



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

Dr. Peter J. D'Adamo, Kristin O'Connor

A red circular graphic with a gradient, appearing as a partial circle or a stylized drop, located to the right of the authors' names.

Precision Nutrition Shake Recipe:

Unveiling the Magic of Words: A Report on "**Precision Nutrition Shake Recipe**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**Precision Nutrition Shake Recipe**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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