

# Jay Robb™

## Protein Shake Recipes



Mix all shakes with a high-quality electric blender.

### Banana Delight

- 6 oz pure water
- 4 ice cubes
- ½ frozen banana
- 1 scoop Jay Robb protein of choice
- 1 tbs almond butter (optional)

### Fat-Burning Peaches & Cream

- 6 oz pure water
- 4 ice cubes
- 1 ripe peach
- 2 tbs low-fat sour cream
- 1 scoop Jay Robb protein of choice
- ½ scoop Jay Robb Stevia (optional)

### Strawberry Cheesecake

- 8 oz pure water
- 4 ice cubes
- 8 frozen strawberries
- 4 tbs low-fat sour cream
- 1 scoop Jay Robb protein of choice
- 1 scoop Jay Robb Stevia (optional)

### Tropical Treat

- 6 oz pure water
- 4 ice cubes
- ½ frozen banana
- 2 tbs low-fat sour cream
- 1 tsp coconut extract
- 1 scoop Jay Robb protein of choice (Whey Tropical Dreamsicle recommended)
- 1 scoop Jay Robb Stevia (optional)

### Blueberry Dream

- 8 oz pure water
- 4 ice cubes
- ½ c fresh or frozen blueberries
- 1 scoop Jay Robb protein of choice
- 2 tsp flaxseed oil
- 1 scoop Jay Robb Stevia (optional)

### Pina Pleasure

- 6 oz pure water
- 4 ice cubes
- ½ tsp pineapple extract
- ½ tsp coconut extract
- 1 tbs heavy cream
- ½ frozen banana
- 1 scoop Jay Robb protein of choice (Whey Pina Colada recommended)
- ½ scoop Jay Robb Stevia

### Quick Start

- 3 oranges (fresh juiced only, NOT canned or bottled)
- 4 ice cubes
- 1 scoop Jay Robb protein of choice
- ½ scoop Jay Robb Stevia (optional)

### Mango Splash

- 2 oz pure water
- 4 oz pineapple juice
- 4 ice cubes
- 5 frozen papaya chunks
- 5 frozen mango chunks
- ½ tsp coconut extract
- 1 scoop Jay Robb protein of choice (Whey or Egg White Vanilla recommended)



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# Protein Shake Recipes



Mix all shakes with a high-quality electric blender.

## Chocolate Almond Delight

- 8 oz pure water
- 4 ice cubes
- 15 raw almonds
- ½ tsp coconut extract
- 1 scoop Jay Robb protein of choice (Whey or Egg White Chocolate recommended)
- 1 scoop Jay Robb Stevia (optional)

First, blend almonds until creamy smooth in ½ portion (4 oz) water. Then add remainder of ingredients.

## Chocolate Lovers

- 8 oz pure water
- 4 ice cubes
- 1 tsp pure cocoa powder
- 2 tbs low-fat sour cream
- 2 tbs almond butter
- 1 scoop Jay Robb protein of choice (Whey or Egg White Chocolate recommended)
- 1 scoop Jay Robb Stevia (optional)

## Heavy Gainer

- (For body builders & strength athletes)
- 8 oz pure water
  - 4 ice cubes
  - ½ c raw almonds—blend w/ water only until creamy smooth. Then add:
  - ½ large frozen banana
  - 1 scoops Jay Robb protein of choice
  - 1 scoop Jay Robb Stevia (optional)

## High-Energy Shake!

- 8 oz pure water
- 4 ice cubes
- 10 frozen strawberries
- 1 tbs flaxseed oil
- ½ tsp vanilla extract
- 1 scoop Jay Robb protein of choice (Whey or Egg White Strawberry recommended)
- 1 scoop Jay Robb Stevia (optional)

## Weight Gainer

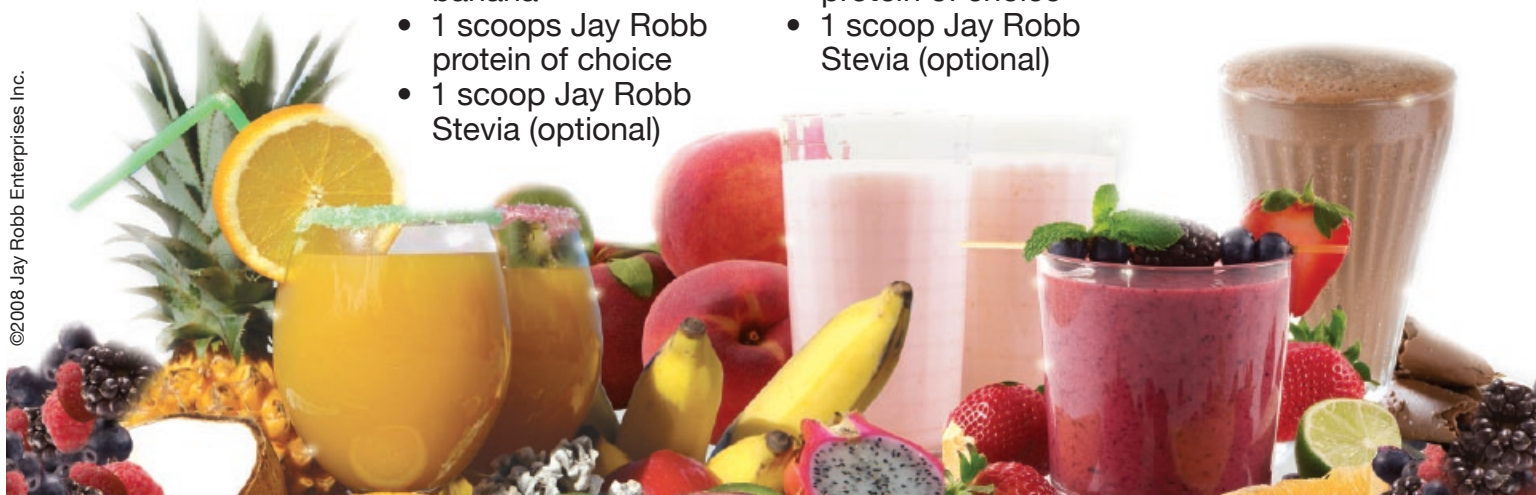
- (For body builders & strength athletes)
- 12 oz pure water
  - 4 ice cubes
  - 2 frozen bananas OR 2 scoops YAMMIT® Nuggets
  - 3 tbs peanut butter
  - 1 scoop Jay Robb protein of choice
  - 1 scoop Jay Robb Stevia (optional)

## Super Slimmer

- 6 oz pure water
- 4 ice cubes
- 1 tbs almond butter
- ½ ripe peach, peeled
- 6 frozen strawberries
- 1 scoop Jay Robb protein of choice
- 1 scoop Jay Robb Stevia (optional)

## Sonja's Super Shake

- 8 oz almond milk
- 4 ice cubes
- 1 frozen banana
- 1 small nectarine
- 2 tbs almond meal (from whole or blanched almonds)
- 1 scoop Jay Robb Whey Protein Vanilla



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