

PROTEIN SHAKE RECIPES

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It's important to get the proper amount of protein in the body requires to promote and maintain good health. Therefore make a tasty protein shake for breakfast or a midday snack.

1. On Track Breakfast Special

- 1 serve of vanilla protein powder
- 500ml chilled water
- ½ - 1 cup of your choice of berries
- 1/2-1 banana
- 1-2 Tbsp yoghurt



2. Mr. T

- 1 serve of chocolate protein powder
- 1 banana
- 250ml chilled water
- 250ml of low fat milk or soymilk
- 4 ice cubes

3. Vanilla Ice Ice Baby

- 1 serve of vanilla protein powder
- 250ml chilled water
- 250ml of vanilla soy milk
- 1/2 banana (frozen)
- 1 tsp of flaxseed oil
- 4 ice cubes

4. Over-slept no time for breakfast

- 1 serve of protein powder
- 1 water bottle
- Fill water bottle to the top with water
- shake and go!

5. Pinacolada

- 1 serve of vanilla protein powder
- 250ml chilled water
- 250ml pineapple juice
- 1/2 banana
- Few piece of fresh or tinned pineapple

PROTEIN SHAKE RECIPES

PROTEIN SHAKE RECIPES - continued

6. Coffee Latte

- 1 serve of vanilla protein powder
- 250ml rice or nut milk
- 250ml cold water
- ¼ cup of coffee or coffee extract (add more or less depending on your taste)
- add ice and less water for an iced latte

7. Tropical Smoothie

- 1 serve of protein powder
- 250ml chilled water
- 250ml of vanilla soy milk
- ¼ cup from a combo of pawpaw/mango/kiwi/banana
- option: add ice & eliminate water

8. Create Your Own Shake

1 serve of protein powder

NOW ADD ANY OR ALL INGREDIENTS BELOW

Ice

Fruit(s)

Honey

Flaxseed oil

Base – water, juice, soymilk or low fat milk,

*Blend all shakes for 30 – 60 seconds.

Quick tips:

- All shakes are made with protein powder – vanilla & chocolate
- Peel the banana and freeze it in a zip lock bag. This makes the process easy from freezer to shake.
- Frozen fruit adds a tasty thickness to your shake
- If shake is too thick add water slowly
- Add a tablespoon of flaxseed oil to make shake smooth