



## CHOCO STRAWBERRY

479	54g	55g	8g
CALORIES	PROTEIN	CARBS	FAT

### INGREDIENTS:

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

<p>1 TBSP</p> <p>½ TBSP</p> <p>2 SCOOPS</p> <p>1 C</p>	<p>FAT-FREE BUTTER REPLACEMENT</p> <p>CINNAMON</p> <p>WHEY PROTEIN POWDER VANILLA (22 GRAMS/ PER SCOOP)</p> <p>NON-FAT MILK</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

