

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

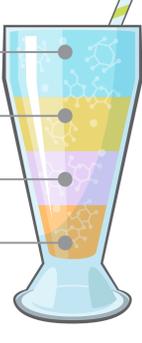
These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

## JUICE-BAR SHAKES VS. SUPER SHAKES



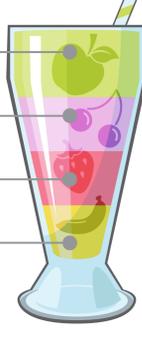
### Juice-Bar Shakes

- 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.

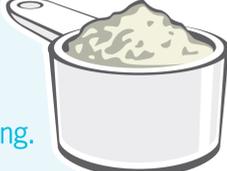


- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

### 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

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

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

A few sprinkles of coconut and 5 ice cubes

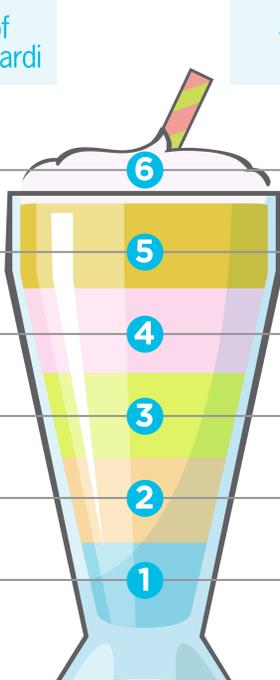
2 thumb-sized portions of walnuts

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.