

1	Apple Pie	11	Verry Berry Day
2 F1 Vanilla	1 Scoop Apple Fiber	2 F1 Wild Berry	1/4 Cup Blueberries
2 Vanilla PDM	1/2 tsp Cinnamon	2 Vanilla PDM	1/4 Cup Strawberries
			1 TBLS Cheesecake
2	Bahama Mama	12	Banana Peanut Butter Waffle
1 F1 Banana	1 TBLS Coconut	1 F1 Banana	1 TBLS Maple
1 F1 Pina Colada	Top with Coconut	1 F1 Cookies	1 TBLS PB2
2 Vanilla PDM		2 Vanilla PDM	
3	Banana Strawberry	13	Birthday Cake
2 F1 Banana	1/4 cup strawberries	2 F1 Vanilla	1 TBLS Cheesecake
2 Vanilla PDM		2 Vanilla PDM	1 TBLS Lemon
4	Blue Monkey	14	Carrot Cake
2 F1 Banana	1/4 cup blueberries	2 F1 Cookies	1 TBLS Cheesecake
2 Vanilla PDM		2 Vanilla PDM	1 TBLS Carrot Cake
5	Elvis	15	Coconut Cream Puff
2 F1 Banana	1 TBLS PB2	2 F1 Vanilla	2 TBLS Coconut
2 Vanilla PDM		2 Vanilla PDM	Top with Coconut
6	Fruity Pebbles	16	Cinnabon
1 F1 Orange Cream	1/4 cup strawberries	1 F1 Vanilla	1 TBLS Cheesecake
1 F1 Wild Berry	1 TBLS Lemon	1 F1 Dulce	1 TBLS Brown Sugar
2 Vanilla PDM		2 Vanilla PDM	1 TBLS Butter Pecan
			1 tsp. Cinnamon
7	Key Lime Pie	17	Cookie Dough
2 F1 Vanilla	1 TBLS Cheesecake	1 F1 Cookies	2 TBLS Cookie Dough
2 Vanilla PDM	1 TBLS Key Lime Juice	1 F1 Chocolate	
		2 Vanilla PDM	
8	Orange Julius	18	Peanut Butter Cup
2 F1 Orange Cream	1 Scoop of H30	1 F1 Cookies	1 TBLS PB2
2 Vanilla PDM	1 TBLS Vanilla	1 F1 Chocolate	
		2 Chocolate PDM	
9	Pineapple Whip	19	Samoa Cookie
1 F1 Pina Colada	1 TBLS Cheesecake	2 F1 Cookies	1 TBLS Caramel
1 F1 Dulce		2 Chocolate PDM	1 TBLS Coconut
2 Vanilla PDM			Top with Coconut
10	Strawberry Cheesecake	20	Snicker Doodle
2 F1 Vanilla	1 TBLS Cheesecake	2 F1 Cookies	1 tsp. Cinnamon
2 Vanilla PDM	1/4 cup strawberries	2 Chocolate PDM	1 TBLS Brown Sugar
		1 TBLS PB2	1 TBLS Butter Pecan

21	Butterfinger		31	Very Berry ACAI Bowl	
2 F1 Cookies		1 TBLS Butterscotch	2 F1 Wild Berry		1/4 Cup ACAI
1 PDM Vanilla		1 TBLS PB2	2 PDM Vanilla	Toppings:	
1 PDM Chocolate			1/4 Cup Blueberries	Granola & Coconut	
			1/4 Cup Strawberries	5 Slices Banana	
22	Chocolate Dipped Strawberry		32	Chocolate PB ACAI Bowl	
2 F1 Chocolate		2 TBLS Caramel	2 F1 Chocolate		1/4 Cup ACAI
2 PDM Chocolate		1/4 Cup Strawberries	2 PDM Chocolate	Toppings:	
			1 TBLS PB2	Granola & Coconut	
			1/4 Cup Blueberries	5 Slices Banana	
			1/4 Cup Strawberries		
23	German Chocolate Cake		33	Very Berry OATEIN	
2 F1 Cookies		1 TBLS Butter Pecan	1/2 Cup Oats		1 Cup Hot Water
2 PDM Chocolate		1 TBLS Coconut	2 F1 Sport Vanilla		1/4 Cup Blueberries
			1 PDM Vanilla		1/4 Cup Strawberries
24	Mint Chocolate		34	Cookie Bar OATEIN	
2 F1 Cookies			1/2 Cup Oats		1 Cup Hot Water
2 PDM Chocolate			2 F1 Sport Vanilla		1 TBLS Lemon
			1 PDM Vanilla		1 TBLS Cheesecake
25	Snickers		35	Monkey Blues OATEIN	
2 F1 Cookies		1 TBLS Caramel	1/2 Cup Oats		1 Cup Hot Water
2 PDM Chocolate		1 TBLS PB2	2 F1 Banana Carmel		1/4 Cup Blueberries
			1 PDM Vanilla		1 Tsp. Cinnamon
26	Tiramisu		36	Chocolate PB OATEIN	
2 F1 Chocolate		1 TBLS Almond	1/2 Cup Oats		1 Cup Hot Water
2 PDM Vanilla		1 TBLS Hazelnut	2 F1 Sport Chocolate		5 Slices Banana
1 Tsp. Coffee		1 Tsp. Cinnamon	1 TBLS PB2		Cocoa Nibs
27	Caramel Macchiato				
1 F1 Cafe		1 Tsp. Coffee			
1 F1 Dulce		1 TBLS Caramel			
2 PDM Vanilla					
28	Chocolate Lovers - POST WORKOUT				
1 F1 Chocolate					
2 Rebuild					
29	Mint Chocolate - POST WORKOUT				
1 F1 Mint					
2 Rebuild					
30	Chocolate PB Banana - POST WORKOUT				
1 F1 Banana		1 TBLS PB2			
2 Rebuild					