# **POWER SHAKES RECIPES**



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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 twoor 10. Blend in some game

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Banana Oatmeal Power Shake. Almonds, cooked oatmeal, bananas and yogurt meet up in your blender for a power breakfast. Drink this Banana Oatmeal Smoothie before your morning exercise routine and you ll have the energy you need to get through your workout.

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## 7 Delicious Protein Smoothie Recipes Life by Daily Burn

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## 26 Healthy Protein Shake and Smoothie Recipes

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## **Protein Shakes Recipes Espira Plant Power Protein Denise**

Learn some delicious recipes for Espira Protein Shakes to supplement your daily allowance of protein for muscle repair and recovery.

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