GROCERY LIST

HIGH PROTEIN CHIA PUDDING

Makes 4 servings | ~21g protein | ~284 cal per serving

DAIRY

- [ ] Plain nonfat Greek yogurt, 2 1/2 cups (about 20 oz)
- [ ] Skim milk, 1 1/4 cups

PRODUCE

- [ ] Blueberries, 2 cups

PANTRY

- [ ] Chia seeds, 1/2 cup
- [ ] Maple syrup, 2 tbsp
- [ ] Vanilla extract, 1 tsp
- [ ] Salt

OPTIONAL

- [ ] High protein cereal, for crunch

Full recipe: deedeedoes.com/high-protein-chia-pudding/
Nutrition calculated from USDA data, not lab tested.