



# 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.

