## \*\*\*\* A.M. PROTEIN SHAKE Supplies \*\*\*\*

Blender

Milk or yogurt or other non-dairy substitute

Protein powder mix

Banana/fruit or fruit powder

Green powder (optional)

Chia seeds/Flax seeds or other seeds

Peanut Butter/nuts or other healthy fat

Honey (optional)

Mix all in blender and enjoy !!!!