



## Tasty Protein Shake

This is a super tasty shake to have post-training or as a snack between meals to help you hit your calorie and macronutrient goals. When your goal is to gain weight but in a healthy way, it's important to look for calorie rich and nutrient-dense food sources and this shake ticks those boxes.



2mins



1



288cals



P-29, C-15, F-11

### Ingredients

- Fresh Whole milk (150ml)
- 2 scoops Chocolate Whey Protein (50g)
- Frozen summer fruits (100g)
- Meridian Crunchy Peanut Butter (10g)

### Method

Whack it all in the blender (preferable milk first so it doesn't stick) and get it down you!

