



CHOCO BANANA COOKIE

154 55g 89g 16g

CALORIES PROTEIN CARBS FAT

INGREDIENTS:

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

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

CHOCO CREME

441 63g 47g 5g

CALORIES PROTEIN CARBS 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 54g 35g 6g

CALORIES PROTEIN CARBS FAT

INGREDIENTS:

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

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