



Cuckoo For Coconuts

2 scoops Ketogenic Shake—Chocolate
1 tbsp. shredded coconut, unsweetened
1/4 cup coconut milk, canned
1/4 tsp. coconut extract
1 cup water
3-4 ice cubes

Directions:

Add all ingredients in a blender. Blend until smooth.

Nutrient Analysis:

Total Calories: 391
Fat: 31 g
Total Carbohydrates: 9 g
Fiber: 3 g
Added Sugars: 0 g
Protein: 22 g

Talk to your healthcare practitioner today about implementing a **Ketogenic Program**, or visit [Metagenics.com/ketogenic](https://www.metagenics.com/ketogenic)

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