

# Meal Replacement Drinks

## “Sunshine Shake”

MRM Vanilla Low-Carb Protein Powder  
Banana  
Berries  
Minute Maid Light Orange-Tangerine juice  
Ice

*\*Eat Almonds separately*

## “Shake Me Up!”

MRM Chocolate Low-Carb Protein Powder  
Banana  
2 oz. Espresso  
Water  
Ice

*\*Eat Almonds separately*