



## Green Giant

- 2 scoops Ketogenic Shake—Vanilla
- 1/4 medium avocado
- 1 cup spinach, fresh
- 2 tsp. MCT Oil
- 1 cup water
- 3-4 ice cubes

### Directions:

Add all ingredients in a blender. Blend until smooth.

### Nutrient Analysis:

- Total Calories: 371
- Fat: 29 g
- Total Carbohydrates: 9 g
- Fiber: 5 g
- Added Sugars: 0 g
- Protein: 22 g

Talk to your healthcare practitioner today about implementing a **Ketogenic Program**, or visit [Metagenics.com/ketogenic](https://www.metagenics.com/ketogenic)

