

Rootbeer Float

4 Ice cubes
8 oz cold water
1 shake packet (Vanilla)
add can of Diet A&W soda in big cup

Blend first 3 ingredients in blender, then put in big cup and add soda. Enjoy!

Berry Lime Shake

Ingredients

1 packet Medifast French Vanilla shake
2 tablespoons sugar-free raspberry syrup
1/2 cup lime flavored water
1/2 cup ice

Method

Pour ingredients in blender and mix until smooth.

Nutrition Info.

Cal 90-100 | Fat 0-0.5g | Chol 0mg | Carb 13g | Pro 11-14 g

Orange Pineapple Cooler

Ingredients

1 packet Medifast Orange Crème shake
2 tablespoons sugar-free pineapple syrup
1/2 cup cold water
1/2 cup ice

Method

Pour ingredients in blender and mix until smooth.

Nutrition Info.

Cal 90-100 | Fat 0.5g | Chol 0mg | Carb 13g | Pro 11-14g