

SUPER SHAKE GUIDE

The Super Shake combines high quality protein, fibre, good fats, vitamins, minerals, anti-oxidants and other good stuff in a tasty, convenient formula.

It can replace a meal when you're in a hurry, or give you some extra protein and calories when trying to build muscle. The Super Shake isn't a specific shake, nor any particular recipe. It's a concept. A template. Something that lets you choose your own nutritional adventure while getting high-quality nutrition and trusting that you're doing something good for your body.

Step 1: pick a liquid

- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Iced green tea
- Coffee (for a morning shake)

Add crushed ice for a frosty shake. The less liquid you use, the thicker your shake your will be.

Step 2: pick a protein powder

- Whey protein
- Egg white protein
- Rice protein
- Pea protein
- Hemp protein

Some protein powders have thickeners added which makes your shakes thicker.

Choose a protein supplement that you digest well and enjoy the taste of.

You can also use cottage cheese, Greek yoghurt or tofu instead of protein powder.

Step 3: pick a fruit

- Berries
- Banana
- Pineapple
- Mango

You can use fresh or frozen fruit.

Step 4: pick a vegetable

- Dark leafy greens eg. spinach, kale
- Beetroot
- Cucumber
- Celery
- Powdered greens supplement

Spinach and celery are good to use as they're virtually flavourless. Beetroot goes well with chocolate.

Step 5: pick a healthy fat

- Walnuts / cashews / almonds
- Natural peanut butter, other nut butters
- Linseeds, hemp, chia seeds
- Coconut milk
- 1/4 to 1/2 avocado

Use 1-2 thumbs of fat.

Step 6: blend