



## The Banana Meal Replacement Shake “Build” Edition

### Ingredients

- 3 scoops Clutch Sculpt Lean Physique Protein Powder
- 2 cups ice
- 1 tbsp chia seeds
- 6-8 oz coconut or almond milk
- 3/4 cup oatmeal
- 2 tbsp raw almond butter
- 1/3 banana
- Pure Stevia to taste

### Nutrition Facts

(Recipe yields 1 shake)

Calories: 625

Fat: 29 g

Carbs: 64 g

Protein: 38 g

