



ISO-100 Recovery Shake

Ingredients

Dymatize ISO-100 1 scoop [<http://www.bodybuilding.com/store/dymatize/iso-100.html>]
Filtered water 8-12 oz.
Ice (or frozen berries) 1/4 cup
Dymatize glutamine powder 1 scoop
Raw maca powder 1 tsp
Organic blackberries 1/2 cup

Directions

1. Place all ingredients in the blender and mix on high until completely combined.
Consume within 30 minutes post-workout.

Nutrition Facts

Serving size: 1 shake
Recipe yields 1 serving

Calories 300
Fat 3 g
Carbs 17 g
Protein 26 g