



CATALYST 4 FITNESS
YOUR FITNESS AND NUTRITION SOLUTION

CHOCO BANANA

724

CALORIES

60g

PROTEIN

112g

CARBS

6g

FAT

INGREDIENTS:

1	LARGE BANANA
1 TBSP	CHOCOLATE SYRUP
4 OZ	NONFAT FROZEN YOGURT
2 SCOOPS	WHEY PROTEIN POWDER 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 CHOCOLATE (22 GRAMS/SCOOP)
1 C	NON-FAT MILK

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

