



Dorian Hamilton's Anabolic Nightcap Shake

Ingredients

Chocolate Animal Whey 2-1/2 scoops
Avocado 1/2 medium
Coconut shavings 2 tsp
Unsweetened almond milk 1 cup

Directions

1. Pour all ingredients into blender.
2. Blend until ingredients are well mixed.
3. Drink up.

Nutrition Facts

Calories 530
Protein 66 g
Carbs 17 g
Fat 22 g