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 Nesquick

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 Banana
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 milk
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 banana
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