



THE SUPER SHAKE GUIDE







LIQUID

4-8 ounces:

Try: water, milk, soy milk, almond milk.



PROTEIN POWDER

25-50 grams:

Try: whey protein or casein protein.



VEGGIE

1-2 handfuls:

Try: dark leafy greens (spinach, swiss chard, kale), pumpkin/sweet potato, cucumber/celery.



FRUIT

1-2 handfuls:

Try: apples, bananas, berries, cherries.



HEALTHY

1-2 thumb-sized portions:

Try: walnuts, cashews, peanut & nut butters.



TOPPER

A little goes a long way:

Try: coconut, dark chocolate, yogurt.

Precision Nutrition Shake Recipe

Judd E. Hollander

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