



SUPER SHAKE GUIDE



Precision Nutrition

The Super Shake: A meal in a glass

The Super Shake combines high-quality protein, fiber, good fats, vitamins, minerals, antioxidants, and other good stuff in a tasty, convenient formula.

It can replace a meal when you're in a hurry, or give you some extra protein and calories when trying to build muscle. The Super Shake isn't a specific shake, nor any particular recipe.

It's a concept. A template. Something that lets you choose your own nutritional adventure while getting high-quality nutrition and trusting that you're doing something good for your body.

You can follow our recipes. Or come up with your own, using the guide. Your call. Experiment. Try some stuff. Tailor the template to your needs. Most importantly: Discover what works for you, and what you enjoy. To create your own nutritious and tasty Super Shakes, follow the step-by-step guide here. Once you get the hang of things, take the concept out for a spin. See what you can create. Have fun.

The Super Shake Template

STEP 1: Pick a liquid

- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Iced green tea
- Hemp milk (unsweetened)
- Coffee (for a morning shake)

You can also add crushed ice if you want a frosty shake, or leave it out. The less liquid you use, the thicker the shake will be.

STEP 2: Pick a protein powder

- Whey protein
- Egg white protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Some protein powders have thickeners added. This will increase the thickness of your shake. Find a protein supplement that you digest well and enjoy the taste of. You can also use plain Greek yogurt or cottage cheese instead of protein powder.

STEP 3: Pick a fruit

- Berries
- Bananas
- Pitted cherries
- Apples
- Pineapple
- Mango
- Papaya
- Powdered fruit supplement

You can use fresh or frozen fruit. Any fruit you like.

STEP 4: Pick a vegetable

- Dark leafy greens: spinach / Swiss chard / kale
- Cooked pumpkin or butternut squash
- Cooked sweet potato
- Beets
- Cucumber
- Celery
- Powdered greens supplement
- Avocado

Spinach and celery are good bets, as they're virtually flavorless in your shake. Canned pumpkin is great too. It goes well with vanilla. When using beets, try roasting and removing the skin first. They go well with chocolate. If you add celery / cucumber, make sure to adjust the amount of liquid you add.

STEP 5: Pick a healthy fat

- Walnuts / cashews / almonds
- Peanut, natural peanut butter, other nut butters
- Flax, hemp, and chia seeds
- Coconut milk
- 1/4 to 1/2 avocado

Use 1-3 thumbs of fat, depending on your needs. Avocado in particular will give your shake a creamy consistency.

STEP 6: Blend that sucker up

STEP 7: Pick a topper (optional)

- Shredded unsweetened coconut
- Cacao nibs or grated dark chocolate
- Yogurt
- Oats, granola
- Cinnamon

If you want to get fancy, sprinkle something on top of your shake. A little goes a long way. Cinnamon is good with vanilla and pumpkin. Add oats if you need extra carbs, or yogurt if you want more protein and smoother consistency.

The Original Super Shake

- 12 oz water or iced green tea
- 2 scoops vanilla or strawberry flavored protein
- 2 cupped handfuls of mixed berries, fresh or frozen
- 1 fist of spinach
- 1 thumb of mixed nuts
- 1 thumb of ground flax
- 1/2 cup plain yogurt or vegan alternative
- 1 serving greens supplement

Instructions

Blend all ingredients until creamy. Add ice if using fresh berries and uncooked oats if you need more carbs.

Apple & Great Grains Shake

- 12 oz water, almond milk, or regular milk
- 2 scoops vanilla flavored protein
- 1 apple, core removed, and sliced into wedges
- 1 fist of spinach
- 2 thumbs of almonds
- 1 cupped handful of uncooked oats
- Ice and cinnamon as desired

Instructions

Blend all ingredients until creamy. Add yogurt if you want more protein and a smoother consistency.

Berry Blast Shake



- 12 oz water, iced green tea or milk
- 2 scoops vanilla or strawberry flavored protein
- 2 cupped handfuls of mixed berries, fresh or frozen
- 1 fist of spinach
- 2 thumbs of walnuts
- 1/4 cup plain yogurt or vegan alternative

Instructions

Blend all ingredients until creamy. Add ice if using fresh fruit, uncooked oats if you need more carbs, cinnamon for extra flavor, and/or a greens supplement if desired.



Chocolate, Peanut Butter and Banana Classic Shake

- 12 oz water or milk
- 2 scoops chocolate flavored protein
- 1 banana
- 1 fist of spinach
- 1 thumb of natural peanut butter
- 1 thumb of ground flax
- 1 tbsp cacao nibs

Instructions

Blend all ingredients until creamy. Add ice if using fresh bananas, uncooked oats if you need more carbs, yogurt if you want more protein and a smoother consistency, and/or cinnamon for extra flavor.

Strawberry Banana Shake >>>

- 12 oz water or milk
- 2 scoops strawberry flavored protein
- 1 banana
- 1 cupped handful of strawberries
- 1 fist of spinach
- 2 thumbs of walnuts

Instructions

Blend all ingredients until creamy. Add ice if using fresh strawberries, uncooked oats if you need more carbs, yogurt if you want more protein and a smoother consistency, and/or a greens supplement if desired.

Apricot Yogurt Shake

- 8 oz water
- 2 scoops vanilla flavored protein
- 10 dried apricot halves
- 1 fist of spinach
- 2 thumbs of ground flax
- 1 cup plain yogurt or vegan alternative
- Ice as desired

Instructions

Blend all ingredients until creamy. Add uncooked oats if you need more carbs and/or cinnamon for extra flavor.



Chocolate Cherry Awesomeness Shake >>>

- 12 oz water, almond milk, or milk
- 2 scoops chocolate flavored protein
- 2 cupped handfuls of sweet dark cherries, pits removed
- 1 fist of spinach
- 2 thumbs of walnuts
- 1 tbsp cacao nibs

Instructions

Blend all ingredients until creamy. Add ice if using fresh cherries, uncooked oats if you need more carbs, and/or yogurt if you want more protein and a smoother consistency.

Fruit and Veggie Special Shake

- 12 oz water or milk
- 2 scoops vanilla flavored protein
- 2 cupped handfuls of blueberries
- 1/2 fist broccoli sprouts
- 1/2 fist kale
- 1 raw beet
- 1 thumb flax oil or hemp oil
- Ice as desired

Instructions

Add uncooked oats if you need more carbs, yogurt if you want more protein and a smoother consistency, cinnamon for extra flavor, and/or a greens supplement if desired.

Baked Apple Shake

- 8 oz water, almond milk, or milk
- 2 scoops vanilla flavored protein
- 1 apple, core removed, and sliced into wedges
- 1 fist of spinach
- 1 thumb of almonds
- 1 thumb of ground flax
- 1 thumb of sesame seeds
- Ice and cinnamon as desired

Instructions

Add uncooked oats if you need more carbs, yogurt if you want more protein and a smoother consistency, and/or a greens supplement if desired.



Vanilla and Pumpkin Pie Shake >>>

- 12 oz water, almond milk, or milk
- 2 scoops vanilla flavored protein
- 1 fist of pureed pumpkin
- 2 thumbs of walnuts
- 1 cupped handful of uncooked oats
- Ice, cinnamon and vanilla extract as desired

Instructions

Blend all ingredients until creamy. Add yogurt if you want more protein and a smoother consistency.

Tropical Power Shake

- 12 oz water, almond milk, or milk
- 2 scoops vanilla flavored protein
- 1 banana
- 1 cupped handful of pineapple
- 1 fist of spinach
- 1 thumb of ground flax
- 2 thumbs of unsweetened coconut flakes
- 1/2 cup plain yogurt or vegan alternative

Instructions

Blend all ingredients until creamy. Add ice if using fresh fruit, uncooked oats if you need more carbs, and/or a greens supplement if desired.

Blueberry Pie Shake

- 4 oz water
- 2 scoops vanilla flavored protein
- 1 cupped handfuls of blueberries
- 1 fist of spinach
- 2 thumbs of ground flax
- 1/4 cup plain yogurt or vegan alternative
- 1/2 cupped handful of uncooked oats
- 1/2 cupped handful of crushed graham crackers
- 1 tsp vanilla extract
- 1 serving greens supplement (berry flavor)
- Ice as desired

Instructions

Blend all ingredients until creamy.



Veggie Super Shake



- 2 scoops vanilla flavored protein
- 1 fist of spinach
- 6 carrots
- 4 celery stalks
- 1/2 cup parsley
- 1 clove garlic
- 2 thumbs of ground flax
- 1 serving greens supplement

Instructions

Place parsley, spinach, carrots, celery and garlic in juicer. Dilute juice, if necessary, with cold water to achieve 2 cups of fluid. Add juice to blender along with protein, flax seeds and greens powder. Blend on high for 1 minute. If you prefer an ice cold shake, add 5 ice cubes and blend for another minute.

Two Great Tastes Shake

- 12 oz water
- 2 scoops chocolate flavored protein
- 1 thumb of ground flax
- 1 thumb of natural peanut butter
- 1 thumb of mixed nuts
- 3 tbsp plain yogurt or vegan alternative
- 1 serving greens supplement

Instructions

Add water, protein, greens, yogurt and flax seeds (pre-ground in a coffee grinder or purchased as flax meal) to a blender and blend on high for 20-30 seconds. Next add peanut butter and mixed nuts. Blend again. If you prefer an ice cold shake, add 5 ice cubes and blend again.

Two Great Tastes Shake

- 12 oz milk
- 2 scoops chocolate flavored protein
- 2 thumbs of almonds
- 1 thumb of ground flax
- 2 thumbs of unsweetened coconut flakes
- 1 serving greens supplement
- Ice and almond extract as desired

Instructions

Blend all ingredients until creamy.



Chocolate Mint Shake

- 8oz water
- 2 scoops chocolate flavored protein
- 2 thumbs pecans
- 1/3 cup cottage cheese or vegan alternative
- 1 ½ tsp cocoa, unsweetened
- 2-3 drops mint extract
- 1 serving greens supplement
- Ice as desired

Instructions

Add all ingredients except pecans to blender and process for one minute.
Add pecans and blend until chopped. **Makes 1 Super Shake.**

Banana Cream Shake

- 8oz water
- 2 scoops banana flavored protein
- 1 banana
- 1 thumb of ground flax
- 1 thumb of hazelnuts
- 1 cup plain yogurt or vegan alternative
- ½ cup half and half (12% cream) or
vegan alternative

Instructions

Add everything to blender and process until smooth and creamy.
Makes 1 Super Shake.

Iced Coffee Shake

- 2 cups iced coffee
- 2 scoops vanilla flavored milk protein blend*
- 1 serving greens supplement **
- 1 cup vanilla ice cream or vegan alternative
- 1 tsp flax oil
- 6 dark chocolate covered espresso beans
- Dash cinnamon

Instructions

Add everything to blender and process until smooth and creamy.
Makes 1 Super Shake.

Turtle Shake

- 4oz water
- 2 scoops chocolate flavored protein
- 2 thumbs of pecans
- 2 thumbs of natural peanut butter
- 1 thumb of flax oil
- 1 cup egg whites or vegan alternative
- 1 serving greens supplement
- Ice as desired

Instructions

Add everything to blender and process until smooth and creamy.
Makes 1 Super Shake.

Peanut Butterscotch Shake

- 2 scoops chocolate protein
- 1 thumb of ground flax
- 1 thumb of natural peanut butter
- 1/3 cup cottage cheese or vegan alternative
- 1 tbsp of sugarfree instant Jell-O, butterscotch flavor
- Splenda or stevia, to taste (optional)
- 1 cup ice
- ¼ cup water, as needed

Instructions

Add everything to a blender and blend on high until smooth and creamy.
Start with minimal water, adding 1 tbsp at a time until desired consistency is reached. **Makes 1 Super Shake.**



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