

# Shake It Up

*Delicious Mass Gaining Shake Recipes*



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## **Introduction**

One of the most important things to do during a mass phase is to intake an adequate amount of quality calories. Without consuming enough “clean” calories, you will never experience consistent gains in lean muscle mass. Therefore, the one nutritional supplement that I prescribe, more often than any other, is simply a good quality meal replacement shake.

Now, in a perfect world, I would have people emphasize a diet consisting of primarily natural, solid food. However in this increasingly hectic world, I have found that even people with the best intentions still have trouble finding the time to eat the necessary amount of calories to support their mass gaining goals. Therefore, most of my client’s meal plans include 2-3 shakes per day in addition to 3-4 solid meals. Even with an intake of 2 shakes everyday, this would add up to 14 shakes per week. How many times can you drink just plain chocolate and vanilla without getting tired of it? -- For most people not too many. Because of this I’ve developed many interesting and delicious recipes designed to fit into a variety of different meal plans based on your physique goals. In this specific report, I will share with you my 10 most popular shake recipes that pertain to mass building.

Note: Most commercial “Weight Gainers” on the market contain nothing more than a heap of sugar with some low quality protein. The recipes below contain almost no sugar (with the exception of fruit), and they contain high quality protein, and provide appropriate carbs, fats and fiber.

Note: In all shakes the amount of liquid can be modified to desired consistency. Also the amount of extracts and spices can be adjusted according to personal preference.

## Apple Pie



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- ½ cup of maltodextrin powder**
- 1 cup of unsweetened natural apple sauce**
- Cinnamon to taste**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### Nutritional Facts (with water)

**Calories- 540**  
**Protein- 43**  
**Carbohydrates- 87**  
**Fiber- 4**  
**Sugar- 13**  
**Fat- 3**

## Banana Nut Bread



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- ½ cup of maltodextrin powder**
- ¼ tsp almond extract**
- 2 drops of butter extract (optional)**
- 1 banana**
- Cinnamon to taste**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### **Nutritional Facts** (with water)

**Calories- 575**  
**Protein- 43**  
**Carbohydrates- 91**  
**Fiber- 4**  
**Sugar- 20**  
**Fat- 3**

## **Banana Split**



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- ½ cup of maltodextrin powder**
- 1 Banana**
- ½ cup strawberry**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### **Nutritional Facts** (with water)

**Calories- 612**  
**Protein- 43**  
**Carbohydrates- 99**  
**Fiber- 4**  
**Sugar- 26**  
**Fat- 3**

## Cappuccino



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- 2/3 cup of maltodextrin powder**
- 1 tsp instant coffee**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### Nutritional Facts (with water)

Calories- 557  
Protein- 42  
Carbohydrates- 92  
Fiber- 4  
Sugar- 3  
Fat- 3

## Chocolate Banana



### **INGREDIENTS:**

**1 Packet of a chocolate meal replacement powder (MRP)**

**½ cup of maltodextrin powder**

**1 Banana**

**16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### Nutritional Facts (with water)

Calories- 575

Protein- 43

Carbohydrates- 97

Fiber- 5

Sugar- 20

Fat- 3



## Chocolate Mint



### **INGREDIENTS:**

**1 Packet of a chocolate meal replacement powder (MRP)**

**2/3 cup of maltodextrin powder**

**1/4 tsp Peppermint extract**

**16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### Nutritional Facts (with water)

Calories- 557

Protein- 43

Carbohydrates- 93

Fiber- 4

Sugar- 3

Fat- 3

## Chocolate Peanut Butter Cup



### **INGREDIENTS:**

- 1 Packet of a chocolate meal replacement powder (MRP)**
- ½ cup maltodextrin powder**
- 2 TBSP Natural Peanut Butter**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### Nutritional Facts (with water)

Calories- 700  
Protein- 51  
Carbohydrates- 82  
Fiber- 6  
Sugar- 3  
Fat- 19

## Orange Creamsicle



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- ½ cup of maltodextrin powder**
- 4 oz unsweetened orange juice**
- 1/8 tsp orange extract**
- 12 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### Nutritional Facts (with water)

Calories- 545  
Protein- 43  
Carbohydrates- 90  
Fiber- 4  
Sugar- 13  
Fat- 3

## Pina Colada



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- ½ cup of maltodextrin powder**
- ¼ tsp coconut extract**
- 1/2 cup unsweetened crushed pineapple**
- 2 drops of rum extract (optional)**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### **Nutritional Facts** (with water)

**Calories- 540**  
**Protein- 43**  
**Carbohydrates- 87**  
**Fiber- 4**  
**Sugar- 13**  
**Fat- 3**

## Pumpkin Pie



### **INGREDIENTS:**

- 1 Packet of a vanilla meal replacement powder (MRP)**
- ½ cup of maltodextrin powder**
- 4 oz baked yam**
- ¼ tsp Cinnamon**
- 1/8 tsp Ginger**
- 1/8 tsp Nutmeg**
- 16 oz of water or skim milk (depending on your protein and caloric needs)**

*In blender, combine all ingredients until smooth.*

### **Nutritional Facts (with water)**

**Calories- 638**  
**Protein- 44**  
**Carbohydrates- 110**  
**Fiber- 5**  
**Sugar- 5**  
**Fat- 3**