



# PRIMING MUSCLE SHAKES

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The reason these anabolic shake formulas works so well is because:

- > It's calorie dense (at least 300-700 calories a shake). You need lots of energy to build muscle.
- > Keeps your appetite up! Drinking your calories keeps your stomach from getting full.
- > It has all the ingredients of a good post workout drink...which has been proven to boost muscle gains.
- > Super convenient .
- > Little prep time.
- > Easy to adjust calorie intake--instantly.

As a side note, almost of all of these shakes contain protein powder. Without a doubt, this is my number one recommendation.

## **HIGH QUALITY PROTEIN POWDER - LEGION ATHLETICS WHEY+**

Since there are many 100% isolates out there, you might be wondering what makes WHEY+ different, and worth trying?

1. Milk From Hormone Free Cows
2. Created using COLD MICRO- AND ULTRA-FILTRATION TO PREVENT PROTEIN "DENATURING"
3. ADDITIONAL LEUCINE IN EVERY SERVING
4. DELICIOUS TASTE WITH NO ARTIFICIAL SWEETENERS, FLAVORING, FOOD DYES, OR FILLERS.



**YOU CAN PICK IT UP [HERE](#)**

## Apple Cinnamon Smoothie

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- 3/4 cup Apple Sugarfree Syrup
- 1/4 cup Cinnamon Sugarfree Syrup
- 2 scoops VegeFuel
- 1-1/2 cups crushed ice
- 1/4 cup Heavy Cream (optional)

## Apple Pie Smoothie

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- 2 cup frozen vanilla yogurt, nonfat
- 3/4 cup unsweetened applesauce
- 1/4 cup apple juice, chilled
- 1 cup apple, peeled and diced
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground nutmeg

## Banana Shake

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- 1 1/3 cups cold whole milk
- 1 medium banana
- 1 tablespoon raw honey
- 1 tablespoon whey protein powder 1 cup crushed ice

## **Hawaiian Special**

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- 2/3 cup papaya juice
- 2/3 cup pineapple coconut juice 1 medium banana
- 1 cup crushed iceApple Pie Smoothie

## **Pina Colada**

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- 1 1/3 cups pineapple coconut juice
- 1 medium banana
- 1 tablespoon pure vanilla extract
- 1 cup crushed ice

## **Berries and cream**

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- 1 Scoop Of Vanilla Whey Protein
- 1 Scoop Of Ice
- 1 Small Can Of Pineapple Juice (cook with boiling water)
- 1 Handful Of Mixed Berries

## Banana Bread Shake

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- 2 scoops Whey Protein
- 1 Banana
- 1/2 Cup Quaker Oatmeal (cook with boiling water)
- 3/4 Cup Kellogg's Bran Flakes
- 250-500ml of Water
- Sugar, Brown Sugar or Artificial Sweetener to taste

## Orange Vanilla Shake

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- Mix 2 scoops of Vanilla Protein Powder
- 8 oz. Orange Juice
- 4-5 ice cubes
- 1 tsp. Vanilla Extract
- 1/2 banana
- 2-3 frozen strawberries
- 2 packets of sweetener

## Chocolate Coffee Shake

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- Mix 2 scoops of chocolate protein with:
- 1 cup of skim milk
- 5 ice cubes
- 1 cup of water
- 1 spoonful of instant coffee!

## Peanut Butter Chocolate Truffle

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

## The Hulk

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- 2 scoops vanilla protein
- 1/2 tbsp sugar-free pistachio pudding mix
- 8 oz. cold water or coconut/almond milk
- 3-5 ice cubes

## **Blueberry Special**

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- 10 oz. Pure water
- 1/2 cup fresh or frozen blueberries
- 1 scoop of protein powder
- 2 tsp. flax seed oil
- 8-15 drops liquid stevia (optional)

## **Peaches and cream**

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- 8 oz. pure water
- 1 ripe peach
- 2 tbs. low fat sour cream
- 8 drops liquid stevia (optional)
- 1 scoop protein of choice
- Ice



## Chocolate almond

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- 10-12 oz. pure water
- 15 raw almonds
- 1/2 tsp. coconut extract
- 1 scoop of chocolate protein
- Stevia to taste (optional)
- 3-5 ice cubes (optional)