your stomach growling.

Yogurt, 4 oz. Piña Colada flavored
Milk, 4 oz. low fat
Whey protein, 1 scoop, (24 grams) Designer Whey Protein, vanilla-praline flavored
Banana, 1, (the ripper the better)

Place the above ingredients (in the order shown) into a blender and blend until are the ingredients are mixed well.

Monkey Milk Power Smoothie – Pink (for the lactose intolerant):

The following smoothie is 385 calories (about 25 grams of protein) and it will definitely get you from breakfast to lunch without your stomach growling.

Yogurt, 4 oz. whipped strawberry flavored
Orange juice, 4 oz.
Whey protein, 1 scoop, (24 grams) Designer Whey Protein, strawberry flavored
Banana, 1, (the ripper the better)

Place the above ingredients (in the order shown) into a blender and blend until are the ingredients are mixed well.