

# THE SUPER SHAKE GUIDE:

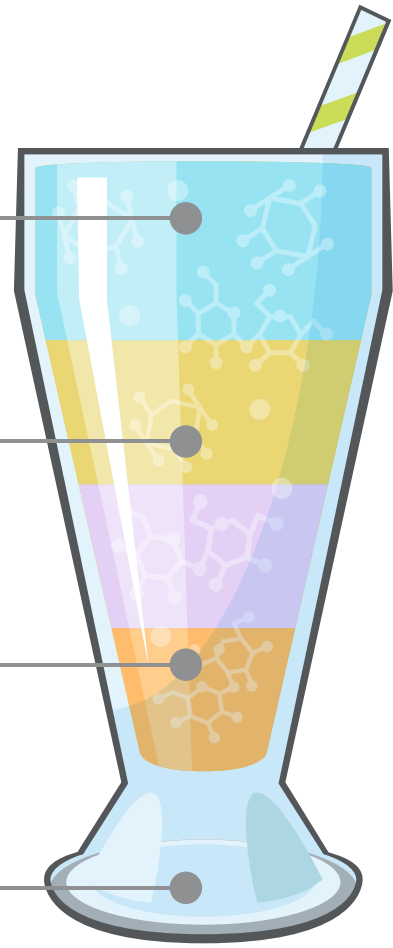
## TURN YOUR BORING PROTEIN SMOOTHIE INTO A SUPER SHAKE

These unique, nutrient-packed shakes can serve as excellent meal replacements when you're short on time.

### JUICE-BAR SHAKES VS. SUPER SHAKES

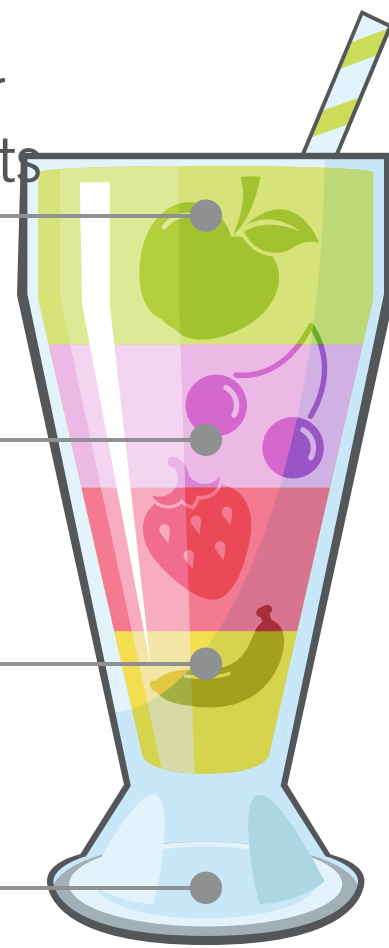
#### JUICE-BAR SHAKES

- Contain high levels of sugar
- Include low-quality protein sources
- Rely heavily on processed ingredients
- Use too many artificial components



#### SUPER SHAKES

- Contain minimal sugar and artificial ingredients
- Use high-quality protein sources
- Include whole fruits and vegetables
- Provide fiber and healthy fats



### START WITH A GOOD BLENDER

Since your Super Shakes will use whole foods and some frozen ingredients, you'll need a powerful machine. Here are two good options.



May wear out after only a few months

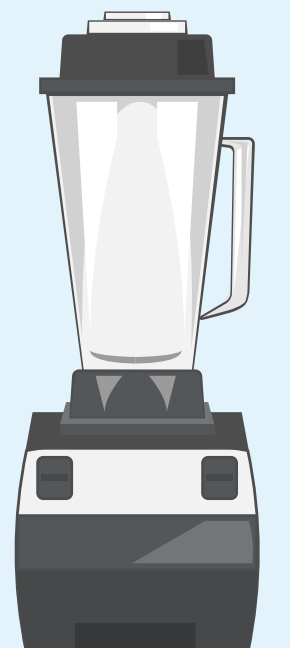
#### MAGIC BULLET

Good blender for everyday use

**PRICE**  
under \$50

**POWER**  
250 Watts

**CAPACITY**  
19 oz



**VITAMIX**  
The Rolls Royce of blenders

**PRICE**  
over \$300

**POWER**  
1400 Watts

**CAPACITY**  
64 oz

Comes with a minimum 5-year warranty

### STEPS TO MAKING YOUR SUPER SHAKE

Go through the steps below, selecting one or two items from each category.

#### 1 STEP PICK A LIQUID

Less liquid = thick shakes  
More liquid = thin shakes

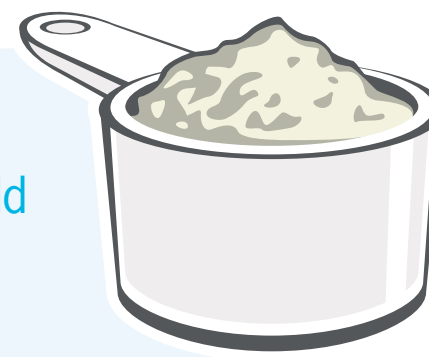
**4-8 oz**  
is a good starting point for each serving.



- Water
- Almond milk (unsweetened)
- Cow's milk
- Soy milk (unsweetened)
- Hemp milk (unsweetened)
- Iced green tea

#### 2 STEP PICK A PROTEIN POWDER

**25-50 g**  
1-2 scoops should be sufficient for each serving.



- Whey protein
- Casein protein
- Rice protein
- Pea protein
- Hemp protein
- Other proteins or protein blend

Find a protein supplement that tastes good and digests well.

#### 3 STEP PICK A VEGGIE

**1-2 handfuls**  
Use raw or roasted veggies.



- Dark leafy greens: Spinach / Swiss chard / kale
- Pumpkin / sweet potato
- Beets / beet greens
- Cucumber / celery
- Powdered greens supplement

Spinach works well in any Super Shake since it's virtually undetectable.  
Pair canned or roasted pumpkin with vanilla.  
Try pairing peeled, roasted beets with chocolate.  
When including celery or cucumber, reduce the amount of liquid you add.

#### 4 STEP PICK A FRUIT

**1-2 handfuls**  
You can use fresh or frozen fruit.



- Apples
- Bananas
- Berries
- Cherries
- Dates
- Pineapple / mango
- Powdered fruit supplement

Toss in half a banana to give the shake excellent texture.  
Dates are very sweet. Make sure to get rid of the pit first.  
Apples provide sweet and tart notes. Simply remove the core and slice.

#### 5 STEP PICK A HEALTHY FAT

**1-2 thumb-sized portion**  
should be sufficient for each serving.



- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Peanut and nut butters

When blended well, nuts and seeds offer a nice, rich consistency.

#### 6 STEP PICK A TOPPER

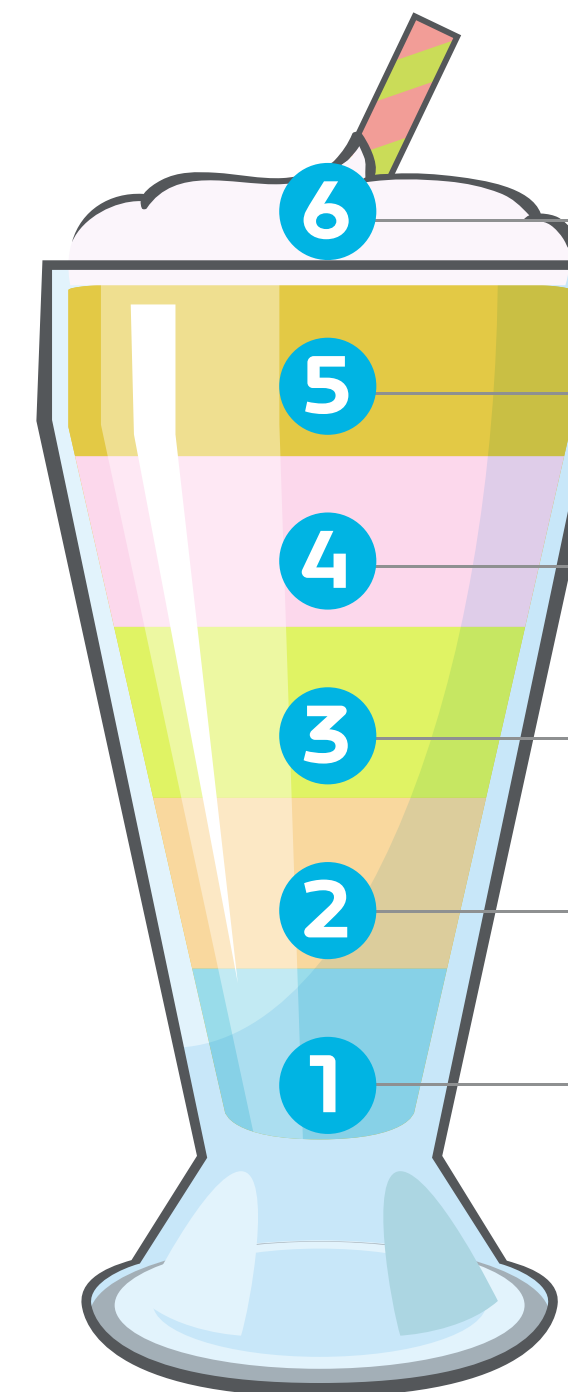


- Coconut
- Cacao nibs / dark chocolate
- Yogurt
- Oats / granola
- Cinnamon
- Ice (if using fresh fruit)

Try cinnamon with vanilla and pumpkin.  
Add oats if you need extra carbs.  
Incorporate yogurt if you want more protein and a smoother texture.  
With toppers, a little goes a long way.

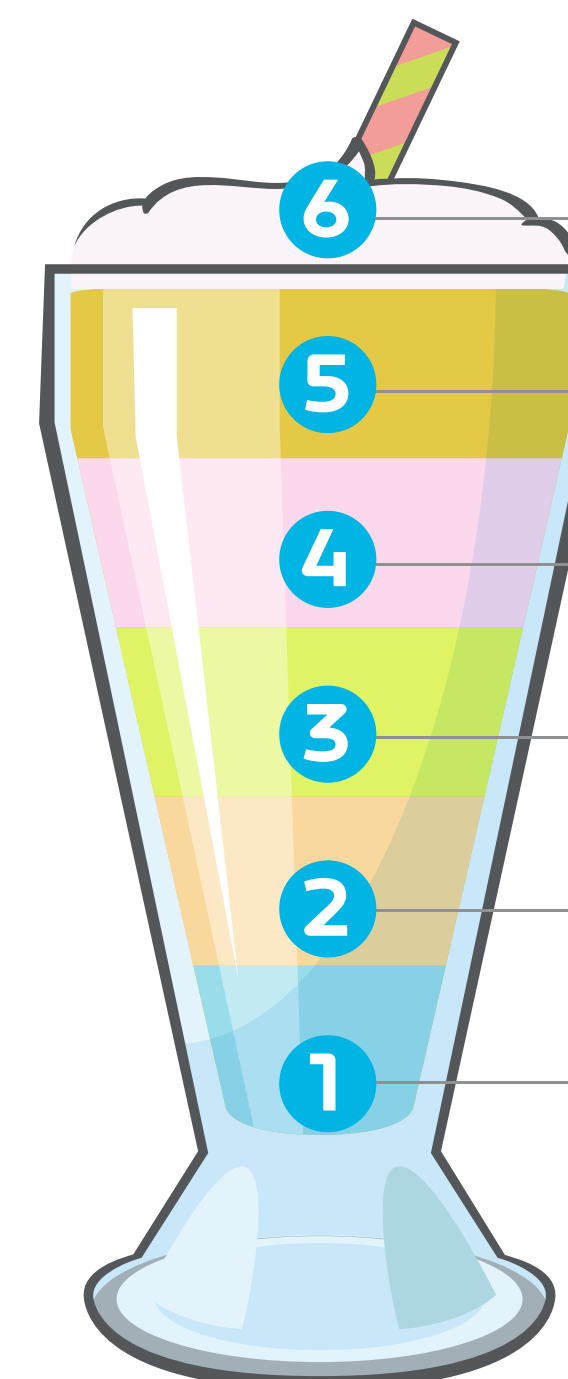
### RECIPES FROM THE PROS

#### HERE'S THE ORIGINAL SUPER SHAKE, COURTESY OF PN CO-FOUNDER DR. JOHN BERARDI



- 6 1/2 cup plain Greek yogurt
- 5 2 thumb-sized portions of mixed nuts
- 4 1 cupped handful of frozen mixed berries
- 3 1 handful of spinach and 1 scoop powdered greens supplement
- 2 2 scoops of vanilla milk protein blend
- 1 4 ounces water

#### HERE'S ANOTHER FAVORITE SUPER SHAKE, COURTESY OF PN COACH RYAN ANDREWS



- 6 A few sprinkles of coconut and 5 ice cubes
- 5 2 thumb-sized portions of walnuts
- 4 Half a frozen banana and 2 pitted dates
- 3 2 kale leaves and 1 scoop of powdered greens supplement
- 2 2 scoops of plain pea protein powder
- 1 4 ounces water