

SPECIAL REPORT

Awesome Protein Shakes!

***25 Super-Refreshing,
Super-Rich Shakes...***

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Specially Introduced To You By: {--name--}
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**10
Incredible
Creamy Fruit
Sensations...**

Orange Kiwi Blast

- 1 kiwi
- 1 cup orange juice (pre-mixed)
- 2 scoops vanilla Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process until smooth.

Per serving:

Calories	475
Protein	58 g
Carbohydrates	46 g
Fat	5 g

Orange Creamsicle Delight

- 1/2 fresh orange (peeled, and sliced in half)
- 1/2 cup cold water
- 1/2 teaspoon vanilla extract
- 2 tablespoons frozen orange juice (concentrate)
- 2 scoops vanilla Whey Protein Powder
- 4 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	449
Protein	54 g
Carbohydrates	48 g
Fat	4 g

Orange “Julius” Supreme

- ¼ cup non-fat plain yogurt
- 2 tablespoons frozen orange juice (concentrate)
- ½ cup skim milk
- ½ teaspoon vanilla extract
- 2 scoops vanilla Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	445
Protein	60 g
Carbohydrates	40 g
Fat	5 g

Strawberry Peach

- 1 cup cold water
- ½ ripe peach, peeled and cut into thirds
- 6 frozen strawberries
- 2 scoops vanilla Whey Protein Powder

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	341
Protein	50 g
Carbohydrates	27 g
Fat	8 g

Exotic Tropical Storm

- 1½ cups cold water
- ½ cup fresh pineapple (cut into 1-inch chunks)
- ½ cup fresh mango (peel and cut into 1-inch chunks)
- ½ tangerine, peeled and seeded
- ½ ripe banana (peeled, and cut into 1-inch chunks)
- 2 scoops vanilla Whey Protein Powder
- 4 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	446
Protein	52 g
Carbohydrates	44 g
Fat	5 g

Lemon Twist

- 1 cup skim milk
- ¼ lemon, peeled (cut into 1-inch chunks)
- ½ ripe banana, peeled (cut into 1-inch slices)
- ½ cup fat-free vanilla yogurt
- 2 scoops vanilla Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	520
Protein	63 g
Carbohydrates	48 g
Fat	6.5 g

Blueberry Cream

- 1 cup skim milk
- ½ cup frozen blueberries
- ½ cup fat-free plain yogurt
- 2 scoops vanilla Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	502
Protein	62 g
Carbohydrates	48 g
Fat	6.5 g

Banana Pineapple Explosion

- 1 cup skim milk
- ½ ripe banana (peeled, and sliced 1-inch thick)
- ½ cup fresh pineapple (peeled, and sliced 1-inch thick)
- ½ cup fat-free plain yogurt
- 2 scoops vanilla Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	551
Protein	63 g
Carbohydrates	51 g
Fat	7 g

Cranberry Apple

- 1 cup cranberry juice
- ½ Granny Smith apple (peeled and sliced 1-inch thick)
- ½ cup fat-free plain yogurt
- 2 scoops vanilla Whey Protein Powder
- 4 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	459
Protein	54 g
Carbohydrates	43 g
Fat	6 g

Summer Melon Cream

- 1 cup skim milk
- ½ cup honeydew melon (peeled, and sliced 1-inch thick)
- ½ cup cantaloupe (peeled, and sliced 1-inch thick)
- ½ cup watermelon (peeled, and sliced 1-inch thick)
- ½ cup fat-free plain yogurt
- 2 scoops vanilla Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	544
Protein	64 g
Carbohydrates	52 g
Fat	7 g

**10
Blockbuster
Fudge and
Chocolate
Overloads...**

Chocolate Banana Cream

- 1 cup skim milk
- 1 ripe banana, peeled and sliced 1-inch thick
- ½ cup fat-free plain yogurt
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	421
Protein	42 g
Carbohydrates	38 g
Fat	5 g

Chocolate Strawberry Cream

- 1 cup skim milk
- 8 frozen strawberries
- ½ cup fat-free plain yogurt
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	358
Protein	39 g
Carbohydrates	24 g
Fat	5 g

Chocolate Pecan Cream

- 1 cup skim milk
- ½ banana, peeled and sliced 1-inch thick
- ½ cup blanched, unsalted pecans
- ½ cup fat-free plain yogurt
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Crush pecans
- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	469
Protein	43 g
Carbohydrates	41 g
Fat	9 g

Chocolate Banana Raspberry

- 1 cup skim milk
- 1 ripe banana (peeled, and sliced 1-inch thick)
- 8 frozen raspberries
- 2 scoops chocolate Whey Protein Powder
- 2 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	325
Protein	32 g
Carbohydrates	25 g
Fat	7 g

Chocolate Raspberry Crunch

- 1 cup skim milk
- 8 frozen raspberries
- 4 low-fat chocolate wafers
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients, except wafers, in a blender, and process for 1 minute.
- Add wafers and blend on low speed for 10 seconds

Per serving:

Calories	320
Protein	34 g
Carbohydrates	24 g
Fat	11 g

Chocolate “Peanut Butter Cup”

- 1 cup skim milk
- 2 scoops chocolate Whey Protein Powder
- 1 heaping tablespoon all-natural peanut butter
- 3 ice cubes

- Make protein shake in a blender as per directions on the package.
- Add peanut butter, and ice cubes to protein shake. Blend at high speed for 40 seconds.

Per serving:

Calories	294
Protein	34 g
Carbohydrates	22 g
Fat	8 g

Chocolate Coconut Cream

- 1 cup skim milk
- 1 heaping teaspoon unsweetened coconut
- ½ cup fat-free plain yogurt
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	419
Protein	38 g
Carbohydrates	26 g
Fat	10 g

Chocolate Banana Mocha

- 1 cup skim milk
- 1 teaspoon Instant coffee
- 1 ripe banana (peeled, and sliced 1-inch thick)
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	312
Protein	32 g
Carbohydrates	29 g
Fat	3 g

Black Forest Banana

- 1 cup skim milk
- 1 banana, peeled and sliced 1-inch thick
- 1 teaspoon black walnut essence
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	496
Protein	38 g
Carbohydrates	32 g
Fat	11 g

Chocolate Peppermint Twist

- 1 cup skim milk
- ½ teaspoon peppermint extract
- ¼ teaspoon vanilla extract
- ½ cup fat-free chocolate pudding (pre-made)
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 45 seconds or until smooth.

Per serving:

Calories	258
Protein	31 g
Carbohydrates	24 g
Fat	3 g

5
Explosive
Desserts
Supreme...

Chilled Apple Crumb Pie

- 1 cup skim milk
- ½ teaspoon ground cinnamon
- ½ Granny Smith apple (peeled, cut into 1-inch chunks)
- ½ cup fat-free plain yogurt
- ½ teaspoon vanilla extract
- 2 heaping tablespoons low-fat graham wafers
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients, except for wafers, in a blender, and process for 1 minute or until smooth.
- Add wafers and blend on low speed for 10 seconds.

Per serving:

Calories	459
Protein	36 g
Carbohydrates	48 g
Fat	12 g

Almond Strawberry Cluster

- 1 cup cold water
- ¼ cup crushed almonds (blanched, unsalted)
- 8 frozen strawberries
- 2 scoops vanilla Whey Protein Powder
- 1 teaspoon low-fat liquid honey
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	425
Protein	52 g
Carbohydrates	29 g
Fat	12 g

Strawberry Cheesecake

- 1 cup cold water
- 8 frozen strawberries
- 4 tablespoons low-fat sour cream
- 9 drops liquid Stevia
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	210
Protein	24 g
Carbohydrates	19 g
Fat	6 g

Black Forest Cake

- 1 cup cold water
- 8 frozen strawberries
- ¼ teaspoon vanilla extract
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	171
Protein	22 g
Carbohydrates	15 g
Fat	3 g

“Snickers” Lovers

- 1 cup skim milk
- ¼ cup unsalted peanuts
- 1 heaping teaspoon all-natural peanut butter
- 1 teaspoon cocoa
- 2 scoops chocolate Whey Protein Powder
- 3 ice cubes

- Combine all the ingredients in a blender, and process for 1 minute or until smooth.

Per serving:

Calories	431
Protein	32 g
Carbohydrates	35 g
Fat	14 g