

# FALCON STRENGTH

*“WHERE ATHLETES ARE MADE”*

## “Get Big Shake”

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### Ingredients:

- **4 scoops of Whey/or Plant Based Protein Powder**
- **2 ½ Quarts of Milk**
- **4 Tablespoons of Peanut Butter**
- **1 cup of frozen blueberries**
- **1 cup of frozen raspberries/ strawberries**
- **2 Bananas**

### Directions:

**Blend all ingredients and pour into 2 plastic milk jugs and keep in the fridge.**

#### **Make 2 gallons**

- **Drink one 12 ounce glass in the morning**
- **Drink one 12 ounce glass after workout**
- **Drink one 12 ounce glass before bed**

**MUST CONSUME ALL 7 DAYS OF  
THE WEEK!!!!!!**

**QUESTIONS CONTACT: COACH KURTZ**

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