



# Super Shakes

## *Berry Blast Super Shake – Post-workout*

- 1 cup iced green tea
- 1 scoop vanilla protein blend
- 1 serving greens supplement
- 3 tbsp plain yogurt
- 3 tbsp whole grain oats (dry)
- 1 cup frozen mixed berries

*Add green tea, protein, greens, yogurt and oats to blender and blend on high for 1 minute. Next, add berries to the blender and blend again for 1 minute.*

## *Apple and Great Grains Shake – Post-workout*

- 1 cup water
- 1 scoop vanilla protein
- 1 serving of greens supplement
- 1 tbsp ground flax seeds
- 3 tbsp yogurt
- 4 tbsp whole grain oatmeal (dry)
- 2 tbsp mixed nuts
- 1 small apple, peeled, cored, and sliced
- 1 tbsp of cinnamon

*Blend water, protein, greens, yogurt and flax seeds (pre-ground in a coffee grinder or purchased as flax meal), yogurt and oats on high for 1 minute. Next add mixed nuts, apples slices and a sprinkle of cinnamon and blend for another minute.*



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## *Apricot Yogurt Shake – Post-workout*

- 1 cup non-fat plain yogurt
- 1 scoop vanilla protein
- 1 serving greens supplement
- 10 dried apricot halves
- 1 tbsp ground flax seeds
- 1 cup ice

*Blend everything until smooth.*

## *Berry Pie Shake – Post-workout*

- 1 cup frozen blueberries
- 1 scoop vanilla protein
- 1 cup ice
- 1 serving greens supplement (berry flavor)
- ¼ cup yogurt
- ¼ cup whole oats
- ¼ cup crushed graham crackers
- 1tbsp ground flax seeds
- 1 tsp vanilla extract

*Blend blueberries, protein, ice and yogurt for 1 minute then add remaining ingredients and blend for another minute.*



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## *Banana Cream Shake – Post-workout*

- 1 cup water
- 1 cup yogurt
- 2 scoops bannan protein
- 1 serving greens supplement
- 1 cup half and half cream (12% cream)
- ½ banana
- 1 tbsp flax meal
- ½ cup hazelnuts

*Blend everything until smooth.*

## *Iced Coffee Shake – Post-workout*

- 2 cups iced coffee
- 2 cups vanilla protein
- 1 serving greens supplement
- 1 scoop vanilla ice cream
- 1 tsp flax oil
- 6 dark chocolate covered espresso beans
- Dash of cinnamon

*Blend everything until smooth.*



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## *Turtle Shake – Post-workout*

- ½ cup water
- ½ cup ice cubes
- 2 scoops chocolate protein
- 1 serving greens supplement
- 1oz chopped pecans
- 2 tbsp natural peanut butter
- 1 cup egg whites
- 1 tbsp flax oil

*Blend everything until smooth.*

## *Tropical Power Shake – Post-workout*

- 1 cup water
- ½ cup plain yogurt
- ½ cup frozen pineapple
- 1 banana
- ¼ cup unsweetened coconut flaxes
- 1 tbsp flax meal
- 1 scoop vanilla protein
- 1 serving greens supplement

*Blend everything until smooth.*



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## *Two Great Tastes Shakes – Any Time*

- 1 cup water
- 1 scoop chocolate protein
- 1 servings greens supplement
- 3 tbsp plain yogurt
- 1 tbsp ground flax seeds
- 1 tbsp natural peanut butter
- 1 tbsp mixed nuts

*Add water, protein, greens, yogurt and flax seeds (pre ground in a coffee grinder or purchased as flax meal) to a blender and blend on high for 1 minute. Next add peanut butter and mixed nuts. Blend again for 1 minute. If you prefer an ice cold shake, add 5 ice cubes and blend for another minute.*

## *Veggie Super Shake – Any Time*

- ¼ cup parsley
- ½ cup spinach
- 3 carrots
- 2 celery stalks
- 1 clove garlic
- 1 scoop vanilla protein
- 1 tbsp ground flax seeds
- 1 serving greens supplement

*Place parsley, spinach, carrots, celery and garlic in juicer and dilute to obtain 1 cup fluid. Add juice to blender with protein flax seeds and greens. Blend on high for 1 minute.*



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## *Almond Coconut Shake – Any Time*

- 1 cup chocolate milk (reduced fat)
- 1 scoop chocolate protein
- 1 serving greens
- 6 almonds
- 1 tbsp grated unsweetened coconut
- ½ tsp almond extract
- 1 tbsp ground flax seeds
- 1 cup ice

*Blend everything except almonds for 1 minute then add almonds and blend until chopped.*

## *Fruit and Veggie Special – Any Time*

- 1 cup water
- 1 scoop vanilla protein
- 1 serving greens supplement
- ½ cup frozen blueberries
- ½ cup broccoli sprouts
- 1 raw beet
- 1 tbsp hemp oil or flax oil
- ½ cup kale
- 1 cup ice

*Blend everything until smooth.*



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## *Chocolate Mint Shake – Any Time*

- ½ cup water
- 1 scoop chocolate protein
- 1/3 cup cottage cheese
- 1 ½ tsp cocoa
- 2-3 drops mint extract
- 5 ice cubes
- 1 serving greens supplement
- 25g pecans

*Blend everything except pecans for 1 minute then add almonds and blend until chopped.*

## *Baked Apple Shake – Any Time*

- 1 cup chopped apple (peeled and cored)
- 2 scoops vanilla protein
- 1 serving greens supplement
- 3 tbsp almond meal
- 1 tbsp flax meal
- 1 tbsp whole sesame seeds
- Dash of cinnamon
- 1 cup ice

*Blend everything until smooth.*