



## Healthy Lifestyle Program Diet – Recipes

### Shakes

#### Protein shake tips:

- For a smoother consistency, add powder to water.
- Shakes can be made in a blender or shaker (consistency will obviously vary).
- Feel free to use different flavours/types of protein powder than the ones specifies in recipes – within reason. For example, don't replace BSc WPC (6.2g carbohydrates/100g) with BSc Mass Monster (27.69g carbohydrates/100g).
- WPC is more slowly absorbed than WPI, so we suggest using WPC before bed, while WPI should be used pre and post-work out.
- Keep a shaker and a small container of protein powder in your car, gym bag, desk drawer etc.

#### **BSc choc-berry shake**

##### ***Ingredients***

BSc chocolate WPI/WPC  
250mls cold water  
250mls skim milk  
Half-cup berries  
1 tsp flaxseed oil  
Crushed ice (optional)

#### **BSc bedtime shake/BSc sweet dreams shake**

##### ***Ingredients***

BSc WPC (chocolate, strawberry, vanilla – or combination)  
500mls cold water

#### **BSc protein shake/protein power shake**

##### ***Ingredients***

BSc WPC/WPI (favourite flavour)  
250mls water  
250mls cold water  
One tsp flaxseed oil

#### **BSc choc-banana protein shake**

##### ***Ingredients***

BSc chocolate WPI/WPC  
250mls cold water  
250mls skim milk  
One small to medium banana  
1 tsp flaxseed oil  
Crushed ice (optional)

#### **Chocolate supreme protein shake**

BSc chocolate WPI/WPC  
250mls cold water  
250mls skim milk  
1 tsp flaxseed oil  
Crushed ice (optional)