



**BOD BY TODD**  
**Fitness Coaching**  
*"Don't Be Average, Be Fit"*

## CHOCO STRAWBERRY

479

CALORIES

54g

PROTEIN

55g

CARBS

8g

FAT

### INGREDIENTS:

1 TBSP

OF CHOCOLATE SYRUP

1 C

OF STRAWBERRIES

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.



## CINNAMON BUN

414

CALORIES

53g

PROTEIN

39g

CARBS

5g

FAT

### INGREDIENTS:

1 TBSP

FAT-FREE BUTTER REPLACEMENT

½ TBSP

CINNAMON

2 SCOOPS

WHEY PROTEIN POWDER VANILLA  
(22 GRAMS / PER SCOOP)

1 C

NON-FAT MILK

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

