

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



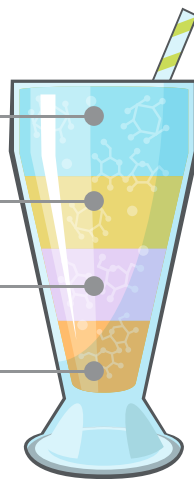
JUICE-BAR SHAKES

Contain high levels of sugar

Include low-quality protein sources

Rely heavily on processed ingredients

Use too many artificial components



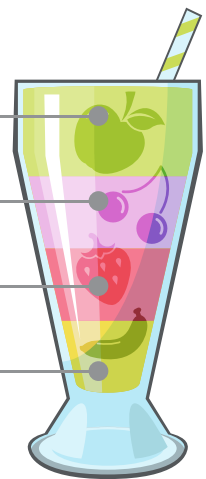
SUPER SHAKES

Contain minimal sugar and artificial ingredients

Use high-quality protein sources

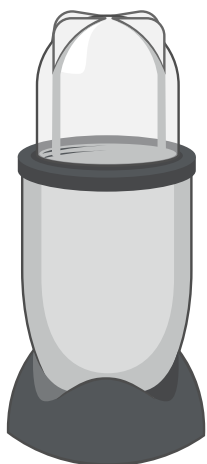
Include whole fruits and vegetables

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.



May wear out after only a few months

MAGIC BULLET

Good blender for everyday use

PRICE

under \$50

POWER

250 Watts

CAPACITY

19 oz

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.

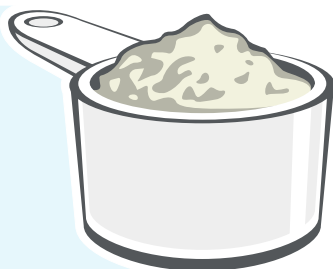


- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

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

½ 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 5 ice cubes

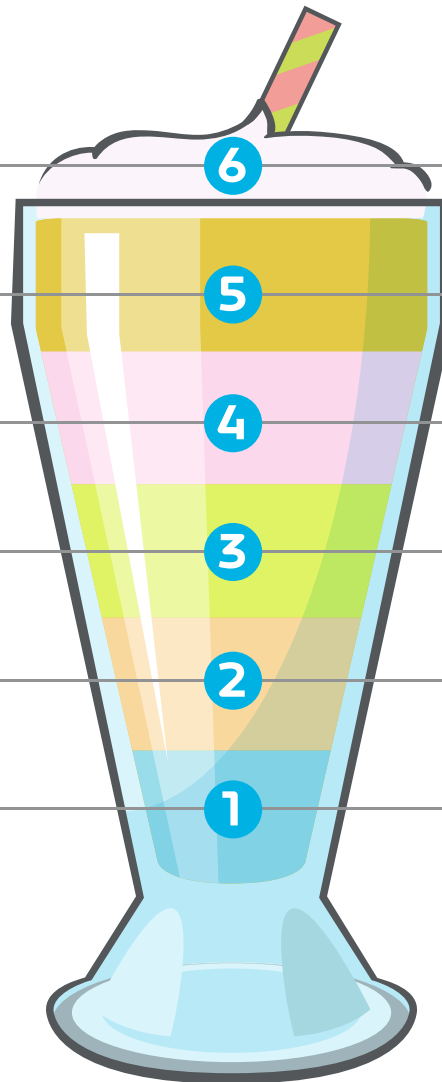
2 thumb-sized
portions of walnuts

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.