

## **WEIGHT GAIN SHAKES**

16 OZ whole milk

2 scoops protein

( Max Gain, Pro Gainer, or any other type of protein powder. The Nutrition store in the Baja Fresh center next to LA Fitness across From Canyon H.S. is about as cheap as any )

4 Oreos or any other cookie you like

Packet of instant oatmeal ( We use Quaker Maple flavor )

4 scoops of ice cream ( We use vanilla in the big cheap tubs )

If you like add Peanut Butter

Take after breakfast, an hour after dinner, and before going to bed or if taking once only, take before going to bed.

Don't take in place of meals