

SUPER SHAKE GUIDE:

**5 Easy Protein Smoothies
to Help You Build Lean Muscle
and Lose Fat**

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SCRAWNY^{TO} **BRAWNY**

For a lot of guys, building muscle can seem damn near impossible. But after helping thousands of guys from all over the world get in better shape – and after making the same transition from out-of-shape to muscular and athletic ourselves – we know what works.

And I'm gonna let you in on a little secret:

The reason most guys don't have the body they want is NOT because they're slacking in the gym or taking the wrong supplements – it's because they're not eating enough food.

We see it every time we open our doors to new clients in our online [workout and nutrition coaching program](#).

Most guys come in looking for the “perfect workout” or the best supplement they haven't tried yet. But hitting the gym is only 10% of the equation to building an awesome body.

The other 90%? Eating the right foods, in the right amounts, at the right times.

That's why we start all our clients off with one simple nutritional habit, a powerful practice that usually adds a couple pounds of muscle in the first few weeks:

HABIT # 1
Drink at least one Super Shake every day.

If you're ready to start building a lean, muscular body – the kind of body you can be proud of – I strongly recommend you start with a daily Super Shake, too.

Here's how.

7 STEPS TO A DELICIOUS MUSCLE- BUILDING SUPER SHAKE

The Super Shake combines high-quality protein, fiber, good fats, antioxidants, and more in a tasty 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.

For optimal mixing, flavor, and consistency, follow the steps in order.

Step 1: Start with ice

Use 1-4 cubes for a thin, chilled shake

Use 5-10 cubes for thicker, pudding-like consistency shake

Step 2: Pick a fruit

Our favorites are strawberries, bananas, and blueberries. If you like a thick shake, go with frozen over fresh.

Step 3: Toss in some spinach or celery

Yeah, I know it sounds gross to put veggies in a shake, but if you use spinach or celery, you won't even taste them.

Step 4: Scoop some protein

Add 1 or 2 scoops of a protein powder of your choice. Here are three of our favorites:

BioTrust Low Carb Protein Powder

Jay Robb Egg White Protein Powder

SunWarrior Protein Powder (Vegan/Vegetarian)

Step 5: Select a nut or seed

Make sure you're not allergic. (You'd probably know by now.) Aim for 1/3 cup of nuts/seeds per shake. For instance:

Nuts: walnuts, cashews, almonds, Brazil nuts, hazelnuts, nut butter, dried coconut flakes

Seeds: flax, hemp, chia, pumpkin seeds, etc.

Step 6: Pour in some liquid

How much depends on the consistency you prefer. If you have a weak blender, more liquid makes it easier to blend.

- water
- chilled green tea
- unsweetened milk alternative (almond, rice, hemp, coconut)
- a shot of espresso (great as a preworkout boost)

Step 7: Choose your topper

This step is optional, but it nicely finishes off any shake.

- dark chocolate
- ground coffee beans
- coconut, oats, granola
- cinnamon, vanilla extract

OUR TOP 5 SUPER SHAKE RECIPES



Blueberry Madness Shake

INGREDIENTS

- 1-4 ice cubes
- 1 cup blueberries
- 1 cup spinach
- 2 scoops vanilla protein powder
- 2 tbsp. ground flax or chia seeds
- 2 tbsp. raw cashews
- 1 cup almond milk (unsweetened)
- 1 tsp. pure vanilla extract
- 1 pinch cinnamon

INSTRUCTIONS

Combine all ingredients into a blender. Blend on high until mixture is smooth and creamy.



Popeye Shake

INGREDIENTS

- ½ cup frozen raspberries
- ½ cup goji berries
- 1 cup spinach
- 2 scoops vanilla protein powder
- 2 tbsp. ground flax or chia seeds
- 2 tbsp. raw cashews
- 1 cup almond milk (unsweetened)

INSTRUCTIONS

Combine all ingredients into a blender. Blend on high until mixture is smooth and creamy.

Note

If you can't find fresh goji berries, you can usually find dried ones in the bulk section at most health grocery stores (like Whole Foods or Trader Joes).



Crunchy Nut Shake

INGREDIENTS

- 1-4 ice cubes
- ½ cup rolled oats (replaces fruit)
- 1 cup celery
- 2 scoops chocolate protein powder
- 2 tbsp. ground flax or chia seeds
- 2 tbsp. natural crunchy peanut butter
- 1 cup almond milk (unsweetened)

INSTRUCTIONS

Combine all ingredients into a blender. Blend on high until mixture is smooth and creamy.

Chocolate Peanut Butter Shake

INGREDIENTS

1-4 ice cubes
1 banana
1 cup (or 5 stalks) celery
2 scoops chocolate protein powder
2 tbsp. ground flax or chia seeds
2 tbsp. natural peanut butter
1 cup almond milk (unsweetened)

INSTRUCTIONS

Combine all ingredients into a blender. Blend on high until mixture is smooth and creamy. Don't freak out about the celery – you won't even taste it.

Strawberry Banana Shake

INGREDIENTS

1-4 ice cubes
½ banana
½ cup strawberries
1 cup spinach
2 scoops strawberry or vanilla protein powder
2 tbsp. ground flax or chia seeds
1 cup almond milk (unsweetened)

INSTRUCTIONS

Combine all ingredients into a blender. Blend on high until mixture is smooth and creamy.

WHAT TO DO NEXT

Want to build an awesome body? Know a guy who does?

Go watch this FREE video course right now:

[How To Build Muscle In 5 Easy Steps](#)

These 5 FREE video lessons will show you the best way to workout, exactly what to eat every day, and the 5 best supplements to take to build a strong, great-looking body.