



THE SUPER SHAKE GUIDE

TURN YOUR BORING SMOOTHIE INTO A SUPER SHAKE



PICK A LIQUID

4-8 ounces:

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



PICK A PROTEIN POWDER

25-50 grams:

Try: whey protein or casein protein.



PICK A VEGGIE

1-2 handfuls:

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



PICK A FRUIT

1-2 handfuls:

Try: apples, bananas, berries, cherries.



PICK A HEALTHY FAT

1-2 thumb-sized portions:

Try: walnuts, cashews, peanut & nut butters.



PICK A TOPPER

A little goes a long way:

Try: coconut, dark chocolate, yogurt.

Put it all in your favorite blender, and blend until smooth and delicious. Enjoy!

Precision Nutrition Shake Recipe

Jianjun Gao



Precision Nutrition Shake Recipe:

Precision Nutrition Shake Recipe Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has been apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is actually remarkable. This extraordinary book, aptly titled "**Precision Nutrition Shake Recipe**," written by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

https://crm.avenza.com/public/publication/index.jsp/okay_for_now.pdf

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cells?