

FUELING 5 RECIPES

VERY BERRY SUPER SHAKE



“This shake is packed with protein, fiber, healthy fats, phyto-nutrients, and probiotics,” says St. Pierre. “It can be breakfast, lunch, or dinner.” (And it’ll help you lose weight.)

12 oz water

1 cup spinach

2 cups frozen mixed berries

1/2 cup plain low-fat yogurt

2 scoops vanilla protein powder

1 tbsp walnuts

1 tbsp ground flaxseed

500 calories, 57 g protein, 54 g carbs, 14 g fiber, 11 g fat

APPLE AND GREAT GRAINS SHAKE



This shake tastes like apple pie in a glass, but you won't find 58 grams of protein in a slice of Grandma's famous dessert. Most blenders will be able to handle pulverizing an apple, St. Pierre says. Leave the skin on for extra phyto-nutrients.

12 oz water, milk, or yogurt

2 scoops vanilla flavored protein

1 apple, core removed, and sliced into wedges

1 cup of spinach

2 tbsp of almonds

¼ cup of uncooked oats

Ice as needed

Cinnamon to taste

535 calories, 58 g protein, 13 g fat, 46 g carbs, 9 g fiber (accounts for using water as the fluid instead of milk or yogurt)

CHOCOLATE, PEANUT BUTTER, AND BANANA SHAKE



You'd never guess that a cup of spinach is hiding in this delicious chocolate and peanut butter shake.

12 oz water, milk, or yogurt

2 scoops chocolate flavored protein powder

1 banana

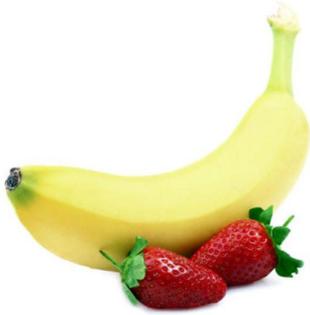
1 cup of spinach

2 tbsp of natural peanut butter

1 tbsp cacao nibs or dark cocoa powder

585 calories, 59 g protein, 22 g fat, 38 g carbs, 8 g fiber (accounts for using water as the fluid instead of milk or yogurt)

STRAWBERRY BANANA SHAKE



Adding ground flax to this classic protein shake provides you with extra fiber, heart-healthy omega-3 fats, and disease-fighting lignans, St. Pierre says.

12 oz water, milk, or yogurt

2 scoops vanilla or strawberry flavored protein powder

1 banana

1 cup of frozen strawberries

1 cup of spinach

2 tbsp of ground flax

490 calories, 55 g protein, 9 g fat, 47 g carbs, 11 g fiber (accounts for using water as the fluid instead of milk or yogurt)

CHOCOLATE CHERRY AWESOMENESS SHAKE



Research suggests that cherries can ease soreness after a workout, making this a perfect recovery shake, says St. Pierre.

12 oz water, milk, or yogurt

2 scoops chocolate flavored protein powder

2 cups of sweet dark cherries, pits removed

1 cups of spinach

1 tbsp of walnuts

1 tbsp ground flax

1 tbsp cacao nibs or dark cocoa powder

530 calories, 56 g protein, 13 g fat, 47 g carbs, 9 g fiber (accounts for using water as the fluid instead of milk or yogurt)

VANILLA PUMPKIN PIE SHAKE



Tired of the same old fruit smoothies? Try one that tastes like pumpkin pie. The pumpkin is a great source of Vitamin A, which is good for your eyes, skin, and immune system, St. Pierre says.

12 oz water, milk, or yogurt

2 scoops vanilla flavored protein powder

¾ cup of pureed pumpkin

1 tbsp of walnuts

1 tbsp of ground flax

½ cup of uncooked oats

Cinnamon and vanilla extract to taste

Ice as needed

535 calories, 60 g protein, 13 g fat, 45 g carbs, 13 g fiber (accounts for using water as the fluid instead of milk or yogurt)

BAKED APPLE SHAKE



The sesame seeds in this shake add unexpected flavor plus a helping of magnesium and selenium, says St. Pierre. (Looking for more morning meal options?)

12 oz water, milk, or yogurt

2 scoops vanilla flavored protein powder

1 apple, core removed, and sliced into wedges

1 cup of spinach

1 tbsp of almonds

1 tbsp of ground flax

1 tbsp of sesame seeds

Cinnamon to taste

Ice as needed

510 calories, 57 g protein, 15 g fat, 36 g carbs, 10 g fiber (accounts for using water as the fluid instead of milk or yogurt)

TROPICAL POWER SHAKE



It's like a pina colada, but with 58 grams of protein and a cup of spinach.

12 oz water, milk, or yogurt

2 scoops vanilla flavored protein powder

1/2 banana

1 cup of pineapple

1 cup of spinach

1 tbsp of ground flax

2 tbsp of unsweetened coconut flakes

1/2 cup plain yogurt or vegan alternative

525 calories, 58 grams protein, 12 g fat, 46 g carbs, 8.5 g fiber (accounts for using water as the fluid instead of milk or yogurt)

SUPERFOOD SHAKE



Nutrients in deeply colored fruits and vegetables like beets and cherries can boost athletic performance and help muscle recovery, says Amy Culp, R.D., a sports dietitian at the University of Texas at Austin.

1/2 cup frozen cherries

8 oz water

1/2 cup chopped raw beets

1/2 cup frozen strawberries

1/2 cup frozen blueberries

1/2 banana

1 scoop chocolate whey protein

1 tbsp ground flaxseed

329 calories, 28 g protein, 4 g fat, 52 g carbs, 11 g fiber

DOUBLE CHOCOLATE MINT SMOOTHIE



With chocolate almond milk, cocoa powder, and cacao nibs, this rich drink from Men's Health nutrition advisor Mike Roussell, Ph.D., will give you a chocolate fix without going overboard on calories.

1 scoop chocolate protein powder

3/4 cup Silk Almond milk, dark chocolate

1 tbsp walnuts

2 tbsp cocoa powder, unsweetened

1 tbsp cacao nibs

2 mint leaves

4 ice cubes

1/4 cup water

292 calories, 25 g protein, 12 g fat, 32 g carbs

SUMMERTIME BLAST



“The combo of melon, basil, and pineapple makes the shake super refreshing,” says Franklin Becker, chef of The Little Beet in Manhattan.

2/3 cup seedless watermelon

2 tsp lemon juice

1/2 cantaloupe

1 banana

1/4 cup pineapple

2/3 cup ice

4 to 5 fresh basil leaves

182 calories, 3 g protein, 1 g fat, 47 g carbohydrates, 5 g fiber