

Super Shake Guide



STEP 1 LIQUID BASE

- Unsweetened almond milk
- Unsweetened hazelnut milk
- Iced green tea
- Coffee



STEP 2 FRUIT

- Banana
- Berries
- Cherries (unsweetened)
- Exotic Fruit (kiwi, mango)
- Pineapple
- Powdered fruit supplement

Use frozen or fresh fruit



STEP 3 VEGETABLES

- Dark leafy greens (spinach or kale)
- Beets, cucumber or celery
- Cooked pumpkin/squash
- Cooked sweet potato
- Powdered greens supplement



STEP 4 POWDER

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



STEP 5 HEALTHY FAT

- Milled flaxseed
- Chia seeds
- Avocado (1/4 to 1/2)
- Almonds
- Cashews or walnuts
- Natural nut butter
- Coconut milk



STEP 6 TOPPINGS

- Steel cut oats
- Plain Greek yogurt
- Cinnamon
- Pure vanilla extract

Super Shake Recipes

01. BERRY BLAST

- 1 cup unsweetened almond milk
- 1 cup frozen berries
- ½ cup spinach
- 1 scoop vanilla protein powder
- 1 tbsp ground flaxseed

02. CHOCOLATE PB

- 1 cup unsweetened hazelnut milk
- 1 banana
- ½ cup spinach
- 1 scoop chocolate protein powder
- 1 tbsp natural peanut butter
- 1 tbsp cacao nibs

03. PIÑA COLADA

- 1 cup unsweetened coconut milk
- 1 frozen banana
- 1 cup frozen pineapple
- 1 scoop vanilla protein powder
- 1 tbsp shredded coconut
- Powdered greens supplement

04. RASPBERRY MOCHA

- 1 cup unsweetened hazelnut milk
- 1/2 cup cold black coffee
- 1/2 cup crushed ice
- 1 cup frozen raspberries
- ½ cup spinach
- 1 scoop chocolate protein powder

05. SUPER GREEN

- 1 cup unsweetened almond milk
- ½ cup berries, ½ banana, ½ kiwi
- ½ cup spinach
- 1 scoop vanilla protein powder
- 1 tbsp chia seeds

06. FRED AND GINGER

- 1 cup water
- 1 cup chopped peaches
- ½ cup spinach
- 1 scoop vanilla protein powder
- 1 tbsp almonds
- 1 inch stick ginger

07. CHOCOLATE CHERRY

- 1 cup water
- 1 cup frozen cherries
- ½ cup spinach
- 1 scoop chocolate protein powder
- 1 tbsp walnuts
- 1 tbsp cacao nibs

08. CHERRY BAKEWELL

- 1 cup unsweetened almond milk
- 1 cup frozen cherries
- ½ cup spinach
- 1 scoop vanilla protein powder
- 1 tbsp natural almond butter
- ½ tsp almond vanilla extract