



**BODYBUILDING.com**<sup>®</sup>

## **Meal 2: Clutch Protein Shake**

### **Ingredients**

- 1 scoop Clutch Protein Powder
- 1/2 banana or 1/2 cup berries
- 6 oz unsweetened vanilla almond milk
- 1 cup ice

### **Directions**

1. Blend all ingredients and enjoy!