



## Shake yourself up to start the day

### Ingredients

250-300ml milk of your choice  
– I use high protein soy milk.  
1 scoop MLF – I use chocolate.  
Add 2 heaped desert spoons of yogurt  
– I use plain pot set.

### Method

Add 1 scoop of My Lifestyle Protein and milk.  
Shake shake shake.  
Add the yoghurt.  
Shake shake shake.

After one more shake, enjoy on your *why* to work, after you exit the windy bits.

