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sarahwells400mh  Over the past month I've been participating in the [#75hardchallenge](#) and I'm officially halfway through! Do I look tired yet? 😂

•
One of the things that I've been doing to help sustain all this activity, is making sure I'm getting enough protein before/after/throughout all these workouts! To help meet my goals, I use [@usanainc](#) whey protein powder and add it to my smoothies! The one I'm currently using is vanilla flavoured and tastes sooooo yummy!

•
My go-to smoothie is usually: berries, a banana, almond butter, Greek yogurt, and the [@usanainc](#) vanilla protein. What's your go-to smoothie combination?! I'm looking for some fun



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