

SHAKE

POST-TRAINING

1. CHOOSE

Only ONE ingredient from EACH group

2. BLEND

All ingredients until desired consistency (add ice or water)

3. SERVE

And ENJOY!

Simple Carbohydrate + Protein + Creatine

SIMPLE CARBOHYDRATE

- › Strawberry 15 Units
- › Raspberry 160 g (2/3 Cup)
- › Blueberry 160 g (2/3 Cup)
- › Banana 1/2 Unit

PROTEIN

- › Protein powder 1 Scoop

CREATINE

- › Creatine monohydrate powder 3 a 5g

If your goal is to increase muscle mass or if you train more than two hours a day, you can add these ingredients to your shake:

CHOOSE ONLY ONE INGREDIENT FROM EACH TABLE

› Complex Carbohydrates

- Oats: 2 scoops (30g)
- Amaranth: 2 scoops (30g)

› Fats

- Avocado: 60g (1/2 small unit)
- Cacao: 2 Tablespoons (30g)
- Almonds: 16 Units (1/4 Cup)
- Almond butter: 15g (1 Tablespoon)

54D ON
+ UPPER BODY

54D ON
+ LOWER BODY

