

WATERMELON REFRESHER PROTEIN SHAKE



INGREDIENTS

- 2 SCOOPS BARIATRIC FUSION STRAWBERRY BANANA HIGH PROTEIN MEAL REPLACEMENT
- 1/2 CUP WATER
- 1/2 CUP UNSWEETENED COCONUT WATER
- 1/2 CUP FROZEN WATERMELON CHUNKS
- 3/4 CUP FROZEN STRAWBERRIES
- 2 MINT LEAVES
- 1 TSP LIME JUICE

SERVING SIZE: 1 CUP

CALORIES: 233

AMOUNT/SERVING % DAILY
VALUE

- FAT: 2.5 GRAMS
- CARBS: 28 GRAMS
- FIBER: 6.5 GRAMS
- SUGAR: 15 GRAMS
- PROTEIN: 29 GRAMS

FOR A RICH, AND CREAMY SHAKE,
COMBINE 2 SCOOPS OF BARIATRIC
FUSION HIGH PROTEIN MEAL
REPLACEMENT WITH 8 FL. OZ OF
FLUID AND MIX IN A BLENDER

MANGO BLAST PROTEIN SHAKE



INGREDIENTS

- 1/2 CUP UNSWEETENED VANILLA ALMOND MILK
- 1/2 CUP PLAIN GREEK YOGURT
- 2 SCOOPS BARIATRIC FUSION VANILLA HIGH PROTEIN MEAL REPLACEMENT
- 1/2 CUP MANGO
- 1/2 TSP TURMERIC

SERVING SIZE: 1 CUP

CALORIES:306

AMOUNT/SERVING % DAILY VALUE

- FAT: 4.5 GRAMS
- CARBS: 28 GRAMS
- FIBER: 6GRAMS
- SUGAR: 17 GRAMS
- PROTEIN: 43 GRAMS

FOR A RICH, AND CREAMY SHAKE, COMBINE 2 SCOOPS OF BARIATRIC FUSION PROTEIN WITH 4 OZ OF FLUID AND OTHER REQUIRED INGREDIENTS. THOROUGHLY MIX IN A BLENDER