



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

Liying Dong



Precision Nutrition Shake Recipe:

Precision Nutrition Shake Recipe Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has be more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Precision Nutrition Shake Recipe**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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