

Smoothies



JEFF'S "ELVIS" SHAKE

1 shake: 1029 calories, 76g protein, 107g carbs, 42g fat

We got this creation from one of our Bony to Beastly beta testers. It initially won us over with its name, but it's a nutritional muscle-building powerhouse as well. The nuts are full of monounsaturated fat, which hardly any of us eat enough of it. The peanuts are also full of the amino acid arginine, which will give you a pleasant pump when you hit the gym. Whole milk, whey protein and greek yogurt are high-efficiency protein sources, as they're full of leucine, which will improve protein synthesis. This is a fairly slowly digested shake (nuts, greek yogurt, oats, milk), so it's great for any time of day. All of the carbs, fats and protein sources in this shake are incredibly healthy and great for building muscle—there's really no downside to it.

INGREDIENTS

- 2 tbsp peanut butter
- 45g of vanilla protein powder (whey, casein or a blend)
- 7 oz greek yogurt
- 2 tbsp raw honey
- ¼ cup almonds
- ¼ cup rolled oats
- ½ cup whole milk
- 1 banana
- 2 cups ice

INSTRUCTIONS

1. Blend all the ingredients together—with the exception of the protein powder
2. When the smoothie is properly blended add in the protein and mildly blend it a little bit more. Smoothies can get a little poofy and light if you blend the protein too much.

WHERE SKINNY WENT TO DIE

1 shake: 1716 calories, 107g protein, 122g carbs, 93g fat

We got this creation from Jeff, too. This one didn't have a catchy name to go with it, so I used a descriptive name instead. One peep at the 1716 calorie count of this thing will scare the skinny right out you. Don't be alarmed—I'm not recommending that you drink it all that once. This makes a great shake to have in two sittings. As far as nutrients go, well, it pretty much has everything! Olive oil is the healthiest source of monounsaturated fat out there, and we typically don't get enough of it. Hell, this shake even has raw eggs, which are an incredible source of protein and omega-3 fats and will boost your testosterone production.

INGREDIENTS

- 60g vanilla whey protein
- 2 bananas
- 8 oz plain yogurt
- 1 cup whole milk
- 2 tbsp peanut butter
- 28g almonds
- 2 raw eggs
- 1 tbsp x-virgin olive oil
- ½ cup oatmeal

INSTRUCTIONS

1. Blend all the ingredients together—with the exception of the protein powder
2. When the smoothie is properly blended add in the protein and mildly blend it a little bit more. Smoothies can get a little poofy and light if you blend the protein too much.