

## [PROTEIN SHAKE RECIPES LOSE WEIGHT](#)



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### **Top 3 Coffee Protein Shake Recipes to Lose Weight**

What differs protein shakes from smoothies is that smoothies are usually much higher in carbs. Many smoothies include bananas and other fruit and this makes them high in sugars. When preparing protein shakes, you use coffee instead of fruit juice. Protein shakes help you make your diet lower in carbs and, as you know, calorie-controlled high protein diets help with both weight loss and building muscle. To prepare your protein shake, you start with iced coffee.

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