



# BODYELITEFIT

## CHOCO BANANA

724

CALORIES

60g

PROTEIN

112g

CARBS

6g

FAT

### INGREDIENTS:

|          |                                                       |
|----------|-------------------------------------------------------|
| 1        | LARGE BANANA                                          |
| 1 TBSP   | CHOCOLATE SYRUP                                       |
| 4OZ      | NONFAT FROZEN YOGURT                                  |
| 2 SCOOPS | WHEY PROTEIN POWDER<br>CHOCOLATE (22 GRAMS/PER SCOOP) |
| ½ C      | 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

### INGREDIENTS:

|          |                                                           |
|----------|-----------------------------------------------------------|
| 3        | FROZEN PEACH SLICES                                       |
| ½        | FRESH PINEAPPLE CHUNKS                                    |
| 2 SCOOPS | SCOOPS WHEY PROTEIN POWDER<br>CHOCOLATE (22 GRAMS/ SCOOP) |
| 1 C      | NON-FAT MILK                                              |

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

