

Dr. Owens' Protein Shake Recipes

5 shakes per day for women

6 shakes per day for men

Use 25 grams per 8 oz shake. Use unflavored Protein Powder in each recipe or a flavored protein powder if you prefer. The Protein can be soy, whey, egg, or milk. You may double up on the protein in each shake if you'd like.

These are recipes that add flavor and variety to your daily protein shake. Remember adequate protein in your diet ensures safe and appropriate weight loss. Start early in the day!

Tips:

1. Use non fat milk, juice, diet soda, water, or even clear soup as a base. When using diet soda, let it go flat prior to mixing.
2. Mix in unsweetened fruit; bananas, strawberries, peaches to any recipe below. Stay away from citrus fruits with "stringy" consistency. Use bananas sparingly..
3. Flavor extracts can be used to change flavors
4. Sip through a straw and avoid swallowing air.

Orange Sherbet

½ tsp. orange extract

8 oz. diet orange soda

4-6 ice cubes

25 grams of protein powder

Directions:

1. Pour diet orange soda into blender
2. Add extract and ice
3. Blend 5-10 seconds
4. Add protein powder, blend for 5-10 seconds

Tropical Treat

8 oz. diet lemon-flavored soda or sugar free lemonade

½ tsp. lemon extract

½ tsp. orange extract

4-6 ice cubes

25 grams of protein powder

1 packet artificial sweetener

Directions:

1. Pour diet lemon soda or lemonade into blender
2. Add flavoring, ice cubes, protein powder and artificial sweetener
3. Blend 5-10 seconds or until dissolved.

Root Beer Shake

8 oz. diet root beer soda

½ tsp. root beer extract

25 grams of protein powder

Dash of Cloves

Directions:

1. Pour diet root beer soda, ice cubes and extract into blender. Add protein powder
2. Blend 5-10 seconds or until dissolved.

Chocolate Cream Frosty

8 oz. diet cream soda, well chilled

¼ tsp. chocolate extract

¼ tsp. rum extract

Artificial sweetener to taste

1 cup chipped ice

25 grams of protein powder

Directions:

1. Pour diet cream soda, extracts, and sweetener into blender. Add ice and protein powder
2. Blend 5-10 seconds or until dissolved

Orange Rumba

8 oz. diet cola, well chilled

½ tsp. rum extract

25 grams of protein powder

½ tsp. cinnamon

Directions:

1. Pour diet cola, ice cubes, rum extract and cinnamon into blender
2. Add protein powder

3. Blend at medium speed for 5-10 seconds or until dissolved.

Tutti Fruitt

8 oz. any flavor diet fruit drink or water

4 ice cubes

½ tsp. artificial sweetener (optional)

¼ tsp each of vanilla, strawberry, banana, rum and coconut extracts.

25 grams of protein powder.

Directions:

1. Pour water or soda and flavorings into blender. Blend 5-10 seconds.
Add protein
2. Blend at medium speed 5-10 seconds or till dissolved.

Maple Shake

8 oz. cold water

4 ice cubes

25 grams protein powder

½ tsp. maple flavor extract

½ tsp. vanilla extract

Directions:

1. Pour water, flavoring, sweetener and ice cubes into blender. Blend 5-10 seconds. Add protein.
2. Blend another 5-10 seconds or until dissolved.

Mint Julep

8 oz. diet ginger ale

½ tsp. spearmint extract

25 grams of protein

4-6 ice cubes

Directions:

1. Pour diet ginger ale and spearmint extract into blender
2. Add protein
3. Blend at medium speed for 5-10 seconds or until dissolved
4. Pour over ice

Banana Daiquiri

6 oz. cold water

4-6 ice cubes (optional)

1 tsp. banana extract

25 grams of protein powder

Directions:

1. Pour water, extract and ice into blender
2. Add Protein Powder
3. Blend at medium speed for 5-10 seconds or until dissolved.

Grape Ade

8oz diet ginger ale

1tsp. grape extract

25 grams protein powder

4-6 ice cubes

Directions:

1. Pour diet ginger ale and extract into blender
2. Add protein and ice
3. Blend 5-10 seconds or until dissolved

Grape Slushy

Freeze Grape Ade 1 ½ -2 hours

Blend and serve

Chocolate Maple Shake

8 oz. diet chocolate soda

½ tsp. maple extract

4 ice cubes

25 grams of protein powder

Directions:

1. Pour diet chocolate soda, maple extract, ice cubes into blender. Add protein powder.
2. Blend 5-10 seconds or until dissolved

Coconut Shake

8 oz. diet cream soda

½ tsp. coconut extract

4 ice cubes

25 grams of protein powder

Directions:

1. Pour diet cream soda, extract and ice cubes into blender. Add protein powder
2. Blend at medium speed 5-10 seconds or until dissolved

