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

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

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

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

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