

THE FOLLOWING ARE some LOW CALORIE PROTEIN SHAKES, MAKE SURE TO ADD SOME PALEOFIBER OR CHIA OR FLAX MEAL TO THEM FOR ADDITIONAL FIBER. YOU CAN SUBSTITUE OR USE WATER, ALMOND, COCONUT OR SKIM MILK FOR ANY RECIPES.

Green shake

- 6 oz. Water or skim or almond milk
- 1 scoop of powdered greens (renew greens or deeper greens)
- ½ cup strawberries frozen
- 1 scoop of vanilla whey protein powder or strawberry whey

Pumpkin Pie shake

- 6 oz Water
- ½ cup **Organic Canned Pumpkin ***
- 1 tsp **Vanilla Extract**
- ½ tsp **Pumpkin Pie Spice Adjust Your Liking ***
- 1 **Packet Stevia ***
- 1 serving vanilla whey protein powder

Put all in blender and blend, add ice cubes if necessary.

Chocolate Pudding

- 6 oz **Plain Non Fat Greek Yogurt ***
- **Little Chocolate Syrup ***
- 1 serving chocolate whey protein

Mix all ingredients together.

Pomegranate Yogurt Whey

Treat yourself to a creamy protein packed shake with tangy fruit flavor and a hint of spice.

- 8 ounces **ALMOND OR SKIM Milk**

- 4 ounces **Yogurt** greek any flavor (like strawberry or pmegranate)
- ½ teaspoon **Cinnamon**
- 1 serving of vanilla whey protein
- ice cubes 2

Eggnog Whey Celebration

A protein packed recreation of a the old holiday favorite.

- 1 cup soy or almond **Milk**
- ½ teaspoon **Vanilla**
- 1 teaspoon **Nutmeg**
- ¾ teaspoon **Cinnamon**
- 1 serving vanilla whey protein
- ice cubes 3

Best Blueberry Shake

by: Courtney

Vanilla Custard egg protein makes healthy smoothie taste like it has ice cream in it! Use amount of almond milk to achieve desired thickness and amount of blueberries to desired taste

- **Almond Milk Vanilla Unsweetened** 4-8 oz.
- 1 cup **Ice Cubes**
- 1 cup **Blueberries**
- 1 serving whey protein powder

Blend in a blender, you can use any berries you want.

CHOCOLATE PEANUT BUTTER SHAKE

- Almond milk 4-6 oz.
- 3 ice cubes
- 1 Tbsp. Of peanut butter or almond butter natural
- 1 scoop of chocolate whey

RECIPES: USING WHEY PROTEIN POWDER

PROTEIN POWER OATMEAL

MAKE 1 SERVING OF OATMEAL USING 1/3 CUP OF OATS WITH 2/3 CUP OF WATER, ADD SALT IF DESIRED. AFTER COOKING, STIR IN 1-2 TBPS. WHEY PROTEIN POWDER, NUTS OR FLAX MEAL.

TOTAL CARBS: 25 GRAMS, TOTAL PROTEIN: 20 GRAMS, CALORIES: 250

SMOOTHIES

USE ANY OF THE TWO OPTIONS BELOW:

1. 1 SCOOP WHEY PROTEIN OR
2. ½ SCOOP OF WHEY PROTEIN AND ½ CUP GREEK PLAIN YOGURT

ADD THE FOLLOWING FOR FIBER:

1. 1 TBSP. POWERED PALEOFIBER OR 1 TBSP. FLAX MEAL

ADD THE FOLLOWING LIQUID:

1. ½ CUP COCONUT, SKIM OR ALMOND MILK AND ½ CUP WATER WITH 3 ICE CUBES.

ADD THE FOLLOWING FRUITS OR FLAVORINGS
FROZEN OR FRESH BERRIES OR PEACHES ½ CUP
OR

1-3 TSP. COCO POWDER

OR

1TBSP. ALMONDS OR PEANUT BUTTER

OR

3 TBSP. SHREDDED COCONUT.