



JNL's Fitness Model™ Ultimate Beauty Blend Protein Shake

Ingredients

- 8 oz water
- 1 scoop of BSN Lean Dessert Protein Shake (flavor of your choice)
- 1 tsp of unrefined organic virgin coconut oil
- 1 tsp flaxseed oil
- 1 tsp primrose oil
- 1 tsp of ground flaxseeds
- 1 tsp of BCAAs
- 1 tsp of glutamine

Directions

- Add all ingredients into blender.
- Blend until completely mixed.
- Cheers!