



Lean Goddess AnyTime & Post Workout SHAKE Recipes

Matcha Green Tea Smoothie (AT Meal)

Matcha green tea 1tsp
hot water 1/4 cup
banana 1/2
coconut milk 1/2 cup
low fat cottage cheese 1/2 cup
vanilla whey protein 1 scoop
pure vanilla extract 1tsp
ice 2 cups

Add Matcha green tea to 2tsp of hot water. Mix with fork until Matcha is completely dissolved. Add remaining hot water, stirring constantly. Combine all ingredients in a counter top blender. Blend on high until mixture is smooth and creamy. Serves 1 large or 2 small.

Berry Good Shake (AT Meal)

Ingredients:

- Mix 1 scoops of Vanilla Protein Powder (aprox 25g)
- 4 strawberries
- 15 blueberries
- 16 ounces of nonfat milk
- 1.2 cup of ice cubes.

It is so good that you should serve it with a little umbrella in it!
Serves 1 large or 2 small.

Protein-Carb Almond Blast (AT Meal)

Ingredients:

- Mix 1 Scoops of Vanilla Protein Powder (aprox 25g)
- 10-12 oz of skim milk
- 1.2 cup of dry oatmeal
- 1.2 cup of raisins
- 12 shredded almonds
- 1 tbsp of peanut butter.

It's like pudding!
Serves 1 large or 2 small.

Strawberry Nut Shake (PW Meal)

Ingredients:

- Mix 1 Scoops of Vanilla protein with (aprox 25g)
- 1 cup of fat-free strawberry yogurt
- 6 shredded macadamia nuts.

Serves 1 large or 2 small.

Plum Ice Shake (PW Meal)

Ingredients:

- Mix 1 scoops of Vanilla protein (aprox 25g)
- 1 ripe plum (pitted) juice of 1 lemon
- 16 ounces of ice water
- 1.2 cup of ice cubes.

Serves 1 large or 2 small.

Peppermint Oatmeal Shake (PW Meal)

Ingredients:

- Mix 1 scoops of Alpine Milk Chocolate Protein (aprox 25g)
- 1 cup sugar free vanilla ice cream
- 1 cup oatmeal
- 2 cups non-fat milk
- 1.2 cup water
- a splash of peppermint extract!

Serves 1 large or 2 small.

Chocolate Coffee Shake (PW Meal)

Ingredients:

- Mix 1 scoops of Milk Chocolate Protein (aprox 25g)
- 1 cup of skim milk
- 5 ice cubes
- 1 cup of water
- 1 spoonful of instant coffee!

Tastes like a gourmet concoction!

Serves 1 large or 2 small.

Plum-Lemon Cooler (AT Meal)

Ingredients:

- 1 scoops vanilla flavor protein powder (aprox 25g)
- 1 ripe plum, pitted
- juice of 1 lemon
- 1 tablespoon multi-vitamin powder
- 16 ounces ice water
- 1/2 cup ice cubes

Serves 1 large or 2 small.

Wild Berry Boost (AT Meal)

Ingredients:

- 1 scoops vanilla flavor protein powder
- 8 raspberries
- 4 strawberries
- 15 blueberries
- 16 ounces nonfat milk
- 1/2 cup ice cubes

Serves 1 large or 2 small.

Peanut Butter Chocolate Truffle (AT Meal)

Ingredients:

- 1 scoops chocolate flavor whey protein powder
- 1 teaspoon creamy peanut butter
- 16 ounces nonfat milk
- 1/2 cup ice cubes

Serves 1 large or 2 small.