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	VITAMIX The Rolls Royce of blenders	
	PRICE	PRICE	
	under \$50	over \$300	
	POWER	POWER	
	250 Watts	1400 Watts	
	CAPACITY	CAPACITY	
May wear out after only a few months	19 oz	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





- 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



- 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.

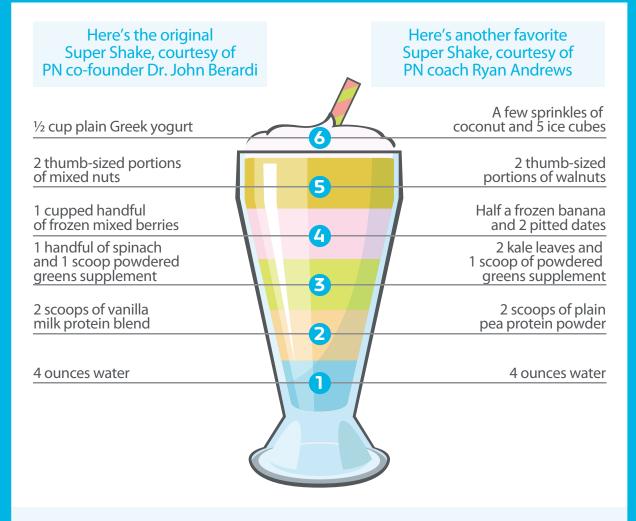
STEP 6: PICK A TOPPER

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



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.

For the full article explaining this infographic: http://www.precisionnutrition.com/super-shake-creation

