IMF IMpowered Fitness

# CHOCO BANANA

| 724 | 60g | 112g | 6g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

**INGREDIENTS:**

| | |
|---|---|
| 1 | LARGE BANANA |
| 1 TBSP | CHOCOLATE SYRUP |
| 4OZ | NONFAT FROZEN YOGURT |
| 2 SCOOPS | WHEY PROTEIN POWDER CHOLOCLATE (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 | 49g | 41g | 5g |
|---|---|---|---|
| CALORIES | PROTEIN | CARBS | FAT |

**INGREDIENTS:**

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

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