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