



CHOCO BANANA

724	60g	112g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 1 TBSP 4 OZ 2 SCOOPS ½ C</p>	<p>LARGE BANANA CHOCOLATE SYRUP NONFAT FROZEN YOGURT WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/PER SCOOP) NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCO PEACH

398	49g	41g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>3 ½ 2 SCOOPS 1 C</p>	<p>FROZEN PEACH SLICES FRESH PINEAPPLE CHUNKS SCOOPS WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/ SCOOP) NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

