

## PROTEIN SHAKE/POST WORKOUT DRINK

*Good to have any time of day. Great way to get a completely balanced meal when you are in a hurry or when you are NOT hungry, but it has been over three hours since your last meal.  
**Especially important to consume post workout.***

### Ingredients:

1 small or medium banana OR ½ - 1 cup papaya, cubed\*

2/3 – 1 scoop protein powder\* (equivalent to 20-30g protein)

½ - 1 cup frozen blueberries\*

1 – 2 tablespoons Flora flax oil\*

Water OR unsweetened almond milk to achieve desired consistency (water is best)

\*If you are under 5'7", have the smaller amount. If you are 5'7" or taller, have the higher amount.

### Optional Ingredients:

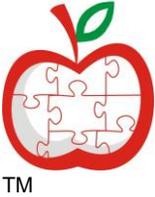
- Powdered magnesium – helps to prevent sore muscles after exercise
- L-glutamine – an important amino acid that supports the immune system and helps to heal the lining of the intestinal wall
- D-ribose – is essential to energy production at the cellular level; particularly important when doing intense exercise

### Instructions:

1. To the blender, add the banana or papaya, then some liquid, then the powder, a little more liquid, and finally the blueberries and a little more liquid.
2. Blend until smooth.
3. Pour into a glass if not using the blender cup to drink from.
4. Stir in the flax oil with a spoon.
5. For improved digestion, sip on it for 20-40 minutes.

### Cook's Tips and Variations:

1. Having an easy-to-use blender that blends well and is easy to clean is key. I have heard the Instant pot blender is amazing. I've used the Magic Bullet for years. Right now I'm using a handheld blender by Kitchenaid that we purchased at Walmart in Florida a few years ago to use while on holiday. It does not have to be fancy or expensive. It just needs to blend well and be easy to clean.



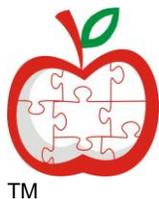
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2. The protein powders I recommend is ***Kaha New Zealand Whey Isolate Protein*** or ***Designs for Health VegeComplete or PurePea Protein***. Many people do well with the Kaha protein but it doesn't work for everyone, in which case, a good quality vegetable-based protein can be used.
3. If you have no problem digesting 1 tbsp of flax oil, you can increase to 2 tablespoons. (See Detoxification – Detecting Undigested Fat in Your Stool) Flax oil is high in Omega-3 fat (the type of fat we are most deficient in). It helps the body to counteract free radicals (the substance that damages cells in the body). When too many cells become damaged, the onset of disease begins. Free radicals are naturally created during exercise, which is why consuming flax oil to help counteract those free radicals in your post-workout shake is a good idea.
4. This shake should likely hold you for 2 hours, so at about the two-hour mark is when you should plan to have your next macro-nutrient balanced meal. If your digestive system runs slow, it may hold you for 3 hours.
5. If you experience gas, bloating or burping after consuming your shake, this indicates the digestive system is under-functioning, and is having trouble digesting the combination of the fruit with the protein. Your body still needs the benefit of the nutrients of the carb, the protein and the fat, so getting creative becomes necessary. It usually requires eating the fruit and protein separately, but ultimately, the digestive system needs to be repaired.
6. Water is the best liquid to use. The amount used contributes to your overall water intake for the day. The nut and grain beverages are a processed food, and ideally the goal is to reduce our consumption of processed food to as little as possible. If you do use a dairy-free beverage, consider the following:
  - Be sure to purchase unsweetened plain or vanilla.
  - Avoid any brands that have carrageenan listed as one of the ingredients as it has been shown to induce ulcerative colitis in lab animals.
  - Grain beverages increase the amount of carbohydrates you are drinking, and when we are drinking are carbs, it is easy to consume too much.
  - Be aware of the sodium content. Is there more sodium than potassium? Anything over 250 mg of sodium per serving is too high. *Natur-a* is my favourite brand. It contains 100 mg sodium to 170 mg potassium. *Silk* is my second favourite brand based on ingredients although its sodium content is 180 mg to 30 mg potassium, which is not a very good sodium-potassium balance.
  - Has filtered water been used in the base?

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Eat Well...Train Hard...Get Results!



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- I have had a few clients over the years who discovered they were sensitive to almonds and drinking almond milk in a protein shake every day was one of the things preventing weight loss. Switching to a cashew milk or oat milk, while potentially a good substitute in baking, was not a very productive substitute in protein shakes consumed on a daily basis, which is one of the reasons why I believe water is the best way to go.
7. Both banana and papaya give the shake a creamy texture. Both have a moderate glycemic rating, which makes them a good food choice to consume after exercise. If you find bananas difficult to digest, papaya may work better for you as it contains the digestive enzyme papain. In addition to potassium, papayas are also rich in beta-carotene (and thus vitamin A activity) and vitamin C. Bananas contain almost twice the amount of carbohydrates as papaya, therefore, if you are looking to reduce your total carb intake, papaya would be a better choice.

**With Medium Banana** (Note: It contains 14 grams of fat. Fat and 14 are very close together and at a quick glance, it might look like 4g.)

Nutrition Facts	Amount/serving	% Daily Value *	Amount/serving	% Daily Value *	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
1 serving per recipe	<b>Total Fat</b> 4g	<b>20%</b>	<b>Total Carb</b> 37g	<b>15%</b>	
<b>Serving size</b> 1 shake (268g)	Sat. Fat 1.5g	<b>8%</b>	Fiber 6g	<b>20%</b>	
<b>Calories</b> per serving <b>350</b>	Trans fats 0g		Sugars 16g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g added sugars	<b>0%</b>	
	<b>Sodium</b> 30mg	<b>1%</b>	<b>Protein</b> 22g		
	Vitamin D 0mcg 0% · Calcium 20mg 0% · Iron 1mg 4% · Potassium 570mg 10% Thiamin 4% · Riboflavin 8% · Niacin 8%				

**With 1 Cup Papaya**

Nutrition Facts	Amount/serving	% Daily Value *	Amount/serving	% Daily Value *	*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.
1 serving per recipe	<b>Total Fat</b> 4g	<b>20%</b>	<b>Total Carb</b> 24g	<b>8%</b>	
<b>Serving size</b> 1 shake (290g)	Sat. Fat 1.5g	<b>8%</b>	Fiber 6g	<b>20%</b>	
<b>Calories</b> per serving <b>300</b>	Trans fats 0g		Sugars 10g		
	<b>Cholesterol</b> 0mg	<b>0%</b>	Includes 0g added sugars	<b>0%</b>	
	<b>Sodium</b> 35mg	<b>1%</b>	<b>Protein</b> 21g		
	Vitamin D 0mcg 0% · Calcium 45mg 4% · Iron 1mg 4% · Potassium 510mg 10% Thiamin 4% · Riboflavin 4% · Niacin 6%				