

HOMEMADE SHAKES



SITE DESCRIPTION

PROTEIN SHAKES ARE VERY EXPENSE, ALSO MANY PROTEIN COMPANIES THAT MAKE THESE SHAKES USE UNSAFE PRODUCTS THAT CAN HARM YOUR BODY. THIS TUTORIAL IS USEFUL BECAUSE THERE ARE MANY PEOPLE THAT ARE LOOKING FOR AN ALTERNATIVE WAY TO CONSUME PROTEIN WITHOUT HARMING THEMSELVES AND FOR A LOWER PRICE. THE IDEA IS THAT THERE'S TWO TYPES OF PEOPLE THAT USE PROTEIN SHAKES, SOME ARE HEALTHY EATERS OTHERS OR GYM PEOPLE. THE PROBLEM WERE FIXING IS THERE ARE TONS OF WAYS TO GET PROTEIN BUT THERE'S ONLY A HANDFUL OF THOSE, PEOPLE ARE USING.

THE GOAL OF THE DESIGN IS TO MAKE THE SITE AS SIMPLE AS POSSIBLE. WILL INCLUDE PHOTOS TO MAKE THE SITE EASY TO UNDERSTAND. SHOW PEOPLE HOW TO BE HEALTHY BY MAKING HOMEMADE PROTEIN SHAKES. EVERYTHING ON THIS SITE WILL BE EASY TO FOLLOW AND AFFORDABLE TO MAKE.

SPIRATION/RESEARCH

INSPIRATION

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The perfect homemade protein shake

By ROZI BATCHELAR | September 3, 2014 | In Dairy free, Healthy, Jamie's food team, Nutrition, Recipes, Special diets, Vegan



Athletes and exercise junkies have gone mad for protein shakes and supplements over the past few years, with sales expected to reach £8bn over the next five years worldwide.

DAILY BURN Life

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13 Quick and Easy Protein Shake Recipes

Recipes | by Alex Orlow on 6/9/2014

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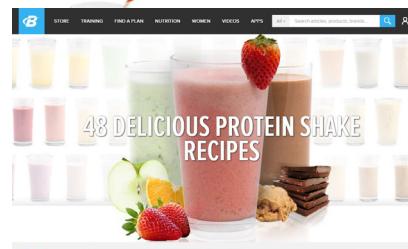
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48 Delicious Protein Shake Recipes

By Recipetineats.com Last updated: Dec 06 2016

86.1K SHARES

COMPETITION

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How to Make a Protein Shake Without Protein Powder

by CAROLYN ROBBINS | Last Updated: Nov 20, 2013



Every cell, tissue and organ in your body relies on proteins for basic biological processes.

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 Prevention

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Peter Curcio coach

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Back in 1986, way before I had any inclination to make nutrition a career, I was an overweight college student. When life finally saw fit to get me into the gym, I fell into a routine consisting of daily 6:00 AM workouts for an entire summer. Each morning I would walk 10 miles to the gym, lift weights for about 45 minutes, hit the steam room for 30 minutes, and walk home.

Once I arrived back at my apartment, my post-workout meal consisted of a can of tuna fish and a can of green beans. EVERY DAY. For three months. The result? I lost 50 pounds. No big deal.

To this day I have no idea what I used to eat before my workouts, only that when I got home it was a can of tuna and a can of green beans. Considering the



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DESIGN MOTIFS

COLORS



C=28 M=64
Y=100 K=16

C=5 M=8
Y=17 K=0

C=63 M=62
Y=63 K=52

DESIGN MOTIFS/ TYPOGRAPHY

Sans Serif

Georgia

ADJECTIVES

HAPPY

MOTIVATING

POWERFUL

UPBEAT

KICKED BACK

EXCITING

SIMPLE

ORGANIC

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DESIGNS FOR MOBILE

