



SNACK

Protein shake

Not magic, just convenient. The quickest way to close the gap when you're short on protein for the day.

Ready in **1 min** | Serves **1**



PROTEIN

35g

CARBS

16g

FAT

7g

CALORIES

270kcal

• INGREDIENTS

1 scoop (30g)	whey protein
300ml	semi-skimmed milk
1	banana (optional, not in macros, adds about 23g carbs)
Handful	ice

• METHOD

- 1 Add the milk to a shaker first so the powder doesn't stick to the bottom.
- 2 Add the whey and ice, then shake hard for 20 seconds.
- 3 Or blend everything with the banana for a thicker smoothie.

• SWAPS AND TIPS

- Best used to top up a low protein day, not to replace real meals.
- Use water instead of milk for around 24g protein and fewer calories.
- Dairy free? A plant protein with soya milk gets you close.

Macros are per serving and approximate. They vary with brands and portions, so check labels if you're tracking closely.