

Super Shake Guide

Turn your boring protein smoothies into a super shake. These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

Juice-Bar Shakes vs Super Shakes



- *Contain High Levels of Sugar
- *Include Low-Quality Protein Sources
- *Rely Heavily on Processed Ingredients
- *Use Too Many Artificial Components



- *Minimal Sugar/Artificial Ingredients
- *Use High-Quality Protein Sources
- *Include Whole Fruits and Vegetables
- *Provide Fiber and Healthy Fats

Start With A Good Blender

Since your Super Shakes will use whole foods and some frozen ingredients, you'll need a powerful machine. Here are two good options

Magic Bullet



Good Blender for everyday use

Price under \$50

Power 250 Watts

Capacity 19 oz

Vitamix

The Rolls Royce of blenders

Price over \$300

Power 1400 Watts

Capacity 64 oz

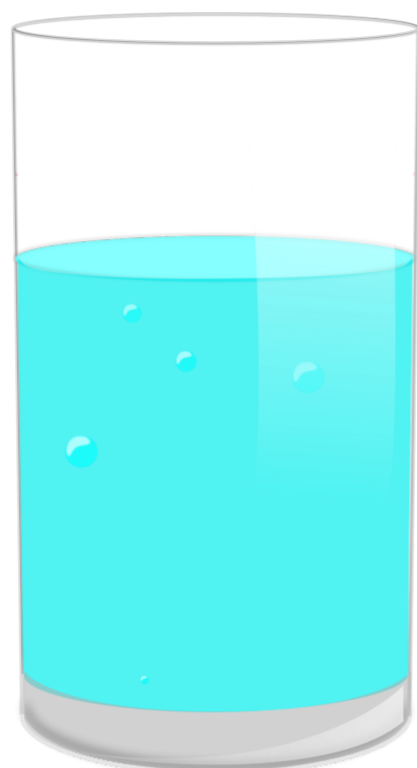


Step-By-Step To Making Your Super Shake

Step 1: Pick A Liquid

Less Liquid=thick shakes
More Liquid=thin shakes

is a good starting point for each serving



- Water
- Unsweetened Almond Milk
- Skim Milk
- Unsweetened Soy Milk
- Unsweetened Hemp Milk

Step 2: Pick A Protein Powder

- Whey Protein
- Casein Protein
- Rice Protein
- Pea Protein
- Hemp Protein
- Other Protein Blends



Find a protein supplement that tastes good and digests well.

Personal favorite: Driven Nutrition Protein Powder.

1-2 scoops should be sufficient for each serving

Step 3: Pick A Veggie



- Dark Leafy Greens:
Spinach/Swiss Chard/Kale
- Pumpkin/Sweet Potato
- Beets/Beet Greens
- Cucumber/Celery
- Sweet Peppers
- Carrots
- Peas
- Broccoli
- Powdered Greens Supplements.

Use raw or roasted veggies

Spinach works well in any Super Shake since it's virtually undetectable.

Pair canned or roasted pumpkin with vanilla.

Try pairing peeled, roasted beets with chocolate.

When including celery or cucumber, reduce the amount of liquid you add.

Step 4: Pick A Fruit

Toss in half a banana to give the shake excellent texture.

Dates are very sweet. Make sure to get rid of the pit first.

Apples provide sweet and tart notes



You can use fresh or frozen fruit.

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple
- Mango
- Orange
- Pear

Step 5: Pick A Healthy Fat

- Walnuts
- Flax Seeds
- Hemp
- Chia Seeds
- Cashews
- Almonds
- Peanuts
- Nut Butters

**should be sufficient
for each serving.**

When blended well, nuts and seeds offer rich consist.



Step 6: Pick A Topper

- Coconut Try cinnamon with vanilla and pumpkin.
Add oats if you need extra carbs.
- Yogurt Incorporate yogurt if you want more protein and a smoother texture.
- Oats With toppers, a little goes a long way.
- Granola
- Cinnamon
- Cacao Nibs/Dark Chocolate
- Ice (if using fresh fruit)



Recipes



- 4 ounces water
- 1-2 scoops of vanilla protein powder
- 1 handful of spinach
- 1 scoop greens powdered greens supplement
- 1 cupped handful of frozen mixed berries
- 2 thumb-sized portions of mixed nuts
- 1/2c Greek yogurt

- 4 ounces water
- 1-2 scoops of chocolate protein powder
- 1 handful of kale
- 1 scoop powdered greens supplement
- 1/2 a frozen banana
- 2 pitted dates
- 2 thumb-sized portions of mixed nuts
- Top with coconut and 5 ice cubes



- 4 ounces almond milk
- 1-2 scoops of strawberry protein powder
- 4 whole carrots
- 1 cup frozen broccoli
- 1 cup strawberries
- 2 thumb-sized portions of cashews
- 1/2c Greek yogurt