

# LEAN BODY®



## Morning Meal Prep Shake

### HOW TO MAKE IT

1. Add all of your ingredients into a blender
2. Blend everything together

### INGREDIENTS

Your Choice Flavor **Lean Body RTD** (or Milk)  
1/2 Cup (113g) Fat Free Cottage Cheese  
6 Tablespoons (92g) Pasteurized Liquid Egg Whites  
1/2 Cup (40g) Rolled Oats  
1 Tablespoon (16g) Peanut Butter  
1 Banana  
1/2 Cup (4 Ounces) Coffee  
1 Scoop (35g) Your Choice Flavor **Lean Body MRP**  
Ice

### NUTRITION

Whole Recipe	1 Shake
<b>Makes: 1 Recipe</b>	<b>Makes: 2 Shakes</b>
<b>Calories: 882</b>	<b>Calories: 441</b>
<b>Fat: 26g</b>	<b>Fat: 13g</b>
Saturated Fat: 5g	Saturated Fat: 2.5g
Sodium: 904mg	Sodium: 452mg
<b>Carbs: 81g</b>	<b>Carbs: 40.5g</b>
Fiber: 16g	Fiber: 8g
Sugar: 19g	Sugar: 9.5g
<b>Protein: 81g</b>	<b>Protein: 40.5g</b>

### TIPS

Use cold brew to increase the caffeine!

Use a frozen banana and less ice!

