



The Lean Green Machine (Vanilla Spinach)

Macros: 210 Calories; 26g Protein; 19g Carbs; 4.5g Fat

Ingredients

- 1 scoop (approx. 30g) vanilla protein powder (whey or plant-based)
- 1 cup water or unsweetened almond milk
- 1 large handful fresh spinach
- 1/2 cup frozen pineapple chunks
- 1 tsp chia seeds

Directions

- Blend the spinach and liquid together first until the greens are completely liquefied.
- Add the protein powder, frozen pineapple, and chia seeds.
- Blend again until smooth and creamy.