

inerTRAIN Protein Shakes

The Standard

1. Pour 8-10 oz. of cold water or whole organic milk or yogurt in the blender.
2. Add $\frac{3}{4}$ cup of frozen fruit – for lower carbs use ice instead of fruit.
3. Blend on highest speed until well mixed.
4. Add 1 scoop of protein powder for women or 2 scoops for men.
5. Add organic virgin coconut oil or flax seed oil – 1 tablespoon for women, 2 tablespoons for men.
6. Then blend on lowest speed.

Banana Butter Shake

1. Pour 8-10 oz. of cold water or whole organic milk or yogurt in the blender.
2. Add $\frac{1}{2}$ banana and a few ice cubes.
3. Add 2 tsp. natural peanut or almond butter.
4. Blend on highest speed until well mixed.
5. Add 1 scoop of protein powder for women or 2 scoops for men.
6. Then blend on lowest speed.

Doug's Special

1. Use $\frac{3}{4}$ cup organic cottage cheese plus $\frac{1}{4}$ cup plain organic yogurt.
2. Add maple syrup or honey to taste (optional).
3. Add 2 tbsp. chopped almonds.
4. Then add your choice of:
 - Apple – 1 small container of unsweetened applesauce and cinnamon to taste.
 - Cherry – $\frac{3}{4}$ cup of cherries + pure vanilla extract.
 - Blueberry – $\frac{3}{4}$ cup of blueberries + pure vanilla extract.
 - Raspberry – $\frac{3}{4}$ cup of raspberries + pure vanilla extract.
 - Low Carb Version – No fruit, just add pure vanilla extract.
5. Blend until all ingredients are thoroughly mixed.