



CHOCO STRAWBERRY

479	54g	55g	8g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- | | |
|-----------------|--|
| 1 TBSP | OF CHOCOLATE SYRUP |
| 1 C | OF STRAWBERRIES |
| 2 SCOOPS | WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/PER SCOOP) |
| ½ C | NON-FAT MILK |

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



CINNAMON BUN

414	53g	39g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

- | | |
|-----------------|---|
| 1 TBSP | FAT-FREE BUTTER REPLACEMENT |
| ½ TBSP | CINNAMON |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP) |
| 1 C | NON-FAT MILK |

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

