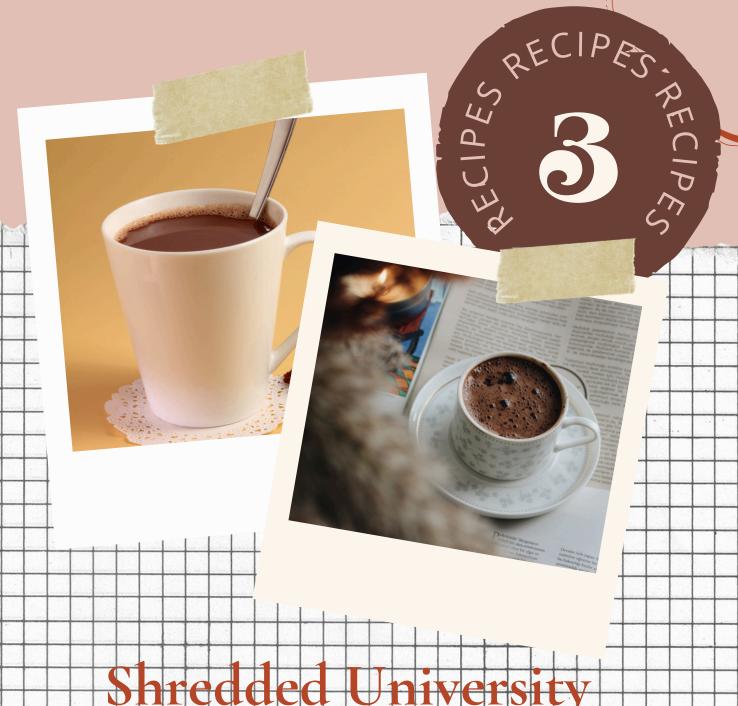
## Hot Ghogolate Guide

Healthy Versions



#### ProzeRO Protein Hot Gogoa

#### Ingredients

- 1 Scoop ProZERO Chocolate Protein
- 8-10oz Hot Water or Unsweetened Almond Milk

#### Why It Works

- High Protein
- Low Sugar
- Tastes like real cocoa
- Perfect dessert replacement





#### Warmed Fairlife Ghocolate Milk

#### Ingredients

 1 Cup Fairlife Chocolate warmed on the stove or microwave

#### Why It Works

- High protein
- Great macros
- Super simple + delicious







#### Low-Gal Homemade Hot Gogoa

#### Ingredients

- 1Tbsp Unsweetened Cocoa Powder
- 1-2 Packets Stevia or Monk Fruit
- Hot Water or Almond Milk

#### Why it Works

- Very low calorie
- Clean ingredients
- Customizable sweetness





**Preparing** 2–4 minutes

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Serving Time

Enjoy immediately while hot



### Goach's Tip

These are perfect occasional treats during cold weather that won't derail fat loss.

Avoid sugary mixes like Swiss Miss, which spike calories + sugar fast.

John Franco

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