

BASEBALL NOTES – SUPER SHAKES

(The shortcut to weight gain)

A Super shake is no ordinary protein shake . Super Shakes are designed to be a nutrient-dense, balanced meal replacement. Here's a simple recipe template, but feel free to adjust based on your preferences and dietary needs:

****Ingredients:****

1. ****Protein Base (20-40g):****

- Whey protein powder, plant-based protein, or a combination.
- Greek yogurt or cottage cheese.

2. ****Carbohydrate Source (20-50g):****

- Fruits (banana, berries, mango).
- Oats or quinoa flakes.

3. ****Healthy Fats (10-20g):****

- Nut butter (almond, peanut, or cashew).
- Chia seeds, flaxseeds, or hemp seeds.

4. ****Liquid (8-16 oz):****

- Water, milk (dairy or plant-based), or a mix.
- Adjust based on your preferred thickness.

5. ****Optional Add-ins:****

- Leafy greens (spinach, kale).
- Vegetables (carrots, cucumber).
- Spices (cinnamon, ginger).

- Sweeteners (honey, maple syrup), if needed.

****Instructions:****

1. Combine the protein base, carbohydrate source, and healthy fats in a blender.
2. Add your chosen liquid and blend until smooth.
3. Adjust thickness by adding more or less liquid.
4. Incorporate optional add-ins based on your taste and nutritional preferences.
5. Pour into a glass and enjoy as a meal replacement or post-workout shake.

Remember to personalize the shake based on your dietary goals and preferences. It's a versatile recipe, so feel free to experiment with different ingredients to find what works best for you.

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