

# Balanced Shake Guide

(Adapted from Precision Nutrition's *The Super Shake Guide*)



## Step 1: Pick a Liquid (1/2-1 cup)

- Hemp Milk
- Iced Green Tea
- Water
- Almond Milk
- Cow's Milk
- Coconut Milk



## Step 2: Pick a Protein Powder (1-2 scoops)

- Nutiva Plant Based Protein Powder
- Tera's Whey
- Metabolic Drive



## Step 3: Pick a Veggie (1-2 handfuls)

- Dark Leafy Greens
- Pumpkin/Sweet Potato
- Beets/Beet Greens
- Cucumber
- Celery
- Powdered greens supplement



## Step 4: Pick a Fruit (1-2 handfuls)

- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple/mango
- Powdered Fruit Supplement



## Step 5: Pick a Healthy Fat (1-2 thumb portions)

- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut Butter
- Any other nut butter



## Step 6: Pick a Topper (a little goes a long way)

- Coconut
- Cacao nibs/dark chocolate
- Yogurt
- Oats
- Cinnamon
- Vanilla
- Ice (if using fresh fruit)

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## RECIPES FROM THE PROS

Here's the original Super Shake, courtesy of PN co-founder Dr. John Berardi

½ cup plain Greek yogurt

2 thumb-sized portions of mixed nuts

1 cupped handful of frozen mixed berries

1 handful of spinach and 1 scoop powdered greens supplement

2 scoops of vanilla milk protein blend

4 ounces water

Here's another favorite Super Shake, courtesy of PN coach Ryan Andrews

A few sprinkles of coconut and 5 ice cubes

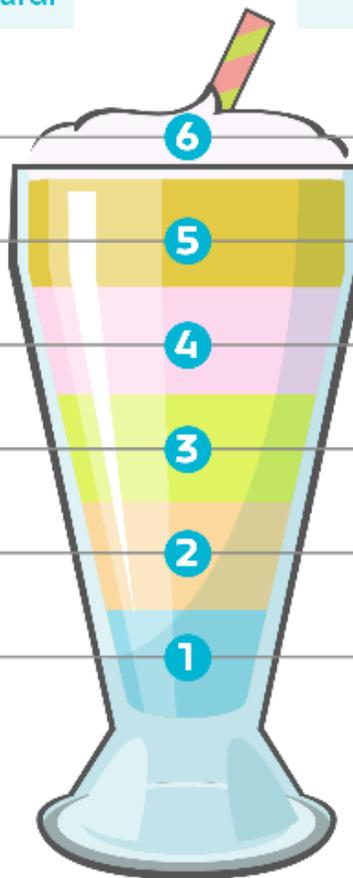
2 thumb-sized portions of walnuts

Half a frozen banana and 2 pitted dates

2 kale leaves and 1 scoop of powdered greens supplement

2 scoops of plain pea protein powder

4 ounces water



Just remember: Not all of the steps are mandatory. Don't want a topper? Leave it out. Want extra veggies? Add 'em in. Trying to reduce calories? Change the portion sizes.

**MIX AND MATCH TO FIND THE PERFECT SUPER SHAKE FOR YOU.**