

Chocolate Nut Butter Breakfast Shake

Meal replacement shake offers a great solution to a busy morning. Recommend high quality Whey (preferably Grass fed) or Vegan protein powder. To constitute a meal replacement a protein shake must have essential macro and micronutrients to balance your meal. This means fats, carbohydrates, protein, minerals, and vitamins all included in your shake.

Pick your base:

Water, nut milk (Almond, cashew, pea protein).

Dairy milk (goat, cow's milk, or yogurt)

1-2 scoops high quality protein powder of your choice. 1/4 cup of quick cooking oatmeal

Additions: Nut butter, nuts (cashews, almonds), seeds (chia seed, flax meal), avocado, spinach, fresh or frozen fruit.

* check your macros and be balanced in your additions

Example Recipe:

Chocolate Peanut Butter Shake

1 1/4 cup almond milk

1 1/2 scoops chocolate protein powder

1 tablespoon of PB2

1 cup of loosely packed spinach

Combine all ingredients in blender and blend until smooth.