



The Comprehensive Report on All You Need to Know About
Protein Shakes

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Introduction

Thanks for downloading the “**All You Need to Know About Protein Shakes**”. You have made an excellent decision because this report is going to answer some of your questions like:

- What are protein shakes made of
- How much protein shakes to have
- When to have protein shakes
- The benefits and side effects of protein shakes

About Protein Powder/Protein Shakes

We all know that protein is an essential part of our diets as humans. It doesn't matter why but we all need to be having protein as a part of our diets each day. Proteins are the building blocks of muscles and as such our bodies need them.

You may be thinking but I don't need protein shakes I can just eat more protein. While that may be true, if you were to try to get all your required protein by eating food it would become tiresome pretty fast. This is because each individual should get at least 1 gram of protein per Kg of body weight and since most protein foods need to be cooked, you will have to do a lot of cooking.

Protein shakes and powders on the other hand can be had any time of the day without you doing much. It would take you less than 2 minutes to prepare a protein shake with some protein powder and a couple more ingredients and if you are drinking the store bought shake all you have to do is remove the cap.

One serving of a protein shake will give you approximately 17.5 grams of protein and you won't get any carbohydrates or fat from these drinks or powders, thus making them not only convenient but also healthy additions to your diet.

Why have Protein Shakes?

There are a number of reasons persons would want to drink protein shakes on a regular basis, here are 10 reasons:

1. To lose weight
2. To bulk up muscle
3. As an easy meal replacer
4. To increase satiety – the feeling of fullness
5. To decrease appetite
6. To maintain beautiful skin and nails
7. For proper hormone balance
8. To increase bone health
9. To increase heart health
10. An easy way to get the daily requirements of protein

Best Time to Have Protein Shakes

There has been conflicting information published on whether there is a “best time” for you to drink your protein shake. The time of day that you drink your protein shake should be dependent on your existing diet and the reason you have decided to add protein shakes to your diet.

1. First thing in the Morning. Since when you wake up you have been fasting for pretty close to 8 hours (or should be). This means that your body has not been breaking down any protein and is now at risk of getting into a catabolic state. Drinking a protein shake at this time will ensure that you don't break down your existing muscles to get the protein you need.

2. Immediately after your workout. The reason this is a good time to have your protein shake is because now your body is in a state of growth and recovery; both of which require amino acids from protein.
3. Before bed. The reason this would be a good time to have a protein shake is because naturally when we sleep protein breaks down. When you are trying to build muscle you don't want that to happen and so drinking it right before bed will cause your protein metabolism to slow down.

Protein Shakes for Muscle Gain

In order to gain muscle by taking protein shakes you must continue to have a balanced diet. Do not make the mistake to replace meals with a protein shake unless you are using the protein to aid in weight loss which we will talk about later on in the report.

Since protein is essential for muscle growth if you want to increase your muscle gain beyond normal this means you will need extra protein. This is the reason you cannot replace your meals but instead add to your meals the protein shakes. Other reasons you should increase your protein levels when building muscle are;

- For better cardiovascular function which will be necessary when lifting weights
- For contraction of muscles when exercising. This is important as if they don't contract while you are lifting weights this could lead to muscle damage which will set you back in your quest to increase your muscle mass until the muscle has healed completely.
- To increase the muscle healing process so that you don't injure your muscles by overstraining them while you exercise.

Protein Shakes for Weight Loss

Proteins are known to be able to help with increasing muscle mass so what is all this talk about weight loss now? Well it has become to be known that have a high amount of muscle mass is a great way to keep the pounds from stacking on. So you will see that many persons who are overweight and consult a dietician are instructed to have a high protein diet which contains protein shakes so that they can lose weight of around 4 – 6 pounds per month. Adding high protein shakes alone won't help you to keep the weight falling off though, here is what you need to do in addition;

- Stick to a low calorie diet
- Avoid colas and any other type of fizzy drink
- Implement an approved exercise program

Since you should consume a gram of protein for every Kg of body weight here is how the protein requirements is broken down. So someone who is weighing 130lbs will need to ensure that their diet includes 59 grams of protein every day. You can further divide this into the amount of meals you will eat per day. For example you could break it down into 6 meals per day which would give you around 10 grams per meal. This shows you how hard it would be to get all the protein you would need through your meals thus you will need to supplement with a protein shake.

The best protein shake for weight loss is made with whey protein. These protein shakes are also widely used by body builders who want to loose body fat and replace it with muscle weight at the same time.

Low Carb Protein Shakes

If you are interested in low carb protein shakes you will be happy to find out that they are a great way to help with weight loss as well as to get you into shape quickly. Since low carb eating is not one of the easier meal plans to follow drinking a low carb protein shake is a better idea instead.

The reason they both go together is that on a low carb diet by itself you will find that you will lose more muscle than fat. When you are on a low carb, high protein diet with the aid of these shakes however you can keep your muscle and instead shed unwanted body fat. If you would like these advantages of taking a low carb protein shake here are some tips on how to choose a good one:

- Opt for such shakes that are comprised of 20 grams of protein to 10 grams of carbohydrates per serving.
- Choose a shake that tastes great and mixes well. It will be pretty easy to find one that tastes great since their ingredients are not awful but ensure the one you choose mixes well so you don't have to have it by itself if you would rather not.
- Look for shakes with whey protein as the protein type. These are generally more expensive but are better for the body and are better for building muscle and increasing strength.

Protein Shakes for Women

There really is no much difference between protein shakes for men and women. It is recommended that women choose protein shakes without the sugar. Also opt for protein shakes made from whey protein. The reasons women should drink these types of shakes include;

1. Whey protein helps to get rid of cellulite.
2. Whey protein helps to maintain a healthy weight.
3. Whey protein helps minimize your predisposition to loss in bone density.

The reason you should choose those without sugar is because it is just giving you empty calories that you can do without.

Protein Shakes Side Effects

Like anything else too much protein can mean bad things for your body. For example if you are taking in twice as much protein than you should be your body won't be able to handle the protein load. It will get rid of what you don't need by excretion and this puts a lot of stress on both your liver and kidneys to remove all that extra protein from your body.

In the short term this may not pose a high risk but if done over a period of years you could weaken your organs enough to cause organ failure. You don't have to worry about this though if you take the required amount of protein without going over your dosage. Remember you can estimate your needs with the general rule that you should consume 1 gram of protein per 1 Kg of body weight each day of the week.

Protein Shakes for Teenagers

Teenagers do not need as much protein as adults do. They need on average of 40 to 50 grams of protein each day which is far less than what is required for adults. The truth is that teenagers don't need to take supplements of any nature if they eat properly. On the other hand teenagers who are vegetarian or are without much food and nutrition supervision feel that their diet lacks in protein then they may need to have an occasional protein shake or two for the week.

Protein shakes are thought to be ideal though for teenagers who are athletic or who participate in competitive sports and are over 16 years of age. It is ok for other teens as well in moderation but you should choose protein shakes made from whey protein. If you have vegetarian teens you should look out for vegetarian formulas as well.

For teens a protein shake can be used as a meal replacement or as a catch up for a missed meal, but it is not recommended that teenagers take protein shakes in the quantity that adults seeking weight loss and muscle building benefits. If you want your teenager to drink protein shakes ensure you choose one that is formulated specifically for teens. If and when teenagers do drink protein shakes they should contain a balance mix of:

1. Carbohydrates
2. Protein
3. Fat
4. Vitamins and
5. Minerals

Protein Shakes Recipes

1. The Naughty Girl

Ingredients & Method:

- 12 oz skim milk
- 4-8 Thin Mint Girl Scout cookies
- 4 ice cubes
- 2 scoops chocolate protein powder

2. Banana Milk Shake Supreme

Ingredients & Method:

- 2 bananas
- 2 c. milk or water
- 1/2 c. ice
- 1 tsp. nutmeg
- 1 scoop protein powder
- 2 tbsp. honey
- 1 tsp. lecithin
- 2 scoops of ice cream (optional)
- Mix in blender.

3. Chocolate Peanut Butter Deluxe

Ingredients & Method:

- 12 oz. water
- 4 ice cubes
- 1 tablespoon heavy whipping cream
- 1 tablespoon natural peanut butter
- 2 scoops chocolate protein powder

4. Mocha Rocka Shake

Ingredients & Method:

- 6 oz. water
- 4 ice cubes
- 2 tablespoons heavy whipping cream
- 6 oz. coffee
- 2 scoops chocolate protein powder

5. Frozen Chocolate Banana

Ingredients & Method:

- 12 oz. Water
- 4 to 5 ice cubes
- 1 banana
- 1 tablespoon heavy cream
- 2 scoops chocolate protein powder

6. Bavarian Chocolate Cake

Ingredients & Method:

- 12 oz. water
- 4 ice cubes
- 1 tablespoon heavy cream
- 1 tablespoon cream of coconut
- 2 scoops chocolate protein powder

7. Tangerine Cream Slurpee

Ingredients & Method:

- 12 oz. Tangerine Diet Rite
- 4 Ice Cubes
- 1 to 2 tablespoons heavy cream
- 1 to 3 scoops vanilla protein powder

8. Root Beer Float

Ingredients & Method:

- 1 can Diet A&W Root Beer
- 1 to 2 tablespoons Heavy Cream
- 4 ice cubes
- 1 to 3 scoops vanilla protein powder

9. Tropical Pineapple Blast

Ingredients & Method:

- 4 ice cubes
- 12 oz. water
- 2 scoops vanilla protein powder
- 1/2 cup pineapple chunks

10. Pina Colada Dream

Ingredients & Method:

- 12 oz. water
- 4 ice cubes
- 3 scoops vanilla protein powder
- 1/3 cup Pineapple chunks
- 2 tsp. Coconut extract

11. CREAMy PROTEIN SMOOTHIE

Ingredients and Instructions:

- 1 scoop of protein powder
- 1/4 cup of orange Gatorade or orange Crystal Light
- 1 cup 1%, skim, Lactaid, Rice, Soy milk
- 1/4-1/2 packet of sugar-free vanilla Carnation instant breakfast
- 1 tsp. orange flavoring (optional)

12. Strength Fudge: Vanilla or Chocolate

Ingredients & Method:

- 1 scoop chocolate or vanilla protein powder
- 3 to 4 tablespoons heavy whipping cream
- *mix together in a bowl until Ingredients & Instructions reach consistency of cake icing. May be refrigerated or frozen.

13. Chocolate Strawberry Combo

Ingredients & Method:

- 1 to 2 scoops of chocolate protein powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 8 strawberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

14. Vanilla Banana Ice

Ingredients & Method:

- 1 to 2 scoops of vanilla protein powder
- 6 to 8 ounces of water or whole (or 2%) milk
- 6 ice cubes

- 1 banana
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

15. Raspberry Chocolate Shake

Ingredients & Method:

- 1 to 2 scoops of chocolate protein powder
- 6 to 8 ounces of whole (or 2%) milk
- 6 ice cubes
- 8 raspberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Drink or eat with a spoon!

16. Cheerio Banana Quickfast

Ingredients & Method:

- Great for a super fast morning meal
- 1 to 2 scoops of chocolate protein powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 1 banana
- 3/4 cup cup or original cheerios
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

17. Blueberry Passion

Ingredients & Method:

- 1 to 2 scoops of vanilla protein powder
- 6 to 8 ounces of water
- 4 to 6 ice cubes
- 20-30 blueberries
- Mix in a blender on medium for 1 minute. Pour into a tall glass. Enjoy!

18. Tutti Fruitti

Ingredients & Method:

- 10 oz apple juice (can use orange/blend)
- 1 scoop ice
- 1/2 large banana
- 4 frozen strawberries
- 2 scoops vanilla protein powder

19. Berries & Cream Shake

Ingredients & Method:

- 1 scoop of vanilla protein powder
- 1 scoop of ice
- 1 small can of pineapple juice (cook with boiling water)
- 1 handful of mixed berries

20. Banana Protein Smoothie

Ingredients & Method:

- 30g protein powder (plain or vanilla)
- 1 medium to large banana
- 8 oz. light Soy Milk
- 1 TBSP Linseed, Soy and Almond mixture
- 1 tsp Golden Syrup
- Few drops vanilla essence/extract
- 3-4 cubes ice
- 1 TBSP low fat natural yoghurt (optional depending on diet)
- Throw into blender for several minutes. Great as a meal replacement or after workout snack!

21. Orange Vanilla Shake

Ingredients & Method:

- mix 2 scoops of vanilla protein powder
- 8 oz. Orange Juice
- 4-5 ice cubes
- 1 tsp. vanilla Extract
- ½ banana
- 2-3 frozen strawberries
- 2 packets of sweetener

22. Protein-Carb Almond Delight

Ingredients & Method:

- mix 2 scoops of vanilla protein powder or other protein with
- 10-12 oz of skim milk
- 1.2 cup of dry oatmeal
- 1.2 cup of raisins
- 12 shredded almonds
- 1 tbsp of peanut butter.

23. Chocolate Coffee Slide

Ingredients & Method:

- mix 2 scoops of chocolate protein powder or other protein with:
- 1 cup of skim milk
- 5 ice cubes
- 1 cup of water
- 1 spoonful of instant coffee!

24. Plum-Lemon Chiller

Ingredients & Method:

- 2 scoops vanilla flavor protein powder
- 1 ripe plum, pitted
- juice of 1 lemon
- 1 tablespoon multi-vitamin powder
- 16 ounces ice water
- 1/2 cup ice cubes

25. Wild Berry Boost

Ingredients & Method:

- 2 scoops vanilla flavor protein powder
- 8 raspberries
- 4 strawberries
- 15 blueberries
- 16 ounces nonfat milk
- 1/2 cup ice cubes

26. Creatine Power

Ingredients & Method:

- 2 scoops vanilla flavor protein powder
- 5 Granny Smith apples
- 5 grams (one teaspoon) creatine powder
- 1/2 cup ice cubes

27. Tarzan

Ingredients & Method:

- 2 scoops vanilla protein powder
- 1/2 tbsp sugar-free pistachio pudding mix
- 1 mint leaf or a few drops peppermint extract (optional)
- 1 few drops green food coloring (optional)
- 8 oz. cold water or low-fat milk
- 3-5 ice cubes
- Add all Ingredients to blender, blend, and pour into cup.

28. Meal Replacement Oatmeal Shake

Ingredients & Method:

- 1 cup dry measure oatmeal, cooked in water and cooled
- 2 scoops vanilla protein powder
- 3 dashes cinnamon
- 1/8 c sugar free maple syrup or equivalent amount brown sugar replacement
- 1 tbsp chopped almonds (or flaxseed oil or natural peanut butter)
- 12 oz. water or low-fat milk
- Add all Ingredients to blender, blend and pour into cup.

29. Low-Carb Pina Colada Protein Shake

Ingredients & Method:

- 2 scoops vanilla protein powder
- 1/2 tsp sugar-free pineapple-orange drink mix
- 1/4 tsp rum extract
- 1/4 tsp coconut extract (or 2 tbsp shredded coconut)
- 1 packet artificial sweetener
- 8 oz. water (or low-fat milk)
- 3-6 ice cubes
- Add all Ingredients to blender, whip, and serve.

30. Low Fat Peaches and Cream

Ingredients & Method:

- 8 oz. pure water
- 1 ripe peach
- 2 tbs. low fat sour cream
- 8 drops liquid artificial sweetener (optional)
- 1.5 oz protein powder

31. Quick Protein Starter

Ingredients & Method:

- 3 oranges (fresh juiced only, NOT canned or bottled)
- 6 drops liquid artificial sweetener (optional)
- 1 oz. protein powder

32. High Energy Combo

Ingredients & Method:

- 10 oz pure water
- 10 strawberries (Fresh or Frozen)
- 1 tbs. flax seed oil
- 1/2 tsp vanilla extract
- 1 heaping scoop (1 oz) of protein powder
- artificial sweetener to taste (optional)
- 2-3 ice cubes (optional)

33. Super Slimmer Trimmer

Ingredients & Method:

- 8 oz. pure water
- 1 tbs. flax seed oil
- 1/2 ripe peach (peeled)
- 6 frozen strawberries
- 1 heaping scoop (1 oz) of of protein powder
- artificial sweetener to taste (optional)

34. Weight Booster

Ingredients & Method:

- 14 oz. pure water
- 2 bananas or 2 scoops YAM Power
- 3 tbs. peanut butter
- 6 drops liquid artificial sweetener (optional)
- 2 oz. protein powder

35. Mineral Strength

Ingredients & Method:

- 10 oz. pure water
- 1 oz. liquid ionic plant source minerals
- 1 packet knox gelatin
- 1 tbs. flax seed oil
- 1 heaping scoop (1 oz) of protein powder
- artificial sweetener or to taste (optional)

36. High Protein Fruity Shake

Ingredients & Method:

- 1 banana (cut in pieces and frozen)
- 4-6 whole strawberries (from frozen berry package)
- 1/2 cup low fat yogurt (or Brown Cow cream top for more calories)
- 1 cup orange or pineapple juice
- 2 scoops vanilla protein powder

37. Mango Bliss

Ingredients & Instructions:

- 2-3 scoops vanilla protein powder
- 1/2 to 1 cup mango pieces frozen or freshly sliced natural mango
- 1 cup Brown Cow Vanilla cream top yogurt
- 1 Tbsp Flax seed oil
- 6-8 oz water

Final Note:

Protein shakes are excellent supplement for your daily protein requirements. No matter what your protein calculations are, remember that the foundation of any program, whether your goal is to lose weight or gain muscle, is a combination of strength training and a healthy diet that includes carbs, with a balance of protein and fat.

Come on a journey of All You Need to Know About Protein Shakes at

<http://www.proteins4u.com/>

Yours in Health!

Arnav D.

PS: I would love to hear your feedback, results and success stories. What would like to see in the next edition?

Please send us your comments and testimonials [here](#).