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Cherry-Vanilla Shake

Quick Meal

This is the basic recipe; vary shake and syrup flavors according to your taste.

Ingredients

2 scoops Atkins Vanilla Shake Mix
8 ounces water
3 tablespoons Atkins Sugar Free Cherry Syrup

Directions

1. Place all ingredients in a blender and blend until smooth.

[IN BRIEF]

Servings: 1

Prep time: 5 minutes

[NUTRITION PER SERVING]

Carbohydrates: 1 grams

Net Carbs: 1 grams

Protein: 24 grams

Fat: 8 grams

Calories: 170

Good for
Atkins Fitness.

You can find this article at:

http://www.atkinscenter.com/food/recipes/all/CherryVanilla_Shake.html

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