



CHOCOLATE ALMOND BUTTER CREAM OF RICE

IFBB Pro Jimmy Bryan's Perfect Pre-Workout Meal



INGREDIENTS

Cream of Rice - 90 grams
Chocolate Protein Powder - 40 grams whey isolate
Chocolate Almond Butter - 16 grams

OPTIONAL ADD-INS

Pink Himalayan Salt
Cinnamon
Truvia
Fruit
Nuts

DIRECTIONS

- Place cream of rice into a microwaveable bowl.
- Add water and stir.
- Microwave according to directions, stirring 1-2 times during the cooking process. This insures creaminess and avoids clumps forming.
- When done, remove from microwave and add in protein powder stirring well to keep the creaminess.
- Next, add in the almond butter mixing well, then top with optional add-ins. Enjoy!

This recipe can be adjusted to suit your meal prep needs.