



THE FIT FIZZ PROTEIN SODA

YIELD:

1

SERVING

PREP TIME:

5

MINUTES

COOK TIME:

0

MINUTES

DIRECTIONS

1. Start by combining half of the protein shake and half of the soda of choice in a large cup.
2. Feel free to adjust flavor to your preference by adding more of the protein shake or the soda.
3. Add ice if you desire.

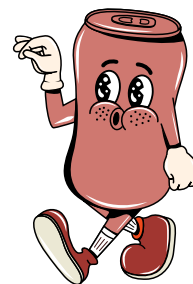
INGREDIENTS

- Vanilla Fairlife protein shake or other premade vanilla protein shakes
- Poppi, Olipop, or Zevia drink
 - Recommend flavors: orange, root beer, cola, strawberry
- Ice (optional)

NOTES



Watch the how-to
on our YouTube,
@sanfordfitkids!





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BITE BREAKDOWN

Ever crave a fun pick me up drink or snack in your day but don't want to consume loads of sugar? Ditch the regular soda and make a protein soda. It's like a soda glow-up that's way better for you and here is why:

- **Keep Your Energy Up:** No more sugar crashes that leave you feeling wiped out.
- **Stay Feeling Good:** Less sugar means less extra stuff your body doesn't need.
- **Protect Your Smile:** Say goodbye to cavities from all that sugary junk.
- **Feel Good Long-Term:** Seriously, too much sugar can mess with your health down the road.

NUTRITION FACTS*

Serving size: 1

- Calories: 195kcal
- Carbohydrates: 13g
- Fat: 4.5g
- Protein: 26g
- Sugar: 10g
- Fiber: 3g



*These are approximate values, and actual results may vary based on the specific products and portion sizes you use!

RECIPE RATING

