



dotFIT SHAKE RECIPES

 dotFIT®

The logo for dotFIT consists of a stylized, italicized lowercase letter "d" followed by the word "dotFIT" in a bold, sans-serif font. A registered trademark symbol (®) is positioned at the top right of "dotFIT".

Contents

General.....p. 3

WHEY SMOOTH.....p.4

Chocolate Peanut Butter Dream.....p. 5
Banana Split.....p. 6
Bermuda Triangle.....p. 7
Banana Freeze.....p. 8

LEAN MR.....p.9

Fountain of Youth.....p. 10
Fruit Salad.....p. 11
Lemon Appley Honey.....p. 12
Melon Madness.....p. 13

PRE & POST WORKOUT FORMULA.....p.14

Strawberry Chocolate Smash.....p. 15
Berry Bliss.....p. 16
Chocolate Malt.....p. 17
Key Lime Pie.....p. 18

FIRST STRING.....p.19

Morning Star.....p. 20
Mocha Madness.....p. 21
Tropic Breeze.....p. 22
Chocolate Banana Crunch.....p. 23





General

These recipes elevate nutrition supplementation and meal replacement beyond the shaker bottle.

All are intended to be thoroughly blended using a hand mixer, powered blender, or milkshake machine.

Each shake starts with a base of one of dotFIT's protein supplement powders and layers in fresh fruit, milk, and other delicious natural ingredients to make performance nutrition as delicious as possible!



WheySmooth

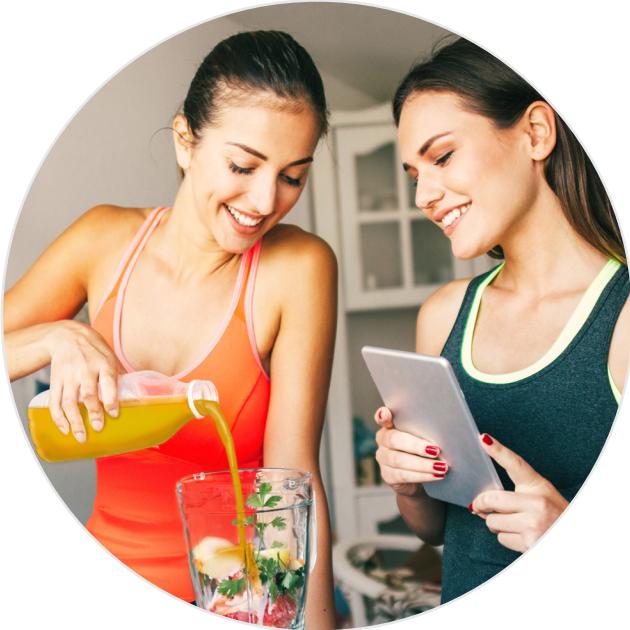
Use WheySmooth™ to add a protein punch to nutrition shakes throughout the day without the extra carbs, making it much easier for athletes and dieters to manage their macros.

Choose a fruit-filled recipe for a higher carb-to-protein ratio or indulge with peanut butter for a higher-fat option to help fuel you through busy mornings.

For vegetarian and vegan athletes, use a plant-based milk product (e.g., almond, coconut, or rice) instead of dairy and replace the whey-based protein powder with dotFIT's Best Plant Protein powder.

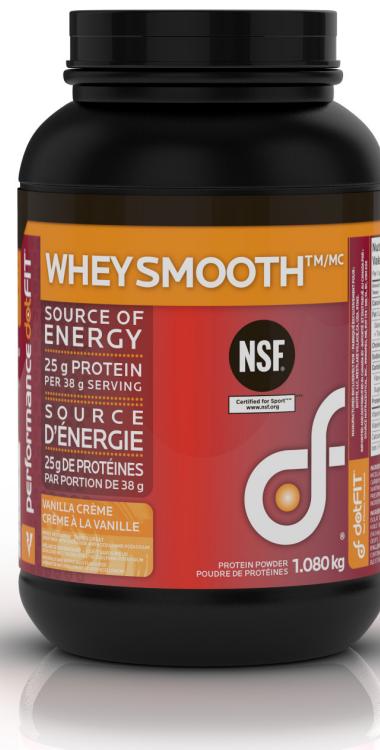
The calories, protein, carbs, and fat per serving in Best Plant Protein is very similar to WheySmooth.

For similar shakes with only natural ingredients, substitute the protein powder with dotFIT's All Natural WheySmooth formula.



WHEYSMOOTH:

- High-quality protein supplement
- Minimal calories and carbs
 - 0.3:1 carb-to-protein ratio – only 8 g CHO to 25 g protein
- Use any time of the day to support optimal daily protein intake and timing
- NSF Certified for Sport



Chocolate Peanut Butter Dream

This shake is the perfect breakfast option for long mornings stuck at a desk. The healthy fats from the peanut butter provide long-lasting energy, the high protein keeps the stomach feeling full, and there's still just enough carbs to fuel brain activity and replenish glycogen stores.



INGREDIENTS:

- 2 scoops WheySmooth Chocolate Crème
- 2 Tbsp of organic peanut butter (trans-fat free)
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	566
Fat (g)	22
Saturated Fat (g)	6
Cholesterol (mg)	92
Sodium (mg)	430
Carbohydrate (g)	37
Fiber (g)	5
Protein (g)	60
Calcium (g)	774

With 2% Milk

Calories	613
Fat (g)	29
Saturated Fat (g)	10
Cholesterol (mg)	114
Sodium (mg)	385
Carbohydrate (g)	36
Fiber (g)	5
Protein (g)	59
Calcium (g)	728

Banana Split

This is the most nutritious version of the classic dessert you will ever eat! This medium-calorie, micronutrient-packed shake offers a delicious mix of fruit blended with chocolate WheySmooth powder. It provides roughly a 1.5:1 carb-to-protein ratio so it works great as a meal replacement for anyone looking to keep carbs low but still support glycogen replenishment.



INGREDIENTS:

- 2 scoops WheySmooth Chocolate Crème
- ¼ cup pineapple chunks
- 4 large strawberries
- ½ large banana
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	539
Fat (g)	6
Saturated Fat (g)	3
Cholesterol (mg)	92
Sodium (mg)	282
Carbohydrate (g)	72
Fiber (g)	9
Protein (g)	55
Calcium (g)	797

With 2% Milk

Calories	586
Fat (g)	12
Saturated Fat (g)	7
Cholesterol (mg)	114
Sodium (mg)	238
Carbohydrate (g)	71
Fiber (g)	9
Protein (g)	54
Calcium (g)	752

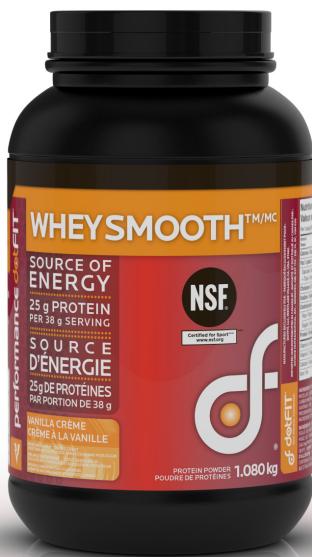
Bermuda Triangle

Keep the calories low and the taste high with this peach and pineapple treat that comes in under 400 calories when mixed with nonfat milk! Perfect for a high-protein snack any time of the day, this shake is good for anyone looking to boost their total daily protein.



INGREDIENTS:

- 2 scoops WheySmooth Vanilla Crème
- 3 frozen peach slices
- ¼ cup fresh pineapple chunks
- 1 cup nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	358
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	90
Sodium (mg)	218
Carbohydrate (g)	41
Fiber (g)	2
Protein (g)	49
Calcium (g)	573

With 2% Milk

Calories	586
Fat (g)	9
Saturated Fat (g)	5
Cholesterol (mg)	105
Sodium (mg)	189
Carbohydrate (g)	40
Fiber (g)	2
Protein (g)	49
Calcium (g)	542

Banana Freeze

Choose this chocolate banana shake instead of ice cream next time your sweet tooth acts up. Instead of just sugar and fats, it comes packed with tons of protein and calcium to help support optimal muscle and bone health. Or, cut the recipe in half and it provides a fantastic low-calorie way to add over 30 grams of protein per glass.



INGREDIENTS:

- 2 scoops WheySmooth Chocolate Crème
- 1 large banana
- 1 cup nonfat vanilla frozen yogurt
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	717
Fat (g)	6
Saturated Fat (g)	3
Cholesterol (mg)	101
Sodium (mg)	401
Carbohydrate (g)	108
Fiber (g)	7
Protein (g)	63
Calcium (g)	981

With 2% Milk

Calories	764
Fat (g)	12
Saturated Fat (g)	7
Cholesterol (mg)	123
Sodium (mg)	356
Carbohydrate (g)	106
Fiber (g)	7
Protein (g)	62
Calcium (g)	935



LEAN MR

These lower-calorie shakes are the perfect solutions for snacks and low-calorie meal replacements for anyone working toward a fat-loss goal.

Ranging from 1:1 to 2:1 macronutrient ratios, depending on how much fruit or other carbohydrate-rich ingredients are in the recipe, shakes made with LeanMR™ will support healthy weight loss and enhance exercise recovery to help keep you on track! And for even lower carbs and calories, substitute WheySmooth protein powder instead.

- Supports body fat reduction and body composition maintenance
- Use as a meal replacement as part of a complete diet plan
- More carbs than WheySmooth but lower carb and calorie than First String and Pre & Post Workout formulas
- 1:1 carb-to-protein ratio
 - High protein % and unique fiber formula help with satiety while keeping calories low
 - Still provides ample energy to support the movement that enhances fat loss
- Sustained-release carb blend, no sugar
- Essential lean fats blend
- Not spiked with unnecessary nutrients like many other weight-loss formulas



Fountain of Youth

This fiber and antioxidant-rich shake is packed with the nutrition needed to support workouts and keep you feeling young at heart! The Fountain of Youth shake has 17 grams of fiber that works with LeanMR's Sustained Release Carbohydrates Blend to support heart health and provide long-lasting energy. Use this shake at breakfast to start the day off right.



INGREDIENTS:

- 2 scoops Vanilla LeanMR
- Half cup frozen blueberries
- Half cup frozen strawberries
- Half cup chilled green tea, unsweetened
- 3/4 cup plain, fat-free yogurt
- 2 Tbsp ground flaxseed
- Turbinado sugar or other sweetener to taste
- Add ice cubes for desired thickness



Calories	403
Fat (g)	7
Saturated Fat (g)	0
Cholesterol (mg)	4
Sodium (mg)	297
Carbohydrate (g)	54
Fiber (g)	17
Protein (g)	35
Calcium (g)	332

Fruit Salad

Why pick only one or two fruits for a shake when you can have them all? The Fruit Salad shake will keep things feeling like summer all year long. At under 300 calories, the watermelon, cantaloupe, pineapple, mango, strawberries, and orange juice add a plethora of micronutrients and antioxidants to the LeanMR powder for a powerful weight-loss tool.



INGREDIENTS:

- 2 scoops Vanilla LeanMR
- $\frac{1}{3}$ cup watermelon
- $\frac{1}{3}$ cup cantaloupe or honeydew
- $\frac{1}{3}$ cup pineapple
- $\frac{1}{3}$ cup mango
- $\frac{1}{3}$ cup strawberries
- 1 Tbsp honey
- $\frac{2}{3}$ cup orange juice
- Add ice cubes for desired thickness



Calories	297
Fat (g)	1.5
Saturated Fat (g)	0
Cholesterol (mg)	0
Sodium (mg)	131
Carbohydrate (g)	50
Fiber (g)	11
Protein (g)	22
Calcium (g)	22

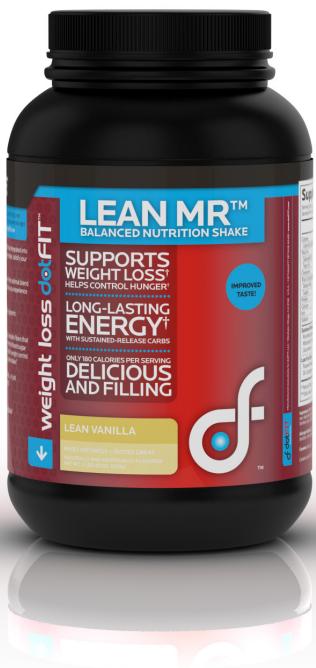
Lemon Apple Honey

Take a walk through the orchard with this Autumn-inspired blend of apples, honey, and vanilla LeanMR powder. Apple cider and honey keep glycogen stores full with plenty of fiber to aid in digestion and help manage blood sugar.



INGREDIENTS:

- 2 scoops Vanilla LeanMR
- 1 apple, peeled, cored, and chopped
- 1 small banana
- 1/4 cup lemon juice
- Half cup apple cider
- 2 Tsp honey
- 3/4 cup nonfat vanilla frozen yogurt
- Add ice cubes for desired thickness



Calories	450
Fat (g)	1.5
Saturated Fat (g)	0
Cholesterol (mg)	10
Sodium (mg)	199
Carbohydrate (g)	84.5
Fiber (g)	11.5
Protein (g)	25
Calcium (g)	111

Melon Madness

Cantaloupe is packed with important micronutrients such as vitamin K, vitamin B6, folate, magnesium, and potassium. This shake mixes one of the world's healthiest fruits with vanilla LeanMR powder and nonfat yogurt for a highly nutritious, low-calorie snack.



INGREDIENTS:

- 2 scoops Vanilla LeanMR
- 1 cup cantaloupe or honeydew melon
- Half Tbsp fresh lemon juice
- 3/4 cup nonfat vanilla frozen yogurt
- Add ice cubes for desired thickness



Calories	380
Fat (g)	1
Saturated Fat (g)	0
Cholesterol (mg)	15
Sodium (mg)	240
Carbohydrate (g)	61
Fiber (g)	11
Protein (g)	27
Calcium (g)	165



PRE & POST WORKOUT FORMULA

These shakes are moderate-calorie options that can support numerous fitness goals. At roughly a 2:1 carb-to-protein ratio, they are a perfect way to fuel and recover from workouts. They also work great as a meal replacement option to help support weight loss or as a healthy way to add an extra meal to the day when weight gain is desired.

- Supports multiple sport and fitness goals; DotFITs "universal" formula
 - Weight-loss meal replacement
 - Healthy weight gain meal addition
 - Pre- or post-workout shake
- 1.7:1 carb-to-protein ratio on its own
 - Lower-carb than First String but more carbs than LeanMR and WheySmooth



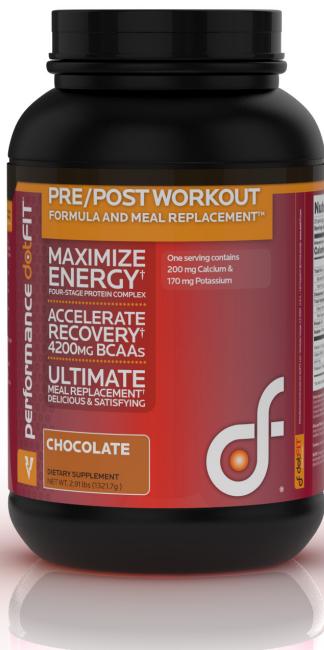
Strawberry Chocolate Smash

Chocolate covered strawberries—need we say more? Get the flavors of one of the world's favorite desserts while fueling your fitness goals!



INGREDIENTS:

- 2 scoops Creamy Chocolate Pre & Post Workout Formula
- 1 Tbsp chocolate syrup
- 1 cup strawberries
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	475
Fat (g)	4
Saturated Fat (g)	2
Cholesterol (mg)	42
Sodium (mg)	329
Carbohydrate (g)	77
Fiber (g)	6
Protein (g)	34
Calcium (g)	798

With 2% Milk

Calories	522
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	64
Sodium (mg)	284
Carbohydrate (g)	76
Fiber (g)	6
Protein (g)	33
Calcium (g)	753

Berry Bliss

This shake is a fresh take on berries and cream. Packed with antioxidants, the blueberries, strawberries, and raspberries mix with vanilla Pre & Post Workout powder to create a delicious and healthy replacement meal or snack for any fitness goal.



INGREDIENTS:

- 2 scoops Creamy Vanilla Pre & Post Workout Formula
- Half cup fresh blueberries
- Half cup fresh strawberries
- Half cup fresh raspberries
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	472
Fat (g)	4
Saturated Fat (g)	1.5
Cholesterol (mg)	47
Sodium (mg)	282
Carbohydrate (g)	53
Fiber (g)	7
Protein (g)	55
Calcium (g)	756

With 2% Milk

Calories	520
Fat (g)	11
Saturated Fat (g)	5.5
Cholesterol (mg)	69
Sodium (mg)	238
Carbohydrate (g)	52
Fiber (g)	7
Protein (g)	54
Calcium (g)	711

Chocolate Malt

It's the classic soda fountain treat except it's packed with an optimal blend of macronutrients instead of just sugars and fats. Indulge in this rich and creamy delight any time of the day to support whichever nutritional strategy you are committed to.



INGREDIENTS:

- 2 scoops Creamy Chocolate Pre & Post Workout Formula
- 1 Tbsp malted milk powder
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness



With Nonfat Milk

Calories	405
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	44
Sodium (mg)	348
Carbohydrate (g)	58
Fiber (g)	3
Protein (g)	34
Calcium (g)	774

With 2% Milk

Calories	452
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	66
Sodium (mg)	303
Carbohydrate (g)	57
Fiber (g)	3
Protein (g)	33
Calcium (g)	728

Key Lime Pie

Take a trip to the Florida Keys with this twist on the classic dessert. By combining lime juice and graham crackers with vanilla Pre & Post Workout powder, this shake will leave your taste buds just as satisfied as your appetite both before and after hard workouts.



INGREDIENTS:

- 2 scoops Creamy Vanilla Pre & Post Workout Formula
- 1 Tbsp lime juice
- 4 graham crackers
- 1.5 cups nonfat milk or 2% milk
- Add ice cubes for desired thickness

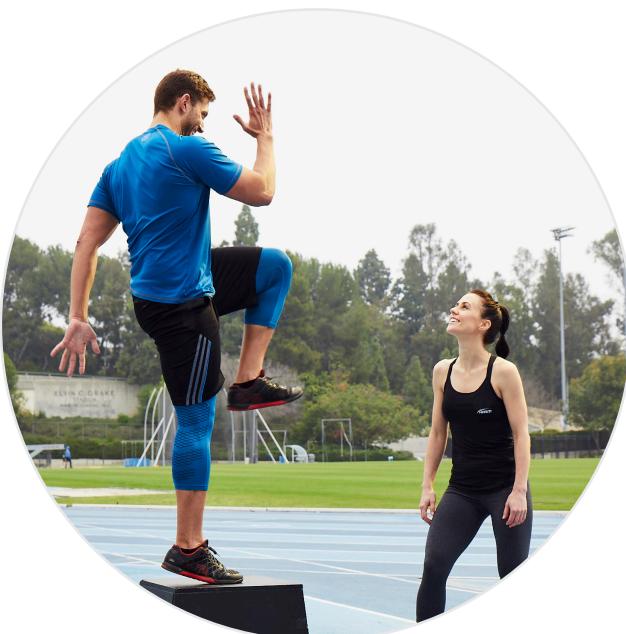


With Nonfat Milk

Calories	439
Fat (g)	5
Saturated Fat (g)	2
Cholesterol (mg)	47
Sodium (mg)	422
Carbohydrate (g)	64
Fiber (g)	1
Protein (g)	34
Calcium (g)	822

With 2% Milk

Calories	486
Fat (g)	11
Saturated Fat (g)	6
Cholesterol (mg)	69
Sodium (mg)	377
Carbohydrate (g)	63
Fiber (g)	1
Protein (g)	33
Calcium (g)	776



FIRST STRING

These recipes are for high-calorie, nutrition-packed shakes to support intense athletic training and healthy weight-gain goals. At around 1000 calories each, these are NOT weight-loss shakes. For smaller athletes with lower energy requirements, or those looking for a lower-calorie meal replacement option, simply cut the ingredient measurements in half.

- Ideal performance-enhancing macronutrient shake for athletes to maximize training results
- NSF Certified for Sport
- Meets NCAA guidelines for protein and carb content
- Fortified with key exercise-supporting micronutrients
- 2.2:1 carb-to-protein ratio on its own
- Roughly double the calories of a traditional whey protein shake
- Used to support intense athletic training
- Also an ideal weight-gain supplement
- Taken pre-workout: maximizes glycogen stores, free glucose, and fatty acids for energy, and high BCAA (specifically leucine) % in the protein blend to minimize muscle catabolism when things get intense
- Taken post-workout: restores glycogen and maximizes MPS



Morning Star

A sunrise in a glass—this delicious shake pairs bananas and orange juice with vanilla First String powder for a delicious breakfast on the go. With a carb-to-protein ratio of roughly 3:1, these shakes are a great option to maximize glycogen replenishment and support muscle protein synthesis both before and after your most intense workouts.



INGREDIENTS:

- 4 scoops Vanilla Blast First String
- 1 cup orange juice
- 1 large banana
- 12 oz nonfat milk, 2% milk, or whole milk
- Add ice cubes for desired thickness

Nonfat Milk

Calories	937
Fat (g)	8
Saturated Fat (g)	3
Cholesterol (mg)	107
Sodium (mg)	371
Carbohydrate (g)	163
Fiber (g)	5
Protein (g)	59
Calcium (g)	901

2% Milk

Calories	984
Fat (g)	15
Saturated Fat (g)	7
Cholesterol (mg)	129
Sodium (mg)	326
Carbohydrate (g)	161
Fiber (g)	5
Protein (g)	58
Calcium (g)	855

Whole Milk

Calories	1021
Fat (g)	19
Saturated Fat (g)	9
Cholesterol (mg)	137
Sodium (mg)	323
Carbohydrate (g)	161
Fiber (g)	5
Protein (g)	57
Calcium (g)	841

Mocha Madness

Get you performance nutrition and morning coffee at the same time! This blend of chocolate First String powder and your favorite instant coffee make for a powerful breakfast on the go. With a 2:1 carb-to-protein ratio, this shake packs the nutrition to keep you fueled all morning long.



INGREDIENTS:

- 4 scoops Chocolate Blast First String
- 1 instant coffee packet
- 12 oz nonfat milk, 2% milk, or whole milk
- Add ice cubes for desired thickness

Nonfat Milk

Calories	712
Fat (g)	7
Saturated Fat (g)	3
Cholesterol (mg)	107
Sodium (mg)	356
Carbohydrate (g)	109
Fiber (g)	3
Protein (g)	55
Calcium (g)	878

2% Milk

Calories	760
Fat (g)	13
Saturated Fat (g)	7
Cholesterol (mg)	129
Sodium (mg)	311
Carbohydrate (g)	107
Fiber (g)	3
Protein (g)	54
Calcium (g)	832

Whole Milk

Calories	796
Fat (g)	18
Saturated Fat (g)	9
Cholesterol (mg)	137
Sodium (mg)	308
Carbohydrate (g)	107
Fiber (g)	3
Protein (g)	54
Calcium (g)	828

Tropic Breeze

Recover on your own private beach with this tropical blend of vanilla First String, pineapple, orange, and coconut. The 3:1 macronutrient ratio is perfect for replenishing glycogen and supporting muscle recovery after strenuous workouts and endurance training.



INGREDIENTS:

- 4 scoops Vanilla Blast First String
- Half cup fresh pineapple chunks
- 1 cup orange juice
- 1 Tbsp shredded coconut
- 1.5 cups nonfat milk, 2% milk, or whole milk
- Add ice cubes for desired thickness

Nonfat Milk

Calories	938
Fat (g)	10.5
Saturated Fat (g)	4.5
Cholesterol (mg)	107
Sodium (mg)	374
Carbohydrate (g)	156
Fiber (g)	2
Protein (g)	58
Calcium (g)	774

2% Milk

Calories	985
Fat (g)	17.5
Saturated Fat (g)	8.5
Cholesterol (mg)	129
Sodium (mg)	330
Carbohydrate (g)	155
Fiber (g)	2
Protein (g)	57
Calcium (g)	730

Whole Milk

Calories	995
Fat (g)	23
Saturated Fat (g)	13
Cholesterol (mg)	137
Sodium (mg)	853
Carbohydrate (g)	145
Fiber (g)	3
Protein (g)	57
Calcium (g)	846

Chocolate Banana Crunch

Eat your dessert first with this nutritious take on a chocolate covered banana! The higher calories, 3:1 carb-to-protein ratio, and extra potassium are perfect to prepare for, and recover from, long endurance training sessions.



INGREDIENTS:

- 4 scoops Chocolate Blast First String
- 1 large banana
- 4 chocolate wafer cookies
- 1.5 cups nonfat milk, 2% milk, or whole milk
- Add ice cubes for desired thickness

Nonfat Milk

Calories	1013
Fat (g)	16.5
Saturated Fat (g)	5.5
Cholesterol (mg)	107
Sodium (mg)	390
Carbohydrate (g)	165
Fiber (g)	7
Protein (g)	57
Calcium (g)	781

2% Milk

Calories	1061
Fat (g)	23.5
Saturated Fat (g)	9.5
Cholesterol (mg)	129
Sodium (mg)	345
Carbohydrate (g)	164
Fiber (g)	7
Protein (g)	56
Calcium (g)	737

Whole Milk

Calories	1104
Fat (g)	28
Saturated Fat (g)	12
Cholesterol (mg)	137
Sodium (mg)	342
Carbohydrate (g)	164
Fiber (g)	7
Protein (g)	56
Calcium (g)	821



Copyright 2019 NASM. All Rights Reserved.