

*State of Fitness*

# THE COMPLETE SHAKE GUIDE

*Our tried and tested recipes*



STATE OF FITNESS

*Foreword by Justin Grinnell*



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I am a big fan of making “super shakes” to get a ton of nutrient dense foods in for the day. I have been utilizing the methods and recipes in this book for my clients and myself since I was 15 years old. From a nutritional standpoint, it has made the biggest impact when trying to develop healthy eating habits and reduce nutritional deficiencies.

The fact of the matter is that we are so busy these days that many of us just don’t get enough fruits, vegetables, healthy fats, quality proteins, and other vital nutrients. I wish that there were an easy way that I could get all of my clients to eat a boatload of vegetables, clean proteins, complemented with healthy fats at every meal, but that is just not realistic. That is where making a “super shake” for the day comes in. You quickly develop an insurance policy for your body that gives you the quality nutrients you need for sustained energy, fat loss, muscle recovery and overall health.

With so many poor quality ready to drink meal replacements, and high sugar smoothies to purchase on the go, it can be confusing to know what works best for you and your nutritional needs. You need to make your own meal replacement “super shake” to really get the best bang for your buck. There is a method to the “super shake” making madness. You cannot just haphazardly throw in a bunch of fruit, fruit juice, and yogurt and call it a day. A proper “super shake” must have macronutrient balance, quality, and taste good enough to consume.

**In this book, we follow a few fundamental rules to orchestrate a proper super shake:**

- Choose your base
- Choose your greens
- Add some fruit
- Throw in some good healthy fats
- Choose your protein powder

Follow these simple suggestions and be mindful of your portion sizes and you will be on your way to more energy and better health.

In Strength,

Justin Grinnell  
Owner State of Fitness



State of Fitness

# *Super Shake Guide*

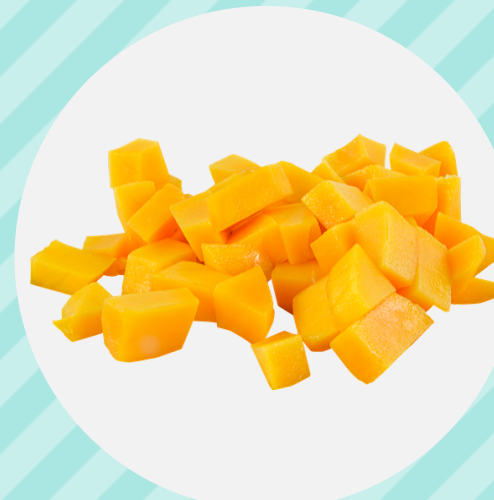
Choose your base: Water, OJ, herbal/green tea, and coconut water are all good choices



Choose your greens: Spinach, kale, swiss chard, or green food powders are all good choices



Add some fruit:



Throw in some good fat: 2 Tbsp avocado, flax seed, or extra virgin coconut oil



Pick your protein: 1-2 scoops of a grass fed whey, pea, hemp, or multi-protein blend





# Protein Shake Recipes



Don't forget to blend with ice!



2 scoops  
vanilla protein

+



1 cup  
blueberries

+



1 cup  
strawberries

+



2 Tbsp  
Flax Seeds

=



Berry  
Blast



2 scoops  
vanilla protein

+



crushed  
pineapple

+



orange  
juice

+



extra-virgin  
coconut oil or  
shreds

=



Piña  
Colada



2 scoops  
chocolate  
protein

+



1 cup  
greek  
yogurt

+



1 banana

+



2 Tbsp  
natural peanut  
butter

=



PB  
Chocolate



2 scoops  
vanilla protein

+



1 cup  
almond  
milk

+



3/4 cup  
fresh lime juice

+



zest from  
1 lime

=



Key Lime  
Pie



2 scoops  
chocolate  
protein

+



1 cup  
almond milk

+



1/2 cup  
old fashioned  
oats

+



2 tsp  
ground  
cinnamon

=



Oatmeal  
Cookie



# KID- APPROVED

## Super Shakes



1 scoop  
vanilla protein  
(optional)



1/2 banana  
handful  
blueberries



handful  
baby  
spinach



+ spoonful  
coconut oil



= Berry  
Banana



1 scoop  
vanilla protein  
(optional)



+ handful  
strawberries



+ mango



+ 1-2 Tbsp  
Chia Seed



= Strawberry  
Mango



1 scoop  
chocolate  
protein



+ 1-2 spoonfuls  
peanut  
butter



+ 4 Tbsp  
Avocado



+ 1 Tbsp  
cocoa powder



= Reese's  
Shake



1 scoop  
chocolate  
protein



+ 1 C  
almond  
milk



+ 1 C  
frozen dark  
sweet cherries



+ 2 Tbsp  
flax seed



= Black  
Forest