

# THE SUPER SHAKE GUIDE: TURN YOUR BORING PROTEIN SMOOTHIE INTO A SUPER SHAKE

These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

## JUICE-BAR SHAKES VS. SUPER SHAKES



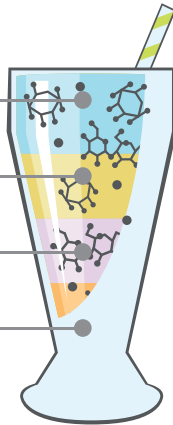
### JUICE-BAR SHAKES

Contain high levels of sugar

Include low-quality protein sources

Rely heavily on processed ingredients

Use too many artificial components



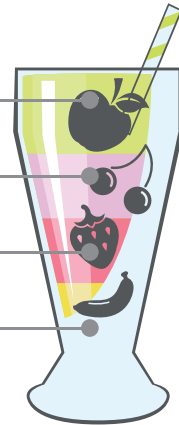
### SUPER SHAKES

Contain minimal sugar and artificial ingredients

Use high-quality protein sources

Include whole fruits and vegetables

Provide fiber and healthy fats



## START WITH A GOOD BLENDER

Since your Super Shakes will use whole foods and some frozen ingredients, you'll need a powerful machine. Here are two good options.



May wear out after only a few months

### MAGIC BULLET

Good blender for everyday use

#### PRICE

under \$50

#### POWER

250 Watts

#### CAPACITY

19 oz

### VITAMIX

The Rolls Royce of blenders

#### PRICE

over \$300

#### POWER

1400 Watts

#### CAPACITY

64 oz



Comes with a minimum 5-year warranty

# STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

## STEP 1: PICK A LIQUID

Less liquid = thick shakes  
More liquid = thin shakes

**4-8 oz**

is a good starting  
point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

## STEP 2: PICK A PROTEIN POWDER

**25-50 g**

1-2 scoops should  
be sufficient for  
each serving.



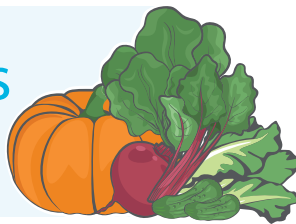
- Whey protein
- Casein protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Find a protein supplement that tastes good and digests well.

## STEP 3: PICK A VEGGIE

**1-2 handfuls**

Use raw or  
roasted veggies.



- Dark leafy greens:  
Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

Spinach works well in any Super Shake since it's virtually undetectable.

Pair canned or roasted pumpkin with vanilla.

Try pairing peeled, roasted beets with chocolate.

When including celery or cucumber, reduce the amount of liquid you add.

## STEP 4: PICK A FRUIT

1-2 handfuls

You can use fresh or frozen fruit.



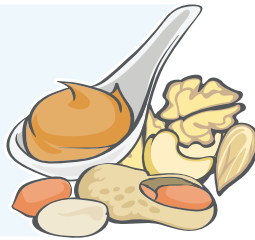
- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

Toss in half a banana to give the shake excellent texture.  
Dates are very sweet. Make sure to get rid of the pit first.  
Apples provide sweet and tart notes. Simply remove the core and slice.

## STEP 5: PICK A HEALTHY FAT

1-2 thumb-sized portions

should be sufficient for each serving.

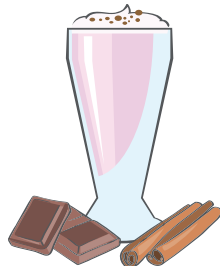


- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

When blended well, nuts and seeds offer a nice, rich consistency.

## STEP 6: PICK A TOPPER

Try cinnamon with vanilla and pumpkin.  
Add oats if you need extra carbs.  
Incorporate yogurt if you want more protein and a smoother texture.  
With toppers, a little goes a long way.



- Coconut
- Cacao nibs / dark chocolate
- Yogurt
- Oats / granola
- Cinnamon
- Ice (if using fresh fruit)

# RECIPES FROM THE PROS

Here's the original Super Shake, courtesy of PN co-founder Dr. John Berardi

Here's another favorite Super Shake, courtesy of PN coach Ryan Andrews

½ cup plain Greek yogurt

A few sprinkles of coconut and 5 ice cubes

2 thumb-sized portions of mixed nuts

2 thumb-sized portions of walnuts

1 cupped handful of frozen mixed berries

Half a frozen banana and 2 pitted dates

1 handful of spinach and 1 scoop powdered greens supplement

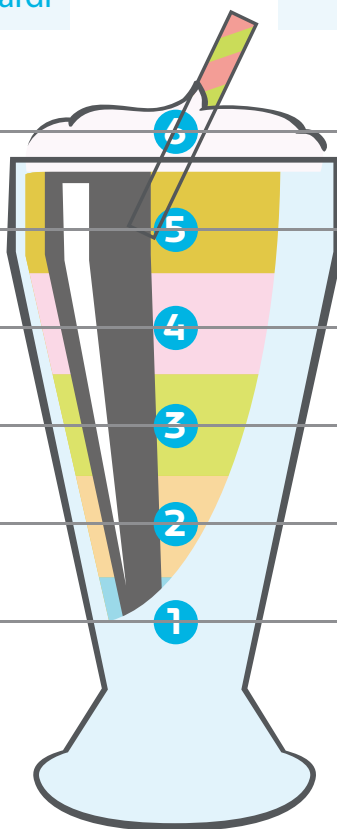
2 kale leaves and 1 scoop of powdered greens supplement

2 scoops of vanilla milk protein blend

2 scoops of plain pea protein powder

4 ounces water

4 ounces water



Just remember: Not all of the steps are mandatory. Don't want a topper? Leave it out. Want extra veggies? Add 'em in. Trying to reduce calories? Change the portion sizes.

**MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.**

For the full article explaining this infographic:  
<http://www.precisionnutrition.com/super-shake-creation>

 Precision Nutrition