

How to make a

Basic Protein Shake

1. Choose your Flavour

Anything you like!

2. Put about 300mL liquid
in the shaker/bottle
(about half-way)

Water or Milk of Choice

3. Add 1-3 scoops (on
average, each scoop has
roughly 10g of protein)

Add your Protein

4. Shake it up!

Shake, Shake, Shake :)

Enjoy with a piece of fruit
and a handful of nuts

*= A Balanced & Nutritious
On-The-Go 'Meal'*

www.thelifestyleblock.co.nz