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Joe Dillon's Energy First Protein Shake Directions For Your Shake: 1. Set Up Blender

Liquid 2. Pour In 16 Ounces Of Cold Liquid: Water, Non-fat Milk Or 1% Milk Lean, Complete Protein 3. Add2-3 Scoops Of Energy First Whey Protein Powder Good Fat 4. Add ¼ Cup Of Omega Seed Blend (grind Raw Feb 3th, 2024

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