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Fat Burning SHAKES



Presented by
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9 FAT BURNING SHAKES

Presented By Mike Geary, "The Nutrition Watchdog"

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The information presented in this work is by no way intended as medical advice or as a substitute for medical counselling. The information should be used in conjunction with the guidance and care of your physician. Consult your physician before beginning this program as you would with any exercise and nutrition program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using the recommendations in the program, you are agreeing to accept full responsibility for your actions.

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MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

Table of Contents

Why “ 9 ” ?	4
What’s A Fat Burning Shake?	5
Choco-Monkey Shake	6
Berry Blast Shake	7
Black Forest Shake	8
Blueberry Power Shake	9
Banana Split Shake	10
Fig And Banana Shake	11
Banana Bread Shake	12
Orange Splash Shake	13
Green Super Shake	14

Why "9"?

According to statistics, the majority of people cook the same 9 meals over and over again. It's just human nature: Our brains are wired to create routines and habits.

Now, that's not necessarily a bad thing – except when those 9 meals you eat all the time are NOT supporting your fat loss and health.

It's just a fact: Most recipes ask for the wrong ingredients, the wrong quantities, take too much time to prepare and aren't designed to satisfy your taste buds at all.

That's probably why studies show that most people use only 5% of the recipes in their cookbooks – and end up craving something tastier than their bland and boring 9-meal routine.

What I propose is to change things up a little bit, and give you 9 new meals to try. You might decide to incorporate some of them in your rotation, but they are so tasty, healthy and easy to prepare that you just might use them all.

Remember – the key to becoming both stress-free AND fat-free is HABITS. And success starts with having the right fat burning recipes. Needless to say, you're at the right place.

What's A Fat Burning Shake?

First of all, let's make that clear: You don't NEED shakes – even if the ripped guy at your local gym tells you so.

So if you can't find or afford high quality protein powder, or simply don't feel like drinking shakes, don't worry. You can get all the nutrition you need through whole foods.

That being said, shakes can be a great addition to your diet, especially if you work out intensely (which is highly recommended if you have any intention to burn fat).

When Should I Drink Shakes?

The most important time to get a shake that contains a serving of protein and carbs is right after your workout. You could use whole foods and have a meal right after your workout, but I personally find shakes more convenient.

Another great time for shakes is for breakfast, or as your pre-workout meal (if you like to eat before exercise). In that case, you'll need to experiment how your body reacts to certain quantities of shakes. The last thing you want is to feel full and bloated during your intense workout. If this happens to you, try drinking half less the next time around.

Also, don't be afraid to skip the breakfast altogether and workout fasted if you feel like it. Most stories about muscle loss are over-exaggerated and there's little chance that exercising on an empty stomach will really reduce your performance.

If you're really afraid to lose muscle while working out in a fasted state, consume about 10 g of high quality BCAAs like BioTrust BCAA Matrix™ before your workout.

What Do I Need In My Shake?

If you drink your shake after your workout, you need both protein and carbs. Together, they will put your body in repair and recovery mode – which is critical to maximize your fat burning and keep your metabolism strong.

If you drink your shake before your workout or as a breakfast, you don't really need carbs in it. Carbs may help you perform better though; you'll need to test what works best for you.

All your protein shakes should contain a couple of grams of fat. Fat helps you digest protein better, and is essential to virtually every process in your body.

That being said, you shouldn't consume more than a couple of grams of fat around your workout (before or right after) to maximize your fat burning. Every one of the 9 shakes in this book will do the trick.

Choco-Monkey Shake

Each serving provides:

Calories: 357

Fat: 12 g

Protein: 30 g

Carbs: 41 g

+ Healthy fats

+ Antioxidants

+ Vitamin E

Series: 1

Prep time:
5 minutes

Ingredients

Water

1 tbsp. cocoa powder

1 tbsp. nut butter (peanut, almond, cashew, etc.)

2 scoops (40 g) protein powder

1 banana

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Berry Blast Shake

Each serving provides:

Calories: 267

Fat: 4 g

Protein: 26 g

Carbs: 39 g

+ Antioxidants

+ Vitamin C

+ Essential minerals

Series: 1

Prep time:
5 minutes

Ingredients

Water

1 cup mixed berries

½ banana

2 scoops (40 g) protein powder

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Black forest Shake

Each serving provides:

Calories: 211

Fat: 4 g

Protein: 26 g

Carbs: 23 g

+ Anti-inflammatory

+ Calms nervous system

Series: 1

Prep time:
5 minutes

Ingredients

Water

2 scoops (40 g) protein powder

1 tbsp. cocoa powder

½ cup cherries

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Blueberry Power Shake

Each serving provides:

Calories: 234

Fat: 4 g

Protein: 25 g

Carbs: 29 g

+ Antioxidants

+ B vitamins

+ Immune support

Series: 1

Prep time:
5 minutes

Ingredients

Water

1 cup blueberries

2 scoops (40 g) protein powder

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Banana Split Shake

Each serving provides:

Calories: 253

Fat: 3 g

Protein: 26 g

Carbs: 35 g

+ Vitamin C

+ Vitamin A

+ Improves digestion

Series: 1

Prep time:
5 minutes

Ingredients

Water

2 scoops (40 g) protein powder

½ banana

¼ cup chopped pineapple

2 frozen strawberries

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Fig And Banana Shake

Each serving provides:

Calories: 323

Fat: 3 g

Protein: 26 g

Carbs: 50 g

+ Calcium and potassium

+ B vitamins

+ Antioxidants

Series: 1

Prep time:
5 minutes

Ingredients

Water

½ banana

4 dried figs

½ tsp. cinnamon

2 scoops (40 g) protein powder

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Banana Bread Shake

Each serving provides:

Calories: 418

Fat: 11 g

Protein: 27 g

Carbs: 60 g

+ Amazing taste

+ Healthy fats

+ Vitamin E

Series: 1

Prep time:
5 minutes

Ingredients

Water

2 dates, pitted

2 scoops (40 g) protein powder

2 tbsp. raw walnuts

¼ tsp. ground cinnamon

¼ tsp. vanilla extract

½ banana

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Orange Splash Shake

Each serving provides:

Calories: 262

Fat: 3 g

Protein: 26 g

Carbs: 34 g

+ Zingy flavor

+ Vitamin C

Series: 1

Prep time:
5 minutes

Ingredients

Water

2 scoops (40 g) protein powder

1 cup orange juice

Zest of 1 organic orange (optional)

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.



Green Super Shake

Each serving provides:

Calories: 190

Fat: 3 g

Protein: 28 g

Carbs: 13 g

- + Nutritional insurance
- + Quick energy
- + Improves digestion

Series: 1

Prep time:
5 minutes

Ingredients

Water

1 scoop Athletics Greens®

2 scoops (40 g) protein powder

Instructions

1. Place water in the blender first, and then the rest of the ingredients.

2. Blend on low then high till well blended.

