

Protein Shake | Snack

½ c. fresh or frozen fruit (*no sugar added*)
¼ c. canned coconut milk
1 Wellness Whey Protein Packet
(vanilla bean flavor)
1 scoop Dynamic Fruits & Greens
½ c. water

To make gluten free:

This is gluten free

To make dairy free:

This is dairy free



Combine in a blender
until smooth and
creamy

Serves 1

Shake-n-Go Protein Snack

¼ c. canned coconut milk
1 Wellness Whey Protein Packet
(vanilla bean flavor)
1 scoop Dynamic Fruits & Greens
½ c. water

To make gluten free:

This is gluten free

To make dairy free:

This is dairy free



Combine in a jar
and shake until
combined

Serves 1



**Nutritional
Weight & Wellness**