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## **Day 1, Meal 5: Bedtime Snack**

### **Ingredients**

Plain low-fat Greek yogurt, 1 cup

Fresh berries, 1/2 cup

Dark cocoa powder, 1 tbsp

### **Directions**

1. Combine all ingredients into a bowl. Stir and enjoy!

### **Nutrition Information:**

Serving size: 1 meal

Recipe yields 1 serving

Calories: 233

Fat: 1 g

Carbohydrates: 31 g

Protein: 25 g