



## **Lean and Green Meal Replacement Smoothie**

### **Ingredients**

- 1 scoop Lean Body Natural Protein
- 1 cup chopped kale
- 1/2 small avocado
- 1/3 banana
- 1/4 cup pineapple
- 3 strawberries (raw or freshly frozen)
- Small bundle of wheatgrass (about 1/4 oz)
- 1/4 cup water
- Ice for desired thickness

### **Directions**

1. Add ingredients to a blender and mix until smooth.
2. Instead of using ice, you can freeze the fruit to chill the smoothie.
3. Optional: If you'd like to pack more complex carbs and make the shake thicker and more filling, add 1/4 cup of uncooked oatmeal.