



Let's Get Thin MD

The Dr. Girouard Advantage™

BiPRO ICED LATTE

INGREDIENTS

- 1/2 Cup Water
- 1 Packet BiPro French Vanilla (25 grams)
- 2 TSP Instant Coffee
- 1 Cup Unsweetened Almond Milk
- 1 T Splenda (sugar alternative of choice)
- 1 T Sugar Free Hazelnut Coffee Creamer
- 1 Cup Chopped Ice

DIRECTIONS

1. Combine BiPro protein powder and water in shaker bottle and shake well.
2. Add additional ingredients.
3. Shake and enjoy!

Flavor options include adding other sugar free coffee flavorings or ingredients such as 1/4 T Cinnamon, 1/2 TSP Cocoa Powder, or 1/2 T Vanilla.

NUTRITION PER SERVING

Protein 20 grams
Net Carbs 2 grams
Fat 3.5 grams



To make it a breakfast meal, increase the BiPro protein powder to 1 1/2 scoops to get 30 grams of protein.

The Original
biPro®

