

Meal Replacement Drinks

“Berry Chocolate Delight”

MRM Chocolate Low-Carb Protein Powder

Strawberries

1/8 tsp. Peppermint Extract

Water

Ice

*Almonds or Cashews

*Eat separately

“da Pina Colada”

MRM Vanilla Low-Carb Protein Powder

Pineapple (not canned)

1/4 tsp. Coconut Extract

Minute Maid Light Orange-Tangerine Juice

Ice

*Almonds or Cashews

*Eat separately