



The Home Made Muscle Shakes



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Muscle Shakes**



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The Home Made Muscle Shakes

USER GUIDE FOR THE HOME MADE MUSCLE SHAKES

If you hate feeling sick after taking those high sugar and fat-filled weight gainers and tired of paying \$6 for a protein shake at the gym then try out these delicious and 100% natural shakes to maximize your muscle growth and ensure you always have a constant supply of protein & nutrients throughout the day. Here is how to incorporate this into the MI40 System:

- Understand, shakes are never more optimal than whole food or the post workout nutrition strategies outlined in the MI40 Nutrition Manual. The home made muscle shakes are only meant to be used as a means of convenience, and to add in a treat or snack for some extra calories if you feel you need them. They are a second place option. Don't use them as a means of laziness. They will NOT produce better results than the protocols in Three-Phase Nutrition.
- If you're a hardgainer and have a challenging time gaining weight than adding one home made muscle shake a day is acceptable.
- Each shake contains different nutrient proportions so be sure to follow the "When to take" recommendations.
- The highest quality protein you can invest in is hydrolyzed whey. Don't cheap out on your protein powder, it can result in doing more harm than good. You get what you pay for.
- Because shakes are liquid in nature, they will have a speedier emptying effect from your stomach so don't be surprised if you find yourself hungry after 1 to 2 hours compared to when you eat whole food. Some of the shakes are meant to be a treat and are only meant to have when you really feel like you've earned it in the gym. The harder you work, the greater caloric demand your body will have.



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THE HOME MADE MUSCLE SHAKES

Hot Cocoa

When to take: bedtime

Ingredients:

- >> 1 cup almond milk
- >> 2 scoop chocolate whey protein
- >> 2 tablespoons greek yogurt
- >> 1/2 cup low-fat cottage cheese
- 10g glutamine

**warm almond milk for cocoa effect.*



Hot Cocoa

Root Beer Float

When to take: post-workout

Ingredients:

- >> 1 scoop vanilla whey protein
- >> 1/2 cup fat-free vanilla yogurt
- >> 1 1/2 cups diet root beer
- 5g glutamine
- 2g glycine



Root Beer Float



The Home Made Muscle Shakes

Peach Cobbler

When to take: morning meal 2 or between meals for extra cal.

Ingredients:

- >> 1 cup water
- >> 1 scoop vanilla whey protein
- >> 1/2 can sliced peaches in juice, drained
- >> 1 packet Quaker Lower Sugar Maple & Brown Sugar Instant Oatmeal
- 1 tablespoon lemon flavor fish oils

Orange Creamsicle

When to take: post-workout

Ingredients:

- >> 1 cup orange juice
- >> 1 scoop vanilla whey protein
- >> 1/2 cup fat-free vanilla yogurt
- 10g glutamine

Chocolate Almond Brownie

When to take: post-workout

Ingredients:

- >> 1 scoop chocolate whey protein
- >> 1 cup almond milk
- >> 1/2 Clif Chocolate Brownie bar, finely chopped
- >> 1/4 cup chopped almonds
- 10g glutamine



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PB + CB

When to take: mid day snack

Ingredients:

- >> 1 cup almond milk
- >> 1 scoop chocolate whey protein
- >> 2 tablespoons peanut butter
- >> 1 medium banana



PB + CB

Mocha

When to take: snack

Ingredients:

- >> 1 cup hot coffee
- >> 1 scoop chocolate whey protein
- >> 2 tablespoons honey

Coconut Twisted Julius

When to take: post-workout

Ingredients:

- >> 1 cup unsweetened coconut milk
- >> 2 scoops vanilla protein
- >> 2 tablespoons orange concentrate
- >> ½ frozen banana
- 1 tablespoon lemon flavored fish oil



Coconut Twisted Julius



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Almond Joy

When to take: post-workout

Ingredients:

- >> 1 cup unsweetened Almond Milk
- >> 2 scoops Chocolate protein
- >> 2 tablespoons Almond Butter
- >> 2 tablespoons dark chocolate chips
- >> ¼ unsweetened shredded coconut

10g glutamine



Almond Joy

Muscular Mango

When to take: post-workout

Ingredients:

- >> 1 cup sugar-free Apple Juice
- >> ½ Greek yogurt
- >> 1 tablespoon orange juice concentrate
- >> ½ cup frozen mango
- >> ½ cup frozen pineapple
- >> 2 scoops vanilla protein



Muscular Mango



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MI40 ULTIMATE HEALTHY MASS BUILDER SHAKE

BEN PAKULSKI'S SPECIALTY*

When to take: post-workout

Ingredients:

- >> 2 slices pineapple
- >> 1 whole banana
- >> 1 cup spinach
- >> ½ avocado
- >> 1 cup frozen berries
- >> 2 tablespoons organic greek yogurt
- >> 1 cup coconut milk
- >> 1 cup ice
- >> 1 cup water
- >> 2 scoops whey protein

10g glutamine



Mass Builder Shake

BLEND VIGOROUSLY. DEELICIOUS!