



The Banana Meal Replacement Shake

Ingredients

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

Nutrition Facts

(Recipe yields 1 shake)

Calories: 378

Fat: 17 g

Carbs: 34 g

Protein: 30 g

