

ULTIMATE SHAKE

Formula

step
1

Pick a Fruit

- Frozen banana (half)
- Frozen berries
- Unsweetened Cherries
- Avocado
- Pineapple / mango
- Powdered fruit supplement

step
2

Pick a Veggie

- Dark leafy greens: kale / swiss chard / spinach
- Beets / beet greens
- Pumpkin puree
- Cucumber / celery
- Powdered greens supplement

step
3

Pick a Protein Powder

- Whey protein
- Pea protein
- Vegan protein

Talk to your coach for brand recommendation.

step
4

Pick one (unsweetened) Liquid

- Almond milk
- Coconut milk
- Hemp milk
- Iced green tea
- Water

step
5

Pick a Nut/Seed *(optional)*

- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Nut butter (peanut, almond, cashew, etc.)

step
6

Pick a Topper *(optional)*

- Coconut
- Cacao nibs, dark chocolate
- Oats, granola (post workout)
- Cinnamon
- Pure vanilla extract
- Unsweetened cacao powder

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Recipes

1

Berry Blast

- 1 cup of almond milk (unsweetened)
- 1 scoop vanilla protein powder
- 1 cup frozen, mixed berries
- 1/2 cup fresh spinach
- 1 T ground flax seeds
- 1 T raw, mixed nuts

6

Coconut Banana Bliss

- 1 cup of almond milk (unsweetened)
- 1 scoop vanilla protein powder
- 1/2 cup plain Greek yogurt
- 1 banana
- 1 T coconut oil
- Shredded, unsweetened coconut

2

Chocolate PB

- 1 cup of almond milk (unsweetened)
- 1 scoop chocolate protein powder
- 2 T natural peanut butter
- 1 T ground flax seeds
- 1 T raw, mixed nuts
- 1/2 cup fresh celery
- 1/2 banana

7

Piña Colada

- 1/2 cup of coconut milk (unsweetened)
- 1 scoop vanilla protein powder
- 1/2 cup fresh or frozen pineapple
- 1/2 cup crushed ice
- 1/2 tsp pure vanilla extract
- Shredded, unsweetened coconut

3

Pumpkin Pie

- 1/2 cup of almond milk (unsweetened)
- 1 scoop vanilla protein powder
- 1/2 cup canned pumpkin
- 1/2 cup crushed ice
- 1 tsp pure vanilla extract
- 1 tsp pumpkin pie spice
- cinnamon / nutmeg to taste

8

Avocado Banana

- 1 cup of almond milk (unsweetened)
- 1 scoop vanilla protein powder
- 1/2 avocado
- 1 banana
- 1/2 cup fresh spinach
- 1 T chia seeds

4

Choc-Straw-Nana

- 1 cup of almond milk (unsweetened)
- 1 scoop chocolate protein powder
- 1 cup frozen, strawberries
- 1/2 banana
- 1/2 cup fresh spinach
- 1 T chia seeds

PW

Post Workout Shakes

- Add healthy carbs: quick oats, pumpkin, banana, etc.
- Minimize fats: avocado, chia, flax