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Day 4, Meal 1: Breakfast: Green Breakfast Smoothie

Ingredients:

FitMiss Vanilla Chai protein powder, 1 scoop
Spinach, 1 handful
Plain low-fat Greek yogurt, 2 oz.
Almond butter, 1 tbsp
Lightly sweetened almond milk 6 oz.

Directions:

1. Blend all ingredients in a blender on high for 60-90 seconds.
2. Sip slowly and enjoy!

Nutrition Facts

Serving size: 1 smoothie
Recipe yields 1 smoothie

Calories: 294
Fat: 14 g
Carbs: 14 g
Protein: 28 g