

# POWER PROTEIN SHAKES

*by Becky Williams*

## 1 Pick Your Protein Powder

- Whey (dairy, fast absorbing)
- Casein (dairy, slow absorbing)
- Egg White
- Collagen / Bone Broth
- Vegan (pea, hemp, brown rice)

## 2 Pick Your Liquid

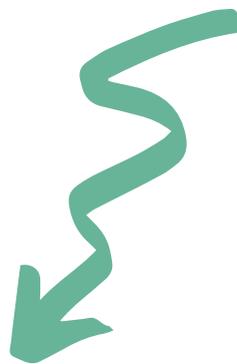
- Water
- Coconut Water
- Cow's Milk
- Goat's Milk
- Coconut Milk
- Almond Milk
- Cashew Milk
- Oat Milk

### Extra Protein:

- Cottage Cheese
- Greek Yogurt
- Liquid Egg Whites



For protein shake recipes,  
check out:  
[bkinetic.com/protein-shakes](http://bkinetic.com/protein-shakes)



## 3 Pick Your Add-ins

- Spinach / Kale
- Fresh / Frozen Fruit
- Ground Flaxseed
- Natural Nut Butter
- PB2 (powdered peanut butter)
- Unsweetened Cocoa Powder
- Extracts (vanilla, almond, lemon, peppermint, coconut)
- Shredded Coconut
- Stevia / Honey
- Spices (cinnamon, pumpkin pie spice)

## Protein Picks

- About Time
- Ancient Nutrition
- Cellucor
- IsoPure
- Jay Robb
- Optimum Nutrition
- Orgain
- PEScience
- Primal Kitchen
- Quest Nutrition
- Sun Warrior
- Tera's Whey
- Trutein
- Vega