

Michele Sodon

CHOCO-BANANA COOKIE

691

Calories

55g

Protein

89g

Carbs

16g

Fat

1 large banana

4 chocolate wafer cookies

1 ½ cup non-fat milk

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

Calories

53g

Protein

47g

Carbs

5g

Fat

1 cup non-fat chocolate frozen yogurt

1 ½ cup non-fat milk

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-MALT

406

Calories

54g

Protein

35g

Carbs

6g

Fat

1 Tbsp malted milk powder

2 scoops whey protein powder chocolate (22 grams/per scoop)

1 ½ cup nonfat

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