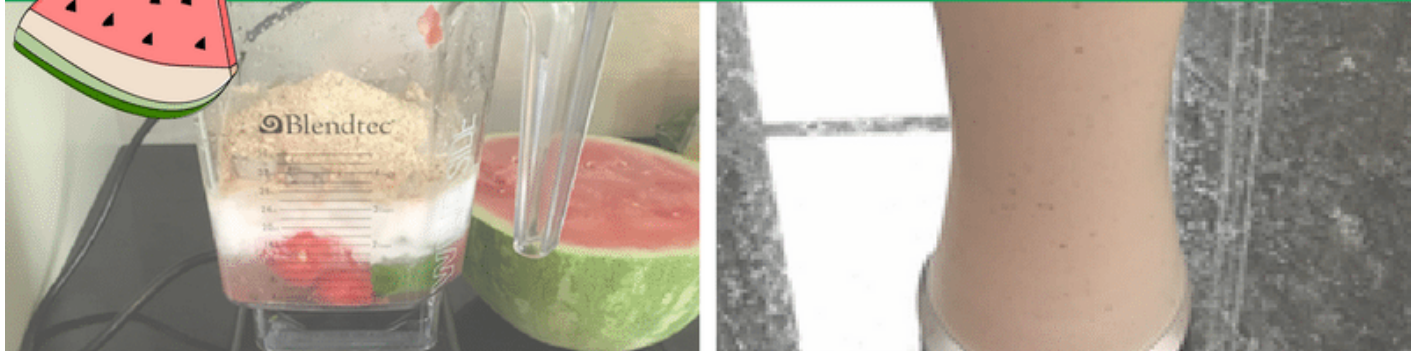
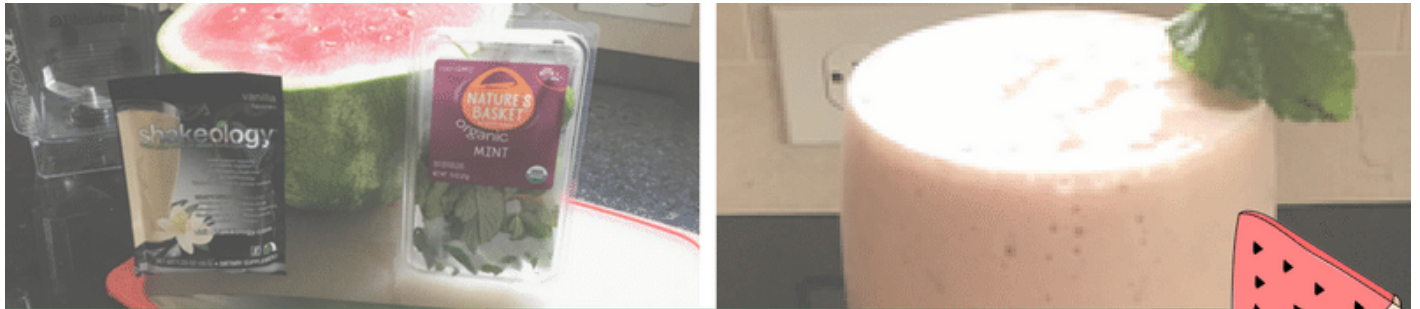


Melanie Mitro

15 Star Diamond Beachbody Coach

<http://melaniemitro.com>

Watermelon Mint Shakeology



watermelon mint shakeology

I'm going to be honest - I'm not a huge fan of Vanilla Shakeology. You all know I'm a chocolate girl at heart!! But I whipped up this recipe the other day, and I have to say that this is a DELICIOUS and refreshing treat. Perfect for a hot summer day!!

1 scoop or packet Vanilla Shakeology

6 oz coconut milk unsweetened

6 oz water

Ice

1 cup watermelon

mint leaves