

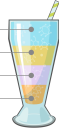
THE SUPER SHAKE GUIDE: TURN YOUR BORING PROTEIN SMOOTHIE INTO A SUPER SHAKE

These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

JUICE-BAR SHAKES VS. SUPER SHAKES

JUICE-BAR SHAKES

Contain high levels of sugar
Include low-quality protein sources
Rely heavily on processed ingredients
Use too many artificial components



SUPER SHAKES

Contain minimal sugar and 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

May wear out after only a few months



VITAMIX
The Rolls Royce of blenders
PRICE
over \$300
POWER
1400 Watts
CAPACITY
64 oz

Comes with a minimum 5-year warranty

STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

STEP 1: PICK A LIQUID

Less liquid = thick shakes
More liquid = thin shakes
4-8 oz
is a good starting point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

STEP 2: PICK A PROTEIN POWDER

25-50 g
1-2 scoops should be sufficient for each serving.



- Whey protein
- Casein protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Find a protein supplement that tastes good and digests well.

STEP 3: PICK A VEGGIE

1-2 handfuls
Use raw or roasted veggies.



- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

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

1-2 handfuls
You can use fresh or frozen fruit.



- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

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. Simply remove the core and slice.

STEP 5: PICK A HEALTHY FAT

1-2 thumb-sized portions
should be sufficient for each serving.



- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

When blended well, nuts and seeds offer a nice, rich consistency.

STEP 6: PICK A TOPPER

Try cinnamon with vanilla and pumpkin.
Add oats if you need extra carbs.
Incorporate yogurt if you want more protein and a smoother texture.
With toppers, a little goes a long way.



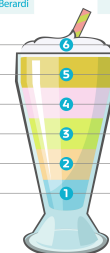
- Coconut
- Cacao nibs / dark chocolate
- Yogurt
- Oats / granola
- Cinnamon
- Ice (if using fresh fruit)

RECIPES FROM THE PROS

Here's the original Super Shake, courtesy of PN co-founder Dr. John Berardi

Here's another favorite Super Shake, courtesy of PN coach Ryan Andrews

1/2 cup plain Greek yogurt
2 thumb-sized portions of mixed nuts
1 cupped handful of frozen mixed berries
1 handful of spinach and 1 scoop powdered greens supplement
2 scoops of vanilla milk protein blend
4 ounces water



A few sprinkles of coconut and 3 ice cubes
2 thumb-sized portions of walnuts
Half a frozen banana and 2 pitted dates
2 kale leaves and 1 scoop of powdered greens supplement
2 scoops of plain pea protein powder
4 ounces water

Just remember: Not all of the steps are mandatory. Don't want a topper? Leave it out. Want extra veggies? Add 'em in. Trying to reduce calories? Change the portion sizes.
MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.