



---

## THE LEAN GREEN MACHINE (VANILLA SPINACH)

210 Calories | 26g Protein | 19g Carbs | 4.5g Fat  
1 Power Shake



### 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.