

## [BREAKFAST PROTEIN SHAKE RECIPE](#)



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Get lean and strong with the ultimate list of protein shakes and smoothies. These recipes enhance your protein powder with the addition of healthy, delicious ingredients. Whether you're eating to bulk up or slim down, your diet probably includes a protein shake or two or 10. Blend in some game

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### **23 Protein Shake Recipes for Weight Loss From Eat This**

Enjoy this as a healthy breakfast on the go or an afternoon snack. To kick your shake up a notch, add a few shakes of cinnamon. It will not only heighten the drink's taste, but also zap stubborn belly fat and help stabilize your blood sugar, which can ward off diet-derailing cravings. Get the recipe from The Roasted Root.

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### **Breakfast Protein Shake Recipes SparkRecipes**

Banana Breakfast Protein Shake. I also put in a tablespoon of DaVinci's SF Banana syrup (zero calories) to give this added flavor. You can mix and match these. I use vanilla, chocolate, and caramel chocolate peanut whey protein. With the chocolate whey protein, I use the sf chocolate syrup; with the caramel chocolate peanut whey protein, I use sf caramel syrup. One of these fills me up and lasts me till lunchtime.

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### **Breakfast Protein Shake Recipe Genius Kitchen**

Chef's Note I love making this for breakfast on lazy days. The high protein in this smoothie will fill you up 'till lunch. I got this recipe from a blog; this is not my own recipe.

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### **Low Carb High Protein Shake Recipe A Healthy Low Carb**

Quick Low Carb Protein Shake Recipe Tips. I use frozen fruit because it fluffs up when blended on high. Using frozen fruit makes the shake even thicker when combining with protein powder. If using fresh fruit add ice to get the same thickness. Be sure not to add too much psyllium husk powder as your shake will become too thick! Psyllium husk powder doesn't change the taste of the shake but it does increase the fibre, which in turn will keep you full and stabilise blood sugars.

<http://ebookslibrary.club/Low-Carb-High-Protein-Shake-Recipe-A-Healthy-Low-Carb-.pdf>

### **High Protein Sugar Free Breakfast Shake Recipe**

And although protein powder used to be just for bodybuilders, it is a quick and easy way to get a serving of protein, especially when it is incorporated in a delicious and nutritious shake. If you're not a fan of coffee, try this similar berry shake recipe.

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### **26 Healthy Protein Shake and Smoothie Recipes**

This shake may be the definition of a perfectly balanced breakfast. It has a healthy 42-gram dose of protein, which will help you feel fuller the rest of the day, Roussell says.

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