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## **Day 3, Meal 5: Bedtime Snack: Chocolate Avocado Smoothie**

### **Ingredients**

FitMiss Chocolate Delight protein powder, 1 scoop  
Avocado, 1 medium  
Low-fat milk, 8 oz.  
Unsweetened cocoa powder, 2 tbsp  
Sweetener, to taste

### **Directions**

1. Combine all ingredients in a blender on high for 60-90 seconds.
2. Sip slowly and enjoy!

### **Nutrition Facts**

Serving size: 1 smoothie  
Recipe yields 1 smoothie

Calories: 499  
Fat: 27 g  
Carbohydrates: 35 g  
Protein: 29 g