

Michele Sodon

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)
- 1 ½ 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.

