



Protein Shake Recipes

Chocolate Arse Grower

Milk

Sugar

1 scoop Whey Protein

1 sliced banana

1 large spoon Peanut Butter

2 1/2 large spoons Chocolate Ice cream

3 Chocolate Chip Cookies

Chocolate Nesquik

Banana Arse Grower

Milk

Sugar

1 scoop Whey Protein

1 sliced banana

1 1/2 spoon beanut butter

Banana Nesquik

Strawberry Arse Grower

Milk

Sugar

1 scoop whey protein

1 Mullers fruit corner (Strawberry) - both yogurt and syrup.

1 large spoon Strawberry jam

Strawberry nesquik

Protein Frappacino

16oz of iced coffee

1 packet of Labrada Low Carb MRP

1 TBSP of heavy whipping cream

1 TBSP of Flaxseed Oil

Olive Oil Protein Shake

1 8 OZ Glass Of Water
1 Ripe Bannana
2 Scoops Of Soy Protein Powder
2 TBSB Of Olive Oil
1 Or 2 TBSB Of Peanut Butter

Post Workout Banana Protein Shake

2 bananas
1/2 cup of cottage cheese
Vanilla whey protein
Cup of milkM
Some Ice
1/2 a teaspoon of brown sugar

Post Workout Strawberry Protein Shake

8 oz skim milk (1% or 2%) -- or SILK Milk (Soy with very low lactose)
1 banana
8 to 10 frozen strawberries -- OR -- any frozen fruit of your liking
1 scoop Optimum 100% Whey -- Vanilla Ice Cream flavor
1 TBS Flax Oil
1 tsp Glutamine
1 tsp Creatine
Splenda as much as you want or need

Protein Smoothie

1/2 Cup frozen strawberries (NO sugar added)
1/2 Cup FF milk
1 Whole bananna
1 scoop Unflavored Whey Protein Powder
1 Cup ice

Muscle Building Shake

1 cup ice cubes
3/4 cup eggwhites
3/4 cup vanilla soy milk
1 cup frozen strawberries
1/2 banana
1/2 cup cranberry juice

Peanut Butter Cup Protein Shake

1 cup water
2 scoops 100% chocolate whey powder
3-4 tablespoons natural chunky Peanut Butter
1 tablespoon flax seed oil
1 cup of ice cubes