

Muscle Building Drinks

Essential Muscle Building Formula

1 cup Non Fat Milk
½ cup Calcium Fortified Orange Juice
1 tbsp Honey
¼ cup Strawberries
20g Whey Protein

Muscle Building Formula

1 cup Strawberries
1 cup Non-Fat Strawberry Yogurt
20g Whey Protein
1 tbsp Honey
1 cup Non Fat Milk
1 cup Calcium Fortified Orange Juice