



CHOCO STRAWBERRY

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|----------|---------|-------|-----|
| 479 | 54g | 55g | 8g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|----------|--|
| 1 TBSP | OF CHOCOLATE SYRUP |
| 1 C | OF STRAWBERRIES |
| 2 SCOOPS | WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS / PER SCOOP) |
| ½ C | NON-FAT MILK |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CINNAMON BUN

| | | | |
|----------|---------|-------|-----|
| 414 | 53g | 39g | 5g |
| CALORIES | PROTEIN | CARBS | FAT |

INGREDIENTS:

| | |
|----------|--|
| 1 TBSP | FAT-FREE BUTTER REPLACEMENT |
| ½ TBSP | CINNAMON |
| 2 SCOOPS | WHEY PROTEIN POWDER VANILLA (22 GRAMS / PER SCOOP) |
| 1 C | NON-FAT MILK |

PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

