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Hurricane Lean Body Vanilla Meal Replacement

A nutritious meal replacement shake made with Hurricane Lean Body Vanilla. This shake is perfect for those looking for a quick and convenient meal on-the-go. It provides all the necessary nutrients and is free from sweeteners. Enjoy it as a breakfast or a snack.

Recipe Type: Standard

Prep Time: 5 mins

Cook Time: N/A

Total Time: 5 mins

Recipe Yield: 100 grams

Number of Servings: 1

Serving Size: 100 g

Ingredients

100 g hurricane lean body vanilla

Directions

Step 1

Blending

Add 100 grams of Hurricane Lean Body Vanilla to a blender.

Prep Time: 2 mins

Cook Time: 0 mins

Step 2

Blending

Blend until smooth and creamy.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Pour into a glass and enjoy.

Prep Time: 2 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 260 kcal

Fat: 3 g

Protein: 40 g

Carbohydrates: 20 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	40 g	235.29%	235.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	20 g	36.36%	40%
Fibers	0 g	0%	0%
Sugars	1 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	0 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	3 g	10.71%	12%
Cholesterol	25 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	0 iu	0%	0%
Vitamin C	0 mg	0%	0%
Vitamin B6	25 mg	1923.08%	1923.08%
Vitamin B12	35 mcg	1458.33%	1458.33%
Vitamin E	25 mg	166.67%	166.67%
Vitamin D	20 mcg	133.33%	133.33%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	200 mg	8.7%	8.7%
Calcium	60 mg	6%	6%
Iron	2 mg	25%	11.11%
Potassium	400 mg	11.76%	15.38%
Zinc	25 mg	227.27%	312.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Spring Summer

Events

Christmas

Meal Type

Snack Supper

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium

Kitchen Tools

Blender

Course

Appetizers Drinks

Cultural

Chinese New Year Easter

Diet

Vegetarian Diet Vegan Diet Raw Food Diet Pescatarian Diet

Ovo-Vegetarian Diet

Difficulty Level

Medium

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