

# SHAKES

## Gourmet Nutrition

All meals are broken down into large (for men) and small (for women) servings sizes.

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# Berry Supershake



Post-workout  
Meal

5  
min.

Preparation  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	380	190
Fat (g)	6	3
Saturated (g)	2	1
Monounsaturated (g)	0	0
Polyunsaturated (g)	0	0
omega-3 (g)	0	0
omega -6 (g)	0	0
Carbohydrates (g)	44	22
fiber (g)	8	4
sugars (g)	26	13
Protein (g)	38	19

*The Precision Nutrition “supershake” concept is simple: fit all the high-quality nutrition you would get from one of our normal meals into an easy-to-make, easy-to-drink shake you can take with you on the go. Here we use a greens supplement to get our veggie component in -- and the almond milk, ice and berries make it taste delicious.*

## Instructions

Combine all ingredients in a countertop blender. Blend on high until mixture is smooth and creamy. **Serves 1 large or 2 small.**

- 1 cup unsweetened almond milk
- ½ cup ice
- 1 cup frozen blueberries
- 1 cup frozen strawberries
- 2 scoops vanilla protein powder
- 1 serving greens plus



# Raspberry Mocha Shake



Post-workout  
Meal

5  
min.

Preparation  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	589.4	294.7
Fat (g)	18.8	9.4
Saturated (g)	3.4	1.7
Monounsaturated (g)	8.0	4.0
Polyunsaturated (g)	4.6	2.3
omega-3 (g)	0.2	0.1
omega-6 (g)	2.6	1.3
Carbohydrates (g)	40.3	20.2
fiber (g)	10.9	5.5
sugars (g)	25.0	12.5
Protein (g)	64.8	32.4

*Coffee is a beverage staple across the world, and although bitter in taste on its own, it goes really well with anything sweet. In this particular shake, we've paired the bitterness of coffee with the sweetness of raspberries, adding in some chocolate to create the mocha vibe we're going for. This shake is a winner!*

## Instructions

Mix instant coffee and 1 tablespoon of boiling water in a countertop blender. Add ice cubes to chill the coffee. Combine the remaining ingredients. Blend on high until mixture is smooth and creamy. **Serves 1 large or 2 small.**

Hot water	1 tbsp
Instant coffee	1 tsp
Ice cubes	3
Low-fat milk	1 cup
Low-fat cottage cheese	1 cup
Raspberries (frozen)	1 cup
Chocolate whey protein (equal to 25 g protein)	1 scoop
Almonds (blanched)	2 tbsp
Fish oil	1 tsp

## Variations and Options

If you are lactose intolerant or wish to avoid dairy, replace the 1 cup milk and 1 cup cottage cheese with 1 cup unsweetened soy milk (or 1 cup water and ½ scoop protein) and 1 cup plain, lactose-free yogurt. Alternatively, you can substitute with non-cow's-milk dairy (e.g. goat's milk).

**If you don't like coffee or you're just looking for something different, omit the coffee and just stick with the other ingredients.** If you'd like to enhance the flavor, add a small handful of coco nibs or bitter chocolate to this shake. Coco nibs are loaded with health-promoting nutrients. **For a nutty variety, try using cashews, pine nuts or walnuts as a substitute for almonds.** **Pw option:** To create a great post-workout meal, simply replace the milk with ½ cup of chocolate frozen yogurt.



# Piña Colada Smoothie



Post-workout  
Meal

5  
min.

Preparation  
Time

## Nutritional Information

(per serving)	large	small
Calories (k/cal)	640.0	320.0
Fat (g)	27.6	13.8
Saturated (g)	21.1	10.6
Monounsaturated (g)	1.0	0.5
Polyunsaturated (g)	0.4	0.2
omega-3 (g)	0.0	0.0
omega-6 (g)	0.3	0.1
Carbohydrates (g)	47.7	23.9
fiber (g)	6.2	3.1
sugars (g)	21.6	10.8
Protein (g)	50.2	25.1


*If you like Piña Coladas and getting caught in the rain... you'll probably love this excellent smoothie. Its island flavors will likely remind you of vacation time. But be careful with this one, it's so good you might be tempted to add a little rum.*

## Instructions

Combine all ingredients in a countertop blender. Blend on high until mixture is a smooth consistency. **Serves 1 large or 2 small.**

Pineapple	½ cup
Banana	1
Coconut milk	½ cup
Vanilla whey protein (equal to 50 g protein)	2 scoops
Chilled green tea	1 cup
Ice	1 cup

## Variations and Options

Make a mango, melon, peach or strawberry colada by adding in ½ cup of any of these fruits and omitting the banana. **A tablespoon or two of grated coconut is a great addition to this smoothie as a garnish.**  option: For a refreshing post-workout treat, add ½ cup of vanilla frozen yogurt to this smoothie.



