



# On-The-Go Shake

## Ingredients

- 3 scoops of ESC Protein
- Shaker bottle
- 16 Oz of Water
- Your favorite water flavoring

## Directions

1. Fill up shaker bottle with water
2. Add your water flavoring and mix
3. Add ESC protein and shake well (until there are no clumps)

Nutritional Facts	
Servings Per Batch	1
Serving Size	1
Amount per Serving	
Calories	110
Carbs	0g
Fat	0g
Protein	27g

\*Nutritional Facts will vary depending on ingredients