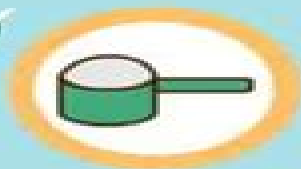


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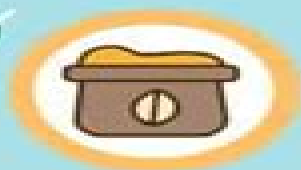
Choose a high-quality protein powder



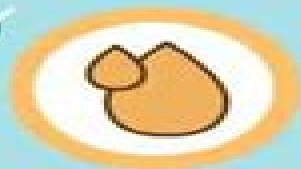
Use full fat dairy products



Add healthy fats like nuts, seeds, and avocado to your shake



Add oats into your smoothie



Utilize oils like MCT & coconut oil in your smoothie



High Calorie Protein Shake Recipe

RJ Alexander

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

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