

Tips and Tricks for Your Protein Shakes

Below are some tips to helping you mix a protein supplement that you enjoy daily.

HIGH POWER BLENDER: One of the key tools to have in your kitchen is a great blender. I would recommend that you look for a blender that has at least 1 horsepower or more. This type of blender will crush ice, puree frozen food and even blend tender leafy vegetables without difficulty. Some brand names include Vitamix, Blendtec, Omega, Lequip, Ninja professional, Magic Bullet.

QUALITY PROTEIN POWDER: We do recommend that you use a Whey Protein Isolate and at least 20-25 grams of protein per serving. It is great to have a few flavored powders that you enjoy as well as an unflavored protein powder that you can use to create your own flavors.

UNSWEETENED ALMOND, UNSWEETENED SOY OR UNSWEETENED COCONUT MILK: You can find these products at most grocery stores in the milk section. These products are very low in carbohydrates usually less than 1 gram per 8 ounces. They are also low in calories usually about 35-50 calories per 8 ounces. They have a milk textured so they provide a creamy consistency to your shake.

NON-FAT PLAIN GREEK YOGURT: Great to add a few tablespoons to your shakes to boost the protein content as well as adding a creamy textured.

FROZEN FRUIT: Having a mixture of frozen berries on hand is a great way to add more nutrients as well as adding great taste and texture to your shakes. I recommend limiting your choices of fruit to mostly berries due to their high nutrient content and low calorie and carbohydrate content. They also can easily be added to all types of flavored protein shakes.

STEVIA: Stevia is a great natural low calorie sweetener that can be used to add a little sweetness to your unflavored protein powders. You can purchase the powdered Stevia or the Liquid Stevia. I advise you to try both.

SPICES: Spices are a great way to add flavor, nutrients and antioxidants. A good variety to have on hand include cinnamon, nutmeg, pumpkin pie spice, cloves, cayenne pepper, ginger, cocoa powder and cardamon.

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☞ **FLAVORINGS:** There are some sugar free flavoring syrups that you can add to your shakes. DaVinci syrups make a line of sugar free syrups that you can add to your shakes. Another great thing to have on hand is Decaffeinated Coffee Crystals these are great to add to chocolate or vanilla protein shakes if you enjoy the coffee flavor.

☞ **FIBER:** Some great products to have on hand to add fiber but also add thickness to your shakes include Chia Seeds, Flax Meal, Psyllum Husk. They all have a very bland flavor but add great texture, fiber and nutrients to your shakes.

Some important tips to remember:

Sample a number of different protein powders on the market and become familiar with what is out there. All of them have a different flavor, taste, texture and smell.

Change up your protein shakes. If you drink the same product and flavor everyday you are bond to get bored with it. So keep an open mind and change your flavors and products that you use.