



Protein-Packed Smoothie (On the Go)

Ingredients:

- 1 scoop protein powder (whey or plant-based)
- 1/2 cup unsweetened almond milk
- 1/2 banana
- 1 tbsp peanut butter powder
- 1/2 cup spinach or kale (optional)
- 1/4 cup water or ice (for consistency)

Prep:

1. **Blend:** Add all ingredients to a blender and blend until smooth.

Macros (per serving):

Calories: ~350 | Protein: ~30g | Carbs: ~25g | Fat: ~15g