

## [GOOD PROTEIN SHAKE RECIPES](#)



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So, we asked a few of our experts about their best protein shake recipes and why they think it is a great choice. Keep in mind dietary supplements like protein shakes are not necessary to help build muscle, or lose fat, but they can sometimes make life a little more convenient.

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Massive collection of protein shake recipes! Learn how to make homemade protein shakes that taste delicious.

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### **The perfect homemade protein shake Features Jamie Oliver**

The perfect homemade protein shake By Rozzie Batchelar | September 3, 2014 | In Dairy free , Healthy , Jamie's food team , Nutrition , Recipes , Special diets , Vegan Athletes and exercise junkies have gone mad for protein shakes and supplements over the past few years, with sales expected to reach 8bn over the next five years worldwide.

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### **Protein Shakes Smoothies That Taste Like Milkshakes**

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This recipe is served cold, but it'll taste just as good if you heat it up. Plus it makes a (healthy) meal out of classic hot chocolate, working in greek yogurt, oats, protein powder and

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