



Fitness Aspects

For the Body & Mind

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.