



BY GRETCHEN FERRARO PHOTOGRAPHY: DENNIS LANE FOOD STYLIST: JACQUELINE BUCKNER

You'll never want to waver from your nutrition plan with these delicious protein shakes

In the quest to burn fat, build muscle and, most of all, sculpt a six-pack of chiseled abs, there are many challenges. Once you get into the "routine," going to the gym regularly isn't too hard. You only have to do it once a day, six times a week. But eating right ... that's a whole other story. According to the experts, we should be eating a small meal five to six times a day, *every day*. Who has time for that? Perhaps if you had a personal chef. Every two to three hours, your chef would show up with a perfectly balanced meal in tune with your nutrition plan. Unfortunately, most of us don't have that luxury. We have to fit in the right meals at the right times while being bombarded with the daily commitments life throws at us. There is a solution. With the advent of nutrition shakes and protein powders, we do have the potential to make nutrition a convenient and practical "no-brainer." Try one of the following shake recipes for two or three of your meals each day, *every day*, and you'll find your cravings cease *and* your abs begin to show.

Up It shake



Breakfast Boost

Energize your day with the right blend of carbs, protein and essential fats. Blend 8 ounces orange juice with a half-cup non-fat, plain yogurt, half a banana, one serving soy or whey protein, 1 tablespoon flax seed or hemp oil and four frozen peach slices. Blend on high speed for 45 seconds and serve.

Nutritional information based on a serving of soy protein:

calories 400
protein 25 grams
fat 11 grams
carbs 50 grams

Mix one serving of a chocolate meal-replacement powder according to directions. Then, add a heaping tablespoon of all-natural peanut butter and three ice cubes. Blend on high speed for 45 seconds and serve. (If you've never tried this one, you should—it's awesome! Try throwing in half a ripe banana—it's even better!)

Nutritional information based on a serving of Myoplex Deluxe mixed with water, 1 tablespoon peanut butter and half of a ripe banana:

calories 453
protein 48 grams
fat 10 grams
carbs 40 grams

Chocolate Peanut Butter Cup





Banana Split

So good it could be ice cream! Mix one serving of a vanilla or chocolate meal-replacement powder according to directions. Then, add half of a ripe banana, a half-cup chopped pineapple, four frozen strawberries and three ice cubes. Blend at high speed for 45 seconds and serve.

Nutritional information based on a serving of Myoplex Deluxe:

calories 404
protein 43 grams
fat 3 grams
carbs 51 grams

The perfect blend of sweet and sour! Mix one serving of a vanilla meal-replacement powder according to directions. Then, add 2 tablespoons frozen lime juice, one graham cracker (four small squares) and three ice cubes. Blend at high speed for 45 seconds and serve.

Nutritional information based on a serving of Myoplex Lite:

calories 256
protein 26 grams
fat 3 grams
carbs 33 grams

Cookies & Cream



See if this satisfies your sweet tooth! Mix one serving of a chocolate or vanilla meal-replacement powder according to directions. Then, add four drops of peppermint extract and three ice cubes. Blend at high speed for 45 seconds. Then, add four low-fat chocolate wafers, blend at low speed for 10 seconds, and serve.

Nutritional information based on a serving of Myoplex Deluxe:

calories 355
protein 43 grams
fat 3 grams
carbs 37 grams

Key Lime Pie





Cinnamon Roll Supreme

If you can't walk by one of those quick-serve cinnamon roll places without drooling, this is the shake for you. Mix one serving of a vanilla meal-replacement powder according to directions. Then, add half a teaspoon ground cinnamon, 1 teaspoon fat-free Butter Buds and three ice cubes. Blend at high speed for 45 seconds and serve.

Nutritional information based on a serving of Myoplex Lite:

calories 196
protein 25 grams
fat 2 grams
carbs 22 grams

If you yearn for those peanut butter and jelly sandwiches of your childhood, try this one. Mix one serving of a vanilla meal-replacement powder according to directions. Then, add a heaping tablespoon of all-natural peanut butter and four frozen strawberries. Blend at high speed for 45 seconds and serve.

Nutritional information based on a serving of Myoplex Deluxe:

calories 413
protein 47 grams
fat 10 grams
carbs 30 grams



Strawberry Cheesecake

What can we say? Who doesn't like cheesecake? Mix one serving of a vanilla meal-replacement powder according to directions. Then, add 3 tablespoons of Jell-O's no-bake, reduced-fat cheesecake mix, three low-fat vanilla wafers and four frozen strawberries. Blend at high speed for 45 seconds and serve.

Nutritional information based on a serving of Myoplex Deluxe:

calories 502
protein 47 grams
fat 4 grams
carbs 69 grams

PB & J Shake





Protein Power "Juice"

Slacking on your protein intake? This will make up for it. Mix one serving of a vanilla, chocolate or strawberry meal-replacement powder according to directions. Then, add one serving of your favorite whey-protein powder and three ice cubes. Blend at high speed for 45 seconds and serve.

Nutritional information based on a serving of Myoplex Deluxe mixed with a serving of Precision Protein:

calories 400
protein 62 grams
fat 3 grams
carbs 26 grams

This is perfect for when those evening sugar cravings hit. Mix one serving of a vanilla meal-replacement powder with approximately 2 ounces less liquid than directions call for. Add 3 tablespoons of your favorite sugar-free, fat-free instant pudding and five ice cubes. Blend at high speed for 60 seconds and serve.

Nutritional information based on a serving of Myoplex Deluxe:

calories 440
protein 46 grams
fat 2 grams
carbs 57 grams

Guilt-Free Pudding



Tips for making the perfect shake

- For a smoother shake, add ingredients to blender one at a time.
- Add MORE liquid for a thinner shake and LESS liquid for a thicker shake.
- Add more ice for an ice-cream-like consistency and less ice for a milk-like consistency.
- Add more or less fruit or other ingredients to suit your taste.
- Don't forget to count the calories you are adding to each shake.