CHOCOLATE WHEY PROTEIN SHAKE RECIPES



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Chocolate and Peanut Butter Protein Shakes. If the craving for chocolate overwhelms you, reach for the blender instead of the candy jar. Whichever recipe you choose, you'll be able to satisfy that sweet tooth without compromising your cuts! Peanut Butter Cup Shake. You don't have to give up dessert when you're chasing gains just do it right.

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3. Dark Chocolate Peppermint Protein Shake. Dark chocolate and peppermint make the perfect pair in this scrumptious shake. Optional toppings include vegan dark chocolate chips and homemade whipping cream, instantly taking this recipe from delicious to drool-worthy.

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Serving size: 1 shake; Recipe yields: 1 serving; Calories 742; Fat 15 g; Carbs 89 g; Protein 66 g; banana cookies and cream shake. 4. Fruit Funk Smoothie. Bypass the tap and add some flair to your shake with coconut water. http://ebookslibrary.club/12-Ridiculously-Good-Protein-Shake-Recipes--bodybuilding-com.pdf

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1 scoop of chocolate whey protein powder; Directions: This shake is super easy to make. Just take all the ingredients, put them into a blender and mix until you achieve the desired consistency.

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