



# Shake it up!

*Sick of Drinking your same protein shake all day?  
Here is how to add some variety and flavor!*

## Choose your Mixer (for powdered protein):

- Water
- Skim or low-fat Milk (add 90-110 calories and 8 grams of protein per 8 oz serving to your protein shake)
- Lactaid Milk- fat-free or low fat (Add 90-110 calories and 8 grams of protein per 8 oz serving to your protein shake)
- Light Soy milk- original or vanilla (add about 65 calories and 6 grams of protein per 8 oz serving to your protein shake)
- Unsweetened Almond Milk- Vanilla or Original Flavors (add 30 calories and 5 grams of protein per 8 oz serving to your shake)
- Silk Original AlmondCoconut Blend (add 50 calories per 8 oz serving to your shake)
- Flax Milk- *Unsweetened, Original, and Vanilla*, (add 25 - 60 calories per serving to protein shake)
- So Delicious Unsweetened Coconut Milk Beverage (add 50 calories per 8 oz serving to your protein shake)
- So Delicious Dairy Free Unsweetened Almond Plus 5X Protein! Almond Milk (add 40 calories per 8oz serving to your protein shake)
- Chilled Decaf Coffee or Decaf brewed tea



## Add an Element of Flavor! (For ready-to-drink or powdered protein drinks)

### Try Extracts or Sugar-Free Syrup:

**Extracts:** Vanilla, mint, coconut, orange, raspberry, cinnamon (1-2 drops is all you need!)

**Torani Sugar-Free Syrups-** Try in Vanilla, Chocolate, Hazelnut, Coffee, Caramel, Irish Cream, Brown Sugar Cinnamon, Coconut, Almond, Pumpkin Pie, Peanut Butter and a variety of sugar-free fruit flavors such as peach and raspberry

(Amazon.com, Walmart, Stop & Shop, Acme) **Try Spices or Herbs:** Add mint or ginger to your fruity Protein shake or try nutmeg, cinnamon, or cloves in your milk-based protein shakes



## Change your Shake's Shape!

### Try a protein ice-pop!

Preparing a protein shake ahead of time and pour into a frozen popsicle tray



### Protein Frappe or Slushie anyone?

Blend any flavor protein shake with ice and serve in a fancy glass with a garnish for a special treat!

## TRY THESE RECIPES!

### Peppermint Patty Shake

- Pre-made 8oz. chocolate protein shake (Choose one that is 100-200 calories, at least 13 grams of protein, and less than 4 grams of sugar)
  - Pure Peppermint Extract
- Mix together and enjoy. Also try blended with ice.*



### Piña Banana Colada Shake

1 cup Silk unsweetened Vanilla coconutmilk or AlmondCoconut Blend

1 packet Bariatric Advantage

Banana Protein Powder

1/4 tsp coconut extract

1/2 cup ice

1 pineapple spear for garnish (not to eat until your able to tolerate!)

*Blend all ingredients until smooth. Garnish with Pineapple Chunk and Cocktail Umbrella for a special treat! (= 200 calories, 27 g Protein)*



### Vanilla Mocha Frappe

1 Cup Ice

6 oz Milk (choose any kind from list above)

.25 cup hot water and 1 tsp Instant Freeze Dried Coffee  
OR

already brewed decaf coffee ( you can use this in place of milk and just a few tablespoons of milk of choice from above)

1 Scoop Vanilla flavored Protein Powder ( make sure not to go over 200 calorie w/ milk included)

*In a Blender add ice, milk or coffee, and protein mix.*

*Blend until smooth.*



**Calories and Protein vary depending on what brand protein you use. Make sure to follow our protein shake guidelines listed under the Peppermint Shake!**