

CHOCO BANANA COOKIE

154 CALORIES 55g PROTEIN 89g CARBS 16g FAT

INGREDIENTS:

| | |
|----------|---|
| 1 | LARGE BANANA |
| 4 | CHOCOLATE WAFER COOKIES |
| 1½ | NONFAT FROZEN YOGURT |
| 2 SCOOPS | WHEY PROTEIN POWDER CHOCLOCLATE (22 GRAMS/PER SCOOP) |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO CREME

441 CALORIES 63g PROTEIN 47g CARBS 5g FAT

INGREDIENTS:

| | |
|----------|---|
| 2 C | NON-FAT CHOCOLATE FROZEN YOGURT |
| ½ C | NON-FAT MILK |
| 2 SCOOPS | WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/SCOOP) |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO MALT

406 CALORIES 54g PROTEIN 35g CARBS 6g FAT

INGREDIENTS:

| | |
|----------|---|
| 1 TBSP | MALTED MILK POWDER |
| 2 SCOOPS | WHEY PROTEIN POWDER CHOCLOCLATE (22 GRAMS/PER SCOOP) |
| ½ | NONFAT FROZEN YOGURT |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

