



CHAD HOWSE PRESENTS

THE MAN
DIET

SHAKE RECIPES

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Healthy High-Calorie Meal Replacement

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Peanut Butter Brittle Shake

- 2 scoops vanilla protein
- 1 tbsp sugar-free instant butterscotch pudding mix, dry
- 1 tbsp natural peanut butter, chunky
- 8 oz. cold water or skim milk
- 3-6 ice cubes

Cheesy Vanilla Shake

- 16 oz. skim milk
- 2 cups no-fat cottage cheese
- 3 scoops of protein powder
- 1/2 cup non-fat, vanilla yogurt
- 1 scoop of your favorite fruit
- splenda to taste (approx 2 packets)
- 2-3 cubes of ice

The Muscle Monster Smoothie

- 16 oz. Skim Milk
- 1 Banana
- 1 Tbsp peanut butter
- ½ cup oats
- 2 scoops chocolate whey
- ½ cup Greek yogurt
- 2 cubes of ice

Orange You Glad It's Healthy

- 12 ounces fresh orange juice
- 2 scoops vanilla whey protein
- 1 banana
- 2 tablespoons natural peanut butter
- 4 ice cubes

Blueberry Blast

- 1 cup vanilla almond milk
- 1 frozen banana (peel before freezing)
- 1/2 cup blueberries
- 1 scoop unflavored or vanilla protein powder

Chocolate Chip “Ice cream”

- 1 cup chocolate almond milk
- 1 tablespoon peanut butter
- 1 frozen banana (peel before freezing)
- 1 tablespoon cacao nibs
- 1 scoop chocolate protein powder
- ½ cup chocolate chips

Jared’s Chocolate Peanut Butter Milkshake

- 2 tbsp organic peanut butter
- 2 scoops chocolate protein powder
- 12 ounces of coconut milk
- 2 tbsp cocoa powder
- 2 tbsp splenda
- 2-3 cubes of ice

Caramel Apple Smoothie

- ¼ cup caramel ice cream topping

- 1/8 cup chocolate syrup
- 1 apple, peeled, cored and diced
- 16 oz. Skim Milk
- 1 tsp. cinnamon
- 8 ice cube
- 1-2 scoops vanilla whey

Reeses Pieces Shake

- 1 cup skim milk
- 1 cup egg beaters
- 1 heaping tbsp peter pan honey roasted peanut butter
- 2.5 scoops double rich chocolate whey protein
- A sufficient amount of Coffeemate sugar free hazelnut flavoring

The Boy Scout

- 12 oz skim milk
- 4-8 Thin Mint Girl Scout Cookies
- 2-3 cubes of ice
- 2 scoops of chocolate whey protein

Thrilla in Vanilla Protein Shake

- 2 scoops vanilla whey
- 16 oz skim milk
- 1 tbsp linseed and almond mixture
- 1 tsp syrup
- Few drops vanilla extract
- 3-4 cubes ice
- 1 tbsp low fat natural yogurt

Almond Blast

- 2 scoops of vanilla Whey

- 10-12 oz of skim milk
- 1/2 cup of dry oatmeal
- 1/2 cup of raisins
- 12 shredded almonds
- 1 tbsp of almond butter

Peppermint Oatmeal

- 2 scoops of chocolate protein
- 1 cup sugar free vanilla ice cream
- 1 cup oatmeal
- 2 cups skim milk
- 1/2 cup water
- A splash of peppermint extract

Incredible Hulk

- 2 scoops vanilla protein
- 1/2 tbsp sugar-free pistachio pudding mix
- Few drops peppermint extract
- 1 few drops green food coloring (optional)
- 8 oz cold water or skim milk
- 3-5 ice cubes

Cinnamon Roll Protein Smoothie

- 2 scoops vanilla protein powder
- 1 tbsp sugar-free instant vanilla pudding
- 1/4 tsp cinnamon
- 1/4 tsp vanilla extract
- 1 packet artificial sweetener
- Few dashes butter flavor sprinkles or butter-flavor extract
- 8 oz water

- 3 ice cubes

Chocolate Peanut Butter Mix

- 2 Cups skim milk
- 1/4 cup peanut butter
- 3 ice cubes
- 1/2 banana
- 1 scoop chocolate protein powder
- 1 tsp of chocolate hershey syrup

Mango Coconut Shake

- 1 Scoop of Vanilla Whey Protein
- 3–4 Frozen Pieces of Mango
- 6oz of Coconut Milk
- Water

Strawberry Banana Shake

- 1 Scoop of Strawberry Whey Protein
- A handful of Kale
- 5 frozen strawberries
- 1 banana
- Water

Pineapple Shake

- 1 Scoop Vanilla Whey Protein
- 10 pieces of frozen Pineapple
- 16 oz Coconut Milk

Watermelon Mago Mix

- 1 Scoop of Vanilla Whey Protein

- Watermellon
- Frozen Mango
- 12 oz Almond Milk

Buckeye Shake

- 2 scoops chocolate protein powder
- 6 oz almond milk
- 1.5 TBSP peanut butter
- 1 TBSP raw cocoa powder
- 4 oz water (more for a thinner shake, less for a thicker shake)
- 3 Ice Cubes

Apple Crisp Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- ½ cup applesauce
- Crushed ice
- Water

Mint Chocolate Chip Shake

- 2 scoops low carb chocolate protein powder
- 12 oz mint flavored green tea
- 1 TSBP raw cocoa powder
- 1 TBSP cacao nibs (optional)
- 3 Ice Cubes

Cashew Cookie Protein Shake

- 2 scoops vanilla protein powder

- 6 oz almond milk
- 1.5 TBSP cashew butter
- 4 oz water (more for a thinner shake, less for a thicker shake)
- 1-5 drops vanilla extract
- 1-5 drops butter flavoring extract
- 2-3 Ice Cubes

Blueberry Muffin Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- 2/3 cup blueberries
- ½ packet of TrueLemon
- 2 TSP cashew butter
- 1-5 drops vanilla extract
- 4 oz water (more for a thinner shake, less for a thicker shake)
- 3 Ice cubes

Sweet Potato Pie Protein Shake

- 2 scoops vanilla protein powder
- 6 oz almond milk
- ½ cup sweet potato (already baked, no skin)
- 1-5 drops vanilla extract
- 4 oz water (more for a thinner shake, less for a thicker shake)
- Crushed ice
- Pumpkin Pie Spice to taste

Pre-Workout Shakes & Smoothies

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Berry Delicious Smoothie

- 1 cup strawberries
- 2 scoops strawberry whey protein
- ½ cup strawberry yogurt (low fat)
- 1 tsp honey

Chocolate Coffee Shake

- 2 scoops of chocolate whey protein
- 1 cup of skim milk
- 3 ice cubes
- 1 cup of water
- 1 spoonful of instant coffee

Espresso Smoothie

- 1 scoop Vanilla Whey Protein
- 1 shot of espresso
- ¼ cup of Greek yogurt
- Pinch of stevia
- Pinch of cinnamon
- 5 ice cubes

Jam Shake

- 1 cup vanilla yogurt (low fat)
- 1 banana
- 2 TBSP strawberry jam
- 1 TBSP honey

- 2 scoops vanilla whey protein

Pina Colada Shake

- 1.5 scoops of vanilla protein powder
- 1 tsp. of coconut extract flavoring
- 1/3 cup of crushed pineapple or 2 pineapple rings
- 1/4 cup of unsweetened coconut milk
- Ice cubes and water

Post-Workout Shakes & Smoothies

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Banana Bread Shake

- 2 scoops Vanilla Whey Protein
- 1 Banana
- 1/2 Cup Quaker Oatmeal
- 1/2 Cup Bran Flakes
- 350ml of Water
- 30g of Dextrose

Berries & Cream Shake

- 1-2 scoops of vanilla whey protein
- 2-3 ice cubes
- 1 small can of pineapple juice
- 1 handful of mixed berries

Berry Blast Shake

- 2 scoops Vanilla Whey Protein
- 1.5 Cup of Frozen Berries Mix (Strawberries, Raspberries, Blueberries)
- 4 Tablespoons of fat-Free Yogurt
- 200ml of Water
- 25g of Dextrose

Strawberry Cheesecake Shake

- 10 oz water
- 8 frozen strawberries
- 4 tbsp low fat sour cream
- 2 scoops strawberry whey

- 1 tsp honey

Peaches & Cream Shake

- 8-10 oz pure water
- 1 ripe peach
- 2 tbsp low fat sour cream
- 1 tsp honey
- 2 scoops vanilla whey

Bedtime Shakes & Smoothies

Prepare: Throw all ingredients into a blender for 30-60 seconds.

Nightcap

- 2 scoops chocolate whey
- 16 oz skim milk
- ½ cup oatmeal
- 1 tbsp almond butter
- 3 cubes ice

Ezekiel Nut Smoothie

- 2 scoops vanilla whey
- ½ cup Ezekiel cereal
- 1 scoop casein
- 1 tbsp peanut butter
- 16 oz skim milk
- 3 cubes ice

Sweet Potato Shake

- 1 sweet potato, cooked and peeled
- ½ tsp cinnamon
- 1/2 cup shredded almonds
- 2 scoops whey protein (any flavor)
- 16 oz whole milk

Midnight Macadamia

- 2 scoops vanilla whey

- 12 oz almond milk
- 1 scoop casein
- ½ cup macadamia nuts
- ½ cup Greek yogurt

Peanut Nutter Butter Shake

- 2 scoops whey protein
- 1 scoop casein
- 12 oz coconut milk or almond milk
- 1 tbsp chocolate syrup
- 1 tbsp crunchy peanut butter