

JEFF MASTERSON PRESENTS

WEIGHT GAIN

Smoothies



20 Delicious
Muscle-Building Smoothies
For Maximum Size & Strength

Muscle-Building Smoothie Menu

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Creamy Vanilla Mint

Ingredients

1 scoop vanilla protein powder
5 drops mint extract
2 tbsp heavy cream
1 cup organic low-fat vanilla yogurt
½ cup oats
½ cup water
1 cup ice

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 539

Protein: 39 g.

Carbs: 59 g.

Fat: 16 g.

Pina Colada Power Smoothie

Ingredients

2 cups pineapple chunks
1 scoop whey vanilla or banana protein powder
 $\frac{3}{4}$ cup Greek yogurt
 $\frac{1}{4}$ cup sweetened dried coconut
 $\frac{1}{2}$ tbsp. coconut oil

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 527

Protein: 39 g.

Carbs: 59 g.

Fat: 15 g.

Chocolate-PB Cup Shake

Ingredients

1 scoop whey chocolate protein powder
2 tbsp. natural peanut butter
½ cup dry oats
½ cup skim milk

Directions

Grind the oats in a food processor if you prefer the shake to be a thinner consistency. Next, place the protein powder, oats, and milk into a blender and pulse blend until mixed. Add in the peanut butter and continue to blend until shake thickens.

Nutrition Facts:

Calories: 513

Protein: 39 g.

Carbs: 45 g.

Fat: 19 g.

Strawberry Banana Shake

Ingredients

1 frozen banana
2 cups strawberries
1 scoop vanilla protein powder
½ cup Greek yogurt
1 tbsp. coconut oil

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 488

Protein: 36 g.

Carbs: 52 g.

Fat: 15 g.

Chocolate Fudge Smoothie

Ingredients

1 scoop chocolate protein powder
1 box of sugar-free, fat-free Jell-O chocolate pudding powder
¼ cup dry oats
1 cup skim milk
2 tbsp. flaxseeds
½ tbsp. olive oil

Directions

Using a food processor blend together the dry oats, flaxseeds, and chocolate pudding powder. Next add this mixture along with all the other ingredients in a blender and blend until well mixed.

Nutrition Facts:

Calories: 554

Protein: 39 g.

Carbs: 60 g.

Fat: 17 g.

Blueberry Cheesecake Shake

Ingredients

1 scoop vanilla protein powder
½ cup Greek yogurt
2 tbsp. fat free cream cheese
1 tbsp. flaxseed oil
2 cups blueberries
½-1 cup water depending on desired consistency

Directions

Place all the ingredients into a blender except and pulse blend until well mixed. Add enough water to reach your desired consistency and blend for another 30 seconds.

Nutrition Facts:

Calories: 510

Protein: 38 g.

Carbs: 51 g.

Fat: 17 g.

Berry Blast Power Smoothie

Ingredients

1 scoop berry flavoured protein powder (or vanilla flavoured)
½ cup cottage cheese
¾ cup water
1 cup strawberries
1 cup blueberries
1 cup blackberries
1 tbsp. coconut oil

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 496

Protein: 39 g.

Carbs: 49 g.

Fat: 16 g.

PB-Banana Blast Shake

Ingredients

1 tbsp. peanut butter
1 ½ frozen bananas
1 scoop whey protein powder
½ cup skim milk
½ cup water
2 tbsp. flaxseeds

Directions

Crush the flaxseeds in a food processor. Add all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 510

Protein: 36 g.

Carbs: 52 g.

Fat: 17 g.

Mocha Power Smoothie

Ingredients

1 tsp. instant coffee
1 ½ scoops chocolate protein powder
1 cup water
¾ cup dry oats, ground up into fine flour
1 tbsp. flaxseed oil

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 533

Protein: 43 g.

Carbs: 47 g.

Fat: 19 g.

Cinnamon Latte Shake

Ingredients

1 scoop vanilla protein powder
1 cup low-fat vanilla yogurt
1 tsp. instant coffee
¼ tsp. cinnamon
½ cup milk
½ cup water (if desired consistency is thinner)
1 tbsp. flaxseed oil

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 465

Protein: 36 g.

Carbs: 40 g.

Fat: 17 g.

Choco-Coconut Shake

Ingredients

1 scoop chocolate whey protein powder
½ cup sweetened dried coconut
½ cup cottage cheese
¼ tbsp. coconut oil
¼ cup dried oats
½-1 cup of water

Directions

Place the dried coconut and oats in a food processor and blend until a powder-like substance has formed. Place the mixture, cottage cheese, coconut oil, and protein powder in a blender and blend until well mixed. Add water until desired consistency is reached and blend for 30 seconds longer.

Nutrition Facts:

Calories: 505

Protein: 40 g.

Carbs: 44 g.

Fat: 18 g.

Chocolate Mint Shake

Ingredients

1 scoop chocolate protein powder
1/3 cup ground up oats
2 tbsp. ground flaxseeds
1 tsp. mint extract
½ tbsp. olive oil
1 cup milk

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 478

Protein: 39 g.

Carbs: 42 g.

Fat: 17 g.

Strawberries And Cream Mass Builder

Ingredients

1 scoop vanilla protein powder
½ cup cottage cheese
1 tbsp. flaxseed oil
3 cups strawberries
¼ package sugar-free, fat free vanilla instant pudding powder mix

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 495

Protein: 37 g.

Carbs: 48 g.

Fat: 17 g.

Banana Cream Pie Smoothie

Ingredients

1 scoop vanilla protein powder
4 tbsp. flaxseeds
1 frozen banana
½ cup Greek yogurt
½ cup water
1 tbsp. graham cracker crumbs

Directions

In a food processor combine the graham cracker crumbs and flaxseeds, processing until finely ground. Add this mixture and remaining ingredients into a blender and blend until smooth.

Nutrition Facts:

Calories: 520

Protein: 42 g.

Carbs: 47 g.

Fat: 18 g.

Peanut Butter & Jelly Shake

Ingredients

2 tbsp. natural peanut butter
1 scoop vanilla protein powder
1 tbsp. raspberry jam
1 cup fresh raspberries
1 cup milk
1-2 ice cubes

Directions

Place all the ingredients except the ice cubes into a blender and pulse blend until well mixed and desired consistency is reached. Add the ice cubes and pulse blend one more time until frothy.

Nutrition Facts:

Calories: 501

Protein: 40 g.

Carbs: 45 g.

Fat: 18 g.

Creamy Cinnamon Bun Shake

Ingredients

1 scoop vanilla whey protein powder
1 cup milk
1 tsp. cinnamon
1 box sugar-free, fat-free vanilla pudding powder
4 tbsp. flaxseeds

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 531

Protein: 40 g.

Carbs: 53 g.

Fat: 18 g.

Chocolate Orange Shake

Ingredients

1 ½ scoops chocolate protein powder
1 cup strawberries
1 small orange
1/2 cup orange juice
½ cup water
1 tbsp. olive oil
1 tbsp. flaxseeds

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 495

Protein: 38 g.

Carbs: 42 g.

Fat: 19 g.

Citrus Splash Smoothie

Ingredients

1 cup Greek Yogurt
½ cup cottage cheese
¾ cup orange juice
½ cup cubed pineapple
½ grapefruit
1 tsp. vanilla extract
1 tbsp. flaxseed oil

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 488

Protein: 36 g.

Carbs: 48 g.

Fat: 16 g.

Pistachio Cream Protein Shake

Ingredients

1 cup cottage Cheese
½ cup Greek yogurt
½ package sugar-free, fat-free pistachio pudding powder mix
1 tsp. vanilla extract
2 tbsp. flaxseeds
½ tbsp. flaxseed oil
1 frozen banana
½ cup water
1-2 ice cubes

Directions

Grind up the flaxseeds with a food processor to start. Next add the flaxseeds along with all the other ingredients into the blender and blend until smooth.

Nutrition Facts:

Calories: 549

Protein: 43 g.

Carbs: 56 g.

Fat: 17 g.

PB Banana Protein Shake

Ingredients

1 frozen bananas
2 tbsp. natural peanut butter
½ cup Greek yogurt
½ cup cottage cheese
½ cup skim milk

Directions

Place all the ingredients into a blender and pulse blend until well mixed and desired consistency is reached.

Nutrition Facts:

Calories: 479

Protein: 37 g.

Carbs: 42 g.

Fat: 17 g.

A Message From Jeff:

These Weight Gain Smoothies are great for a quick and easy breakfast first thing in the morning before you rush off to work or school. And they're great for times when you are in a rush and just don't have time to sit down and eat a solid meal.

...But they CAN become addictive because they are delicious and so easy to make. It's easy to get lazy with your diet plan and start pounding 3 of these a day to replace 3 of your meals. Just remember that whole food is ALWAYS better for packing on muscle mass than drinking a liquid meal.

The reason for this is because your body doesn't need to work very hard digest a liquid meal like a smoothie, so it will absorb this meal very quickly and you may feel hungry again within an hour or 2.

So try your best to use these smoothies no more than once a day to replace a whole food meal in order to get the fastest gains. Enjoy!

To your speedy weight gain,



Jeff Masterson