

TM

PROTEIN SHAKE AS A MEAL

Great to have as a mid-afternoon or mid-morning snack or for breakfast on non-exercise days.

Ingredients:

½ avocado, cubed

2/3 – 1 scoop protein powder (equivalent to 20-30g protein)

¾ cup mixed frozen blueberries

Water OR unsweetened almond milk to achieve desired consistency (water is best)

Instructions:

1. To the blender, add the avocado, then some liquid, then the powder, a little more liquid, and finally the mixed berries and a little more liquid.
2. Blend until smooth.
3. Pour into a glass if not using the blender cup to drink from.
4. For improved digestion, sip on it for 20-40 minutes.

Nutrition Facts	Amount/serving	% Daily Value	Amount/serving	% Daily Value *
	1 serving per recipe Serving size 1 shake (323g)	Total Fat 5g	20%	Total Carb 23g
Calories per serving 310	Sat. Fat 2g	10%	Fiber 10g	35%
	Trans fats 0g		Sugars 10g	
	Cholesterol 0mg	0%	Includes 0g added sugars	0%
	Sodium 40mg	2%	Protein 26g	
Vitamin D 0mcg 0% · Calcium 35mg 4% · Iron 2mg 8% · Potassium 820mg 15% Thiamin 8% · Riboflavin 15% · Niacin 15%				

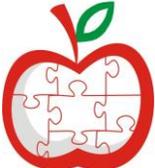
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

Cook's Tips and Variations:

1. Avocado gives the shake the creaminess of a banana with less carbs. It is high in fibre and an excellent source of healthy fat.
2. Frozen fruit gives the shake a thicker consistency; however, if all the fruit is frozen, you may find it is too cold for your liking and get brain freeze, in which case, half frozen fruit, half fresh fruit would be a better combination.
3. Instead of mixed berries, use ½ cup frozen blueberries and ½ cup pineapple. Pineapple contains bromelain which assists with digestion.

Nutrition Facts	Amount/serving	% Daily Value	Amount/serving	% Daily Value *
	1 serving per recipe Serving size 1 shake (328g)	Total Fat 5g	20%	Total Carb 30g
Calories per serving 340	Sat. Fat 2g	10%	Fiber 11g	40%
	Trans fats 0g		Sugars 11g	
	Cholesterol 0mg	0%	Includes 0g added sugars	0%
	Sodium 40mg	2%	Protein 26g	
Vitamin D 0mcg 0% · Calcium 35mg 4% · Iron 1mg 8% · Potassium 740mg 15% Thiamin 15% · Riboflavin 10% · Niacin 15%				

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4. Instead of mixed berries, use ½ cup frozen blueberries and ½ cup mango. (Combination highest in sugar.)

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	1 serving per recipe	Total Fat 5g	20%	Total Carb 33g	
Serving size 1 shake (328g)	Sat. Fat 2g	10%	Fiber 11g	40%	
	Trans fats 0g		Sugars 15g		
	Cholesterol 0mg	0%	Includes 0g added sugars	0%	
Calories per serving	Sodium 40mg	2%	Protein 26g		
350	Vitamin D 0mcg 0% · Calcium 30mg 2% · Iron 1mg 6% · Potassium 780mg 15% Thiamin 10% · Riboflavin 15% · Niacin 15%				

5. Instead of mixed berries, use 1 small banana and 1/2 cup frozen blueberries. Replace avocado with 2 level tablespoons Fatso peanut butter. The Fatso peanut butter contains a variety of healthy fats including ground flax seeds, chia seeds, coconut oil, avocado oil and MCT oil (medium-chain triglycerides). MCT oil can easily be used as fuel by the body, and therefore, is very satisfying and is a good blood sugar stabilizer. Being able to wait three to five hours between meals is a good sign of stable blood sugar levels.

Nutrition Facts	Amount/serving	% Daily Value	*Amount/serving	% Daily Value *	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
	1 serving per recipe	Total Fat 6g	20%	Total Carb 39g	
Serving size 1 shake (446g)	Sat. Fat 4g	20%	Fiber 10g	35%	
	Trans fats 0g		Sugars 14g		
	Cholesterol 0mg	0%	Includes 0g added sugars	0%	
Calories per serving	Sodium 45mg	2%	Protein 30g		
410	Vitamin D 0mcg 0% · Calcium 100mg 8% · Iron 1mg 8% · Potassium 670mg 15% Thiamin 4% · Riboflavin 6% · Niacin 8%				