

RONIN SPORT PERFORMANCE

70 great protein shakes to try at home (and maybe a couple bad ones)

1. Chocolate Peanut Butter Supreme
 - 12 oz. water
 - 4 ice cubes
 - 1 tablespoon heavy whipping cream
 - 1 tablespoon natural peanut butter
 - 2 scoops chocolate protein powder
2. Mocha Shake
 - 6 oz. water
 - 4 ice cubes
 - 2 tablespoons heavy whipping cream
 - 6 oz.. coffee*
 - 2 scoops chocolate protein powder
 - *You may use 12 oz. coffee and no water for an extra pre-workout or morning kick!
3. Frozen Chocolate Banana
 - 12 oz. Water
 - 4 to 5 ice cubes
 - 1 banana
 - 1 tablespoon heavy cream
 - 2 scoops chocolate protein powder
4. German Chocolate Cake
 - 12 oz. water
 - 4 ice cubes
 - 1 tablespoon heavy cream
 - 1 tablespoon cream of coconut
 - 2 scoops chocolate protein powder
5. Tangerine Cream
 - 12 oz. Tangerine Diet Rite
 - 4 Ice Cubes
 - 1 to 2 tablespoons heavy cream
 - 1 to 3 scoops vanilla protein powder
6. Root Beer Float
 - 1 can Diet A&W Root Beer
 - 1 to 2 tablespoons Heavy Cream
 - 4 ice cubes
 - 1 to 3 scoops vanilla protein powder
7. Pineapple Blast
 - 4 ice cubes
 - 12 oz. water
 - 2 scoops vanilla protein powder
 - 1/2 cup pineapple chunks
8. Pina Colada Passion
 - 12 oz. water
 - 4 ice cubes
 - 3 scoops vanilla protein powder
 - 1/3 cup Pineapple chunks
 - 2 tsp. Coconut extract
9. Ultra Oatmeal
 - 1 serving cooked plain oatmeal (1/2 cup precooked)
 - 1 to 1½ scoops vanilla protein powder
10. Power Fudge: Vanilla or Chocolate (Lean Mass Gain Fat Burning)
 - 1 scoop chocolate or vanilla protein powder
 - 3 to 4 tablespoons heavy whipping cream
 - *mix together in a bowl until ingredients reach consistency of cake icing. May be refrigerated or frozen.
11. Chocolate Banana Shake
 - 1 to 2 scoops of chocolate protein powder
 - 6 to 8 ounces of water
 - 4 to 6 ice cubes
 - 8 strawberries
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
12. Chocolate Banana Shake
 - 1 to 2 scoops of chocolate protein powder
 - 6 to 8 ounces of water
 - 4 to 6 ice cubes
 - 1 banana
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
13. Chocolate Strawberry Blast
 - 1 to 2 scoops of chocolate protein powder
 - 6 to 8 ounces of water
 - 4 to 6 ice cubes
 - 8 strawberries
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
14. Vanilla Banana Creamy
 - 1 to 2 scoops of vanilla protein powder
 - 6 to 8 ounces of water or whole (or 2%) milk
 - 6 ice cubes
 - 1 banana
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
15. Raspberry Chocolate Thick
 - 1 to 2 scoops of chocolate protein powder
 - 6 to 8 ounces of whole (or 2%) milk
 - 6 ice cubes
 - 8 raspberries
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Drink or eat with a spoon!
16. Banana Cheerio Quickfast
 - Great for a super fast morning meal
 - 1 to 2 scoops of chocolate protein powder
 - 6 to 8 ounces of water
 - 4 to 6 ice cubes
 - 1 banana
 - 3/4 cup cup or original cheerios
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
17. Orange Creamsicle
 - 1 to 2 scoops of vanilla protein powder
 - 6 to 8 ounces of water
 - 4 to 6 ice cubes
 - 1 to 2 peeled oranges
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
18. Blueberry Blaster
 - 1 to 2 scoops of vanilla protein powder
 - 6 to 8 ounces of water
 - 4 to 6 ice cubes
 - 20-30 blueberries
 - Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!
19. Blastoff
 - 1 single tall espresso shot
 - 12 oz milk
 - 2 scoops vanilla protein powder
 - scoop ice
20. Juicy Lucy
 - 10 oz apple juice (can use orange/blend)
 - 1 scoop ice
 - 1/2 large banana
 - 4 frozen strawberries
 - 2 scoops vanilla protein powder

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21. Peanut Butter Cup
 - 2 scoops chocolate protein powder (or vanilla protein powder + 1 tbsp cocoa powder)
 - 1 tbsp natural peanut butter (smooth or chunky)
 - 8 oz. water (or low-fat milk)
 - 3-5 ice cubes
 - add all ingredients to blender, whip, and serve.
22. Berries & Cream Shake
 - 1 scoop of vanilla protein powder
 - 1 scoop of ice
 - 1 small can of pineapple juice (cook with boiling water)
 - 1 handful of mixed berries
23. Banana Bread Shake
 - 2 scoops protein powder
 - 1 Banana
 - 1/2 cup Quaker Oatmeal (cook with boiling water)
 - 3/4 cup Kellogg's Bran Flakes
 - 1 bottle of water
 - Sugar, Brown Sugar or Artificial Sweetener to taste
24. Banana Protein Shake
 - 30g protein powder (plain or vanilla)
 - 1 medium to large banana
 - 8 oz. light Soy Milk
 - 1 TBSP Linseed, Soy and Almond mixture
 - 1 tsp Golden Syrup
 - Few drops vanilla essence/extract
 - 3-4 cubes ice
 - 1 TBSP low fat natural yoghurt (optional depending on diet)
 - Throw into blender for several minutes. Great as a meal replacement or after workout snack!
25. Orange Vanilla Shake
 - 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
26. Berry Good Shake
 - mix 2 scoops of Raspberry Yogurt and protein powder
 - 4 strawberries
 - 15 blueberries
 - 16 ounces of nonfat milk
 - 1.2 cup of ice cubes.
27. Protein-Carb Almond Blast
 - mix 2 scoops of vanilla protein powder or other protein with
 - 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.
28. Strawberry Nut Shake
 - mix 2 scoops of vanilla protein powder or other protein with
 - 1 cup of fat-free strawberry yogurt
 - 6 shredded macadamia nuts.
29. Plum Ice Shake
 - mix 2 scoops of vanilla protein powder or other protein with
 - 1 ripe plum (pitted) juice of 1 lemon
 - 16 ounces of ice water
 - 1.2 cup of ice cubes.
30. Peppermint Oatmeal Shake
 - mix 2 scoops of chocolate protein powder or other protein with
 - 1 cup sugar free vanilla ice cream
 - 1 cup oatmeal
 - 2 cups non-fat milk
 - 1.2 cup water
 - a splash of peppermint extract!
31. Chocolate Coffee Shake
 - mix 2 scoops of chocolate protein powder or other protein with:
 - 1 cup of skim milk
 - 5 ice cubes
 - 1 cup of water
 - 1 spoonful of instant coffee!
32. Plum-Lemon Cooler
 - 2 scoops vanilla flavor protein powder
 - 1 ripe plum, pitted
 - juice of 1 lemon
 - 1 tablespoon multi-vitamin powder
 - 16 ounces ice water
 - 1/2 cup ice cubes
33. Wild Berry Boost
 - 2 scoops vanilla flavor protein powder
 - 8 raspberries
 - 4 strawberries
 - 15 blueberries
 - 16 ounces nonfat milk
 - 1/2 cup ice cubes
34. Peanut Butter Chocolate Truffle
 - 2 scoops chocolate flavor protein powder
 - 1 teaspoon creamy peanut butter
 - 16 ounces nonfat milk
 - 1/2 cup ice cubes
35. Creatine Catalyst
 - 2 scoops vanilla flavor protein powder
 - 5 Granny Smith apples
 - 5 grams (one teaspoon) creatine powder
 - 1/2 cup ice cubes
36. Peanut Brittle Protein Shake
 - 2 scoops vanilla protein powder
 - 1 tbsp sugar-free instant butterscotch pudding mix, dry
 - 1 tbsp natural peanut butter, chunky
 - 8 oz. cold water or lowfat milk.
 - 3-6 ice cubes
 - Add all ingredients to blender, blend, and serve.
37. The Hulk
 - 2 scoops vanilla protein powder
 - 1/2 tbsp sugar-free pistachio pudding mix
 - 1 mint leaf or a few drops peppermint extract (optional)
 - 1 few drops green food coloring (optional)
 - 8 oz. cold water or low-fat milk
 - 3-5 ice cubes
 - Add all ingredients to blender, blend, and pour into cup.

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38. Oatmeal Meal Replacement Shake
- 1 cup dry measure oatmeal, cooked in water and cooled
 - 2 scoops vanilla protein powder
 - 3 dashes cinnamon
 - 1/8 c sugar free maple syrup or equivalent amount brown sugar replacement
 - 1 tbsp chopped almonds (or flaxseed oil or natural peanut butter)
 - 12 oz. water or low-fat milk
 - Add all ingredients to blender, blend, and pour into cup.
39. Cinnamon Roll Protein Shake
- 2 scoops vanilla protein powder
 - 1 tbsp sugar-free instant vanilla pudding
 - 1/4 tsp cinnamon
 - 1/2 tsp imitation vanilla (or 1/4 tsp extract)
 - 1 packet artificial sweetener
 - a few dashes butter flavor sprinkles or butter-flavor extract
 - 8 oz. water (or low-fat milk)
 - 3 ice cubes
 - Add all ingredients to blender, whip, and serve.
- Nada Colada Protein Shake
- 2 scoops vanilla protein powder
 - 1/2 c pineapple-orange juice
 - 1/4 tsp rum extract
 - 1/4 tsp coconut extract (or 2 tbsp shredded coconut)
 - 1 packet artificial sweetener
 - 4 oz. water (or low-fat milk)
 - 3-6 ice cubes
 - Add all ingredients to blender, whip, and serve.
40. Thick Banana Protein Shake
- 1 cup skim milk
 - 2 tsp. safflower oil
 - Several pieces of ice
 - 1 banana
 - 1 package of Carnation Instant Breakfast (there's also a lo-carb mix) (any flavor—strawberry, chocolate, cappuccino, French vanilla, chocolate malt)
 - Mix together in blender until ice is completely crushed and mixed well.
41. Banana Delight
- 8 oz. pure water
 - 1/2 banana (frozen)
 - 2 oz. protein powder
 - 2 tsp. flax seed oil
42. Strawberry Cheesecake
- 10 oz pure water
 - 8 frozen strawberries
 - 4 tbs. low fat sour cream
 - 10-15 drops liquid artificial sweetener (optional)
 - 1.5 oz. protein powder
43. Blueberry Dream
- 10 oz. Pure water
 - 1/2 cup fresh or frozen blueberries
 - 1.5 oz. protein powder
 - 2 tsp. flax seed oil
 - 15 drops liquid artificial sweetener (optional)
44. Fat Burning Peaches and Cream
- 8 oz. pure water
 - 1 ripe peach
 - 2 tbs. low fat sour cream
 - 8 drops liquid artificial sweetener (optional)
 - 1.5 oz protein powder
45. Quick Start
- 3 oranges (fresh juiced only, NOT canned or bottled)
 - 6 drops liquid artificial sweetener (optional)
 - 1 oz. protein powder
46. Tropical Treat
- 8 oz. pure water
 - 1/2 banana (frozen)
 - 2 tbs. low fat sour cream
 - 1 tsp. coconut extract
 - 10-15 drops liquid artificial sweetener (optional)
 - 1.5 oz. protein powder (vanilla flavor)
47. Tropical Pleasure
- 8 oz. pure water
 - 1/2 tsp. pineapple extract
 - 1/2 tsp. coconut extract
 - 1 tbs heavy cream
 - 1/2 frozen banana
 - 1 heaping scoop (1 oz) of protein powder
 - artificial sweetener to taste (optional)
 - 2-3 ice cubes (optional)
- Chocolate Almond Delight
- 10-12 oz. pure water
 - 15 raw almonds
 - 1/2 tsp. coconut extract
 - 1.5 oz protein powder (chocolate flavor)
 - artificial sweetener to taste (optional)
 - 3-5 ice cubes (optional)
 - first, blend the almonds until creamy smooth in 1/2 the water, then add the rest of the ingredients
48. Chocolate Lovers
- 12 oz pure water
 - 1 tsp. pure cocoa powder
 - 2 tbs. low fat sour cream
 - 10-15 drops liquid artificial sweetener
 - 2 oz. protein powder (chocolate flavor)
 - 2 tsp. flax seed oil
- High Energy Shake!
- 10 oz pure water
 - 10 strawberries (Fresh or Frozen)
 - 1 tbs. flax seed oil
 - 1/2 tsp vanilla extract
 - 1 heaping scoop (1 oz) of protein powder
 - artificial sweetener to taste (optional)
 - 2-3 ice cubes (optional)

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49. Super Slimmer
 - 8 oz. pure water
 - 1 tbs. flax seed oil
 - 1/2 ripe peach (peeled)
 - 6 frozen strawberries
 - 1 heaping scoop (1 oz) of protein powder
 - artificial sweetener to taste (optional)
50. Heavy Gainer
 - 10-14 oz. pure water
 - 1/2 cup raw almonds - blend with water only until creamy smooth then add...
 - 1/2 large frozen banana
 - 2 level scoops (2 oz) of protein powder
 - artificial sweetener to taste (optional)
51. Weight Gainer
 - 14 oz. pure water
 - 2 bananas or 2 scoops YAM Power
 - 3 tbs. peanut butter
 - 6 drops liquid artificial sweetener (optional)
 - 2 oz. protein powder
52. Mineral Power
 - 10 oz. pure water
 - 1 oz. liquid ionic plant source minerals
 - 1 packet Knox gelatin
 - 1 tbs. flax seed oil
 - 1 heaping scoop (1 oz) of protein powder
 - artificial sweetener or to taste (optional)
53. Rock N' Roll Protein Shake
 - 1 cup of pure water
 - 1 big scoop of vanilla whey protein powder
 - 3/4 cup of natural yoghurt
 - 1 banana
 - 1 tsp of flax-seed oil
 - 2 tsp of honey
 - 1 tsp spirulina
54. Banana Almond Creme
 - 1 Banana
 - 12 Cup Milk
 - 10 Almonds
 - 1 Serving Protein
 - 5 Ice Cubes
55. Fruit Smoothie
 - 2 scoops protein powder strawberry
 - 4 large strawberries
 - blueberries (a small handful)
 - water (just a few drops)
 - 1/2 C ice
 - Splenda to taste
 - Start off by crushing the ice in the blender and then gradually add the fruit and enough water to get it smooth. Finish off with the two scoops of whey and enough Splenda to make it sweet.
56. Pineapple Power
 - 1 cup of pineapple juice
 - 3 strawberries
 - 1 banana
 - 1 teaspoon of yogurt
 - 1 scoop of your choice of protein
57. Orange And Cream Delight
 - 1 Bottle of Orange Gatorade
 - 1 packet vanilla meal replacer
58. Strawberry Savior
 - 4 scoops vanilla protein powder
 - 8 fluid ounces water
 - 1 colombo strawberry yogurt
 - 3 frozen strawberries
 - 1 teaspoon creatine
 - 1 teaspoon flax seed oil
59. Vanilla Coffee Delight
 - 10-12 oz. low-fat milk
 - 2 scoops vanilla protein powder
 - 1/2 cup low-fat coffee flavored ice cream
60. Heavy Gainer
 - 3 scoops protein powder (vanilla/chocolate)
 - 4 egg whites
 - 1 tblsp. Peanut Butter
 - 8 oz. cold water
 - 2 cups ice
61. Egg-cellent Shake
 - 3 eggs
 - 1/2 cup milk or 3-4 scoops vanilla ice cream
62. The Best Protein Shake Ever
 - 2 scoops chocolate protein powder
 - 10 Ice Cubes
 - 12 oz. fat free milk
 - 2 tblsp fat free vanilla yogurt
 - 1 tblsp reduced fat peanut butter
 - 2 tblsp hazelnut coffee
 - 1/8 cup caramel ice cream topping
63. Peanut Butter And Banana Shake
 - 2 scoops vanilla protein powder
 - 100g almond flakes
 - 1 table spoon peanut butter
 - 500ml skim milk
 - half banana
 - 1 table spoon honey
64. The Best Overall Tasting Homemade Protein Shake
 - 16 oz. skim milk
 - 2 cups no-fat cottage cheese
 - 3 scoops whey protein powder (vanilla)
 - 1/2 cup non-fat, reduced-sugar vanilla yogurt scoop of your favorite fruit (I like frozen strawberries & banana)
 - Splenda or Sweet-n-Low to taste (about 2 packets)
 - Handful of Ice
 - Blend together and chill. Makes 3 two-cup servings.
65. Snickers® Protein Shake
 - 3 Snickers® Bars
 - 4 eggs
 - 3 cups milk
 - 2 tablespoons evaporated milk
 - Chop the candy into cubes. Add the milk, eggs, then mix; add the evaporated milk and mix.
66. Butterfinger® Protein Shake
 - 3 Butterfinger® Bars
 - 4 eggs
 - 3 cups milk
 - 2 tablespoons evaporated milk
 - Chop the candy into cubes. Add the milk, eggs, then mix; add the evaporated milk and mix.

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67. MUSCLE SHAKE
 - 1 c. lowfat milk
 - 1/2 c. plain lowfat yogurt
 - 1 banana, sliced
 - 2 tbsp. protein powder
 - 6 strawberries, sliced
 - 1 tsp. wheat germ
 - 1 tbsp. honey or maple syrup
 - 1/4 c. natural berry juice
 - Pinch of nutmeg or carob powder
68. Ginger Bread Man
 - 1 packet of vanilla protein powder
 - 1 graham cracker
 - 1/2 tsp cinnamon
 - 1 capful vanilla extract
 - 12oz. of water
 - 4 Ice Cubes
 - Blend 45 seconds
69. Creamy Coffee Ice Cream
 - 1 packet of vanilla protein powder
 - 13 oz ice cubes
 - 3 oz water
 - 2 tsp ground coffee
 - Blend the ice cubes until you get a snow.
Add the protein, the ground coffee, the water and blend for 5-10 minutes to a smooth consistency. Freeze 30 - 60 minutes for thicker ice cream.
70. Apple Pie Delight
 - 1 packet of vanilla protein powder
 - 1 peeled and cored apple, cut into pieces
 - 1 1/2 cups of milk
 - 1/2 tsp cinnamon
 - 1/2 tsp nutmeg
 - 5 Ice Cubes
 - Microwave the apple pieces for 2 minutes on high. Add all ingredients to blender, puree for 30 seconds.