



# CATALYST 4 FITNESS

YOUR FITNESS AND NUTRITION SOLUTION

## CHOCO BANANA COOKIE

154

CALORIES

55g

PROTEIN

89g

CARBS

16g

FAT

### INGREDIENTS:

1	LARGE BANANA
4	CHOCOLATE WAFER COOKIES
1½	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER CHOCLOCLATE (22 GRAMS/PER SCOOP)

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

## CHOCO CREME

441

CALORIES

63g

PROTEIN

47g

CARBS

5g

FAT

### INGREDIENTS:

2 C	NON-FAT CHOCOLATE FROZEN YOGURT
½ C	NON-FAT MILK
2 SCOOPS	WHEY PROTEIN POWDER CHOCOLATE (22 GRAMS/SCOOP)

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



## CHOCO MALT

406

CALORIES

54g

PROTEIN

35g

CARBS

6g

FAT

### INGREDIENTS:

1 TBSP	MALTED MILK POWDER
2 SCOOPS	WHEY PROTEIN POWDER CHOCLOCLATE (22 GRAMS/PER SCOOP)
½	NONFAT FROZEN YOGURT

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