



Super Shake Recipes

The MTB Strength Coach “Super Fast” Super Shake

1 medium banana or ½ cup Kefir

1 scoop greens powder

1 tbsp lemon flavored fish oil

1 scoop vanilla whey protein powder

1 handful of frozen fruit

4-6 oz low fat milk

Chocolate Peanut Butter Shake

1 Cup low fat milk or low fat chocolate milk

Protein Powder

2 Tbsp natural peanut butter

1.5 cup ice

If needed, Splenda to taste

Almond Coconut Shake

1 Cup chocolate milk or low fat milk

Protein powder

6 Almonds

1 cup ice

1 Tbsp grated coconut

½ tsp almond extract

If needed, Splenda to taste

Mixed Berry Shake

1 Cup frozen strawberries

½ cup frozen blueberries

½ cup frozen mango

½ cup kefir or yogurt

Protein powder

1 tbsp honey

1 cup ice

Water if needed to liquefy

Sunflower Shake

1 Cup skim/2% milk

1 cup ice

1/3 C Sunflower seeds

1 banana

1 tbsp honey

1-2 Tbsp flax meal

Protein powder