

CHOCO BANANA

724

Calories

60g

Protein

112g

Carbs

6g

Fat

1 large banana
2 tbsp Chocolate syrup
4 oz nonfat frozen yogurt
2 scoops whey protein powder chocolate (22 grams/per scoop)
1½ cup non-fat milk

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

CHOCO PEACH

398

Calories

49g

Protein

41g

Carbs

5g

Fat

3 frozen peach slices
½ cup fresh pineapple chunks
2 scoops whey protein powder chocolate (22 grams/per scoop)
1 cup non-fat milk

Place all ingredients into a blender. Blend until smooth. Add crushed ice if desired.

