



## **JNL's Fitness Model™ On the Go Protein Shake**

### *Ingredients*

8 oz water

1 scoop of BSN Lean Dessert Protein Shake (Flavor of your choice!)

1 tsp of BCAAs

1 tsp of glutamine

### *Directions*

In portable protein shaker, add water to protein powder, glutamine and BCAAs .  
Shake until powder completely dissolves.