

## [PROTEIN SHAKE RECIPES FOR WEIGHT LOSS](#)



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Spinach Flax Protein Smoothie; This recipe will make up one serving with the following nutritional value: 231 calories, 8 g fat, 0 g of saturated fat, 11 f sugar, 9 g fiber, 23 g carbs and 19 g protein. The 19 g of protein come from: spinach, almond milk, protein powder, flax meal and chia seeds.

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Whey protein comes from the watery byproduct of cheese, whereas soy protein is derived from soybeans and is a low-fat alternative to whey. Soy is more popular and considered the best weight loss protein shake.

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And sure, you could blend together a shake with a laundry list of ingredients but try one of these whole-foods based shakes with no more than nine ingredients instead.

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### **21 Quick and Easy Protein Shake Recipes Daily Burn**

Get energized with these amazing protein shake recipes. From chocolate peanut butter to mango and key lime, we promise your taste buds won't be bored.

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