



## **ABSolutions Fiber Plus Protein Shake**

I just made the best shake & thought I would share.

1 scoop of chocolate NOW Whey Protein

1/4 cup Bob's Red Mill Wheat Bran

2 tbsp Bob's Red Mill Flax Meal

Organic banana

14 RAW Almonds

Ice & Water.....BLEND.

About 38 grams of protein

13 grams of fiber

450 calories

**ABSolutely AWESOME!**

[dennis@absolutionsfitness.com](mailto:dennis@absolutionsfitness.com)