

Hot Chocolate Guide

Healthy Versions



Shredded University

ProZERO Protein Hot Cocoa

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



Preparing

3 - 5 Minutes



Serving

Best served immediately (hot)

Warmed Fairlife Chocolate Milk

Ingredients

- 1 Cup Fairlife Chocolate warmed on the stove or microwave

Why It Works

- High protein
- Great macros
- Super simple + delicious



Preparing

1–2 minutes (microwave)
or 3–4 minutes (stovetop)



Serving

Serve hot immediately after
warming

Low-Cal Homemade Hot Cocoa

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



Serving Time

Enjoy immediately
while hot



Coach'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

www.shreddeduniversity.org

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