



Lifestyle Wellness Academy
CHOCO BANANA COOKIE

154	55g	89g	16g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 4 1½ 2 SCOOPS</p>	<p>LARGE BANANA CHOCOLATE WAFER COOKIES NONFAT FROZEN YOGURT WHEY PROTEIN POWDER CHOCOCLATE (22 GRAMS/PER SCOOP)</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

CHOCO CREME

441	63g	47g	5g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>2 C ½ C 2 SCOOPS</p>	<p>NON-FAT CHOCOLATE FROZEN YOGURT NON-FAT MILK WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/SCOOP)</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.



CHOCO MALT

406	54g	35g	6g
CALORIES	PROTEIN	CARBS	FAT

INGREDIENTS:

<p>1 TBSP 2 SCOOPS ½</p>	<p>MALTED MILK POWDER WHEY PROTEIN POWDER CHOCOCLATE (22 GRAMS/PER SCOOP) NONFAT FROZEN YOGURT</p>
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PLACE ALL INGREDIENTS INTO A BLENDER. BLEND UNTIL SMOOTH. ADD CRUSHED ICE IF DESIRED.

