Weight Gainer Shake Recipe

Nutrition Facts

Amount Per Shake

Calories	660 kcal
Protein	49g
Carbohydrate	59g
Fat	22g

Calories per Gram:

Fat 9 • Carbohydrate 4 • Protein 4

Ingredients:

- 100g Berry mix(frozen)
- 250g Curd cheese (low-fat)
- 70g Oats
- 30g Planed Almonds
- 200ml Water

Preparation:

This Fitness Recipe is especially for people who find it hard to gain weight. Put all the ingredients into a bowl and mix it. If you need more calories, just increase the amount of oats. Enjoy and stay fit!