

Protein shakes can be a great supplement to a whole, natural and healthy food regime (notice I didn't say diet). Shakes can be utilized as a convenient, time saving, nutrient packed fuel source to help enhance your performance, success and fitness goals. So, lets get to it.

**PICK ONE ITEM FROM EACH OF THE CATEGORIES, BLEND AND ENJOY YOUR NUTRITION PACKED POWER PROTEIN SHAKE**

<b><u>1) ICE</u></b>	<b><u>CALORIES</u></b>
	0
1-4 cubes for a thinner shake	0
5-10 for a thicker shake	

<b><u>2) LIQUID BASE (8 oz ; less for less calories and desired thickness)</u></b>	<b><u>CALORIES</u></b>
Water	0
Whole Milk	150
Almond Milk	0
Orange Juice	0
Green Tea	40
Coffee	110
Greek Yogurt (6oz)	140

<b><u>3) FRUIT (can use frozen for thicker shake)</u></b>	<b><u>CALORIES</u></b>
1/2 Cup Berries (blue, black, rasp, straw)	35
1/2 Peaches	35
1/2 Apple	40
1/2 Orange	45
1 Kiwi	45
1/2 Banana	55
1/2 Cup Pineapple	40
1/2 Cup Mango	55

<b><u>4) FLAVOR BOOSTS (add more for desired taste)</u></b>	<b><u>CALORIES</u></b>
Cinnamon (1/2 tsp)	5
Nutmeg (1/2 tsp)	5
All Spice (1/2 tsp)	5
Vanilla Extract (1/2 tsp)	5
Natural Cocoa (1/2 tsp)	5

<b><u>5) VEGGIE (cant even taste it!!)</u></b>	<b><u>CALORIES</u></b>
1 Handful Spinach	10
1 Handful Kale	30
Serving Powdered Greens	30

<b><u>6) PROTEIN POWDER</u></b>	<b><u>CALORIES</u></b>
1 Scoop Protein Powder	~ 110
2 Scoops Protein Powder	~ 220

<b><u>7) NUTS / SEEDS (1 oz or 1/4 cup or 2 tbsp nutbutter)</u></b>	<b><u>CALORIES</u></b>
Peanuts	190
Almonds	165
Walnuts	190
Cashews	165
Peanutbutter	200
Almond Butter	205
Chia Seed (1 tbsp)	35
Flaxseed (1 tbsp)	60
Hemp (1/4 Cup)	160
Sunflower Seeds (1/4 Cup)	210
Pumpkin Seeds (1/4 Cup)	70
Safflower Seeds (1/4 Cup)	130

<b><u>8) OPTIONAL TOPPINGS</u></b>	<b><u>CALORIES</u></b>
Dark Chocolate Pieces (1 oz)	60
Oats (1/4 Cup)	75
Granola (1/4 Cup)	150
Shredded Coconut (1/4 Cup)	70
Coffee Grounds (2 tbsp)	0