



The Clutch-Berry Meal Replacement Shake “Build” Edition

Ingredients

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

Nutrition Facts

(Recipe yields 1 shake)

Calories: 630

Fat: 29 g

Carbs: 65 g

Protein: 39 g

