



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.

