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**Jim Smith, C.S.C.S.** Owner, Diesel Strength & Conditioning

**Ian Smith, M.D.** Member, President's Council on Fitness, Sports & Nutrition; author, *Shred: The Revolutionary Diet*

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**Chris Powell, C.S.C.S.** Trainer; author; transformation specialist, ABC's *Extreme Weight Loss*



**Jim White, R.D.** Dietician; owner, Jim White Fitness & Nutrition Studios; spokesperson, Academy of Nutrition and Dietetics

**Frank G. Bottono Jr., Ph.D., L.D.N.** Author, *The Diet Denominator: Fill Your Tank for Less*

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"MOST PEOPLE DON'T REALIZE THAT 3-5 TINY PARTY APPETIZERS CAN CONTAIN THE CALORIES OF AN ENTIRE MEAL. FILL UP ON LEAN PROTEIN LIKE SHRIMP COCKTAIL OR CHICKEN SKEWERS AND VEGGIES INSTEAD."

**DEVIN ALEXANDER**  
Celebrity Chef, New York Times best-selling author; chef on NBC's *The Biggest Loser*





# The Ultimate Muscle-Building Smoothies

Good-bye, chalky protein drinks. These gourmet, high-protein mixtures pack strong flavor for strong muscles.

By Devin Alexander

It's sort of an unwritten rule. If you want to make a high-protein, muscle-building smoothie palatable, you have to mix it with banana or peanut butter—and use chocolate-flavored protein powder, because you can't trust other flavors to taste good (although, to be fair, some of the newer formulations are much improved). Still, the result is always the same—a boring, OK-tasting shake that doesn't look very appetizing.

And then there's the element of repetition: Drink said smoothie two or three times a day, every day, and before long the mere sight of the thing makes your stomach turn.

It's time to rewrite the rules. We racked our imaginations—and test-drunk the results—and came up with more exotic, flavorful, and visually appealing options that offer nutrition that's equal to or even greater than the standard-issue muscle shakes out there. Better yet, each takes only five minutes or less to make. See the recipes that follow and our instructions on when to blend them for the best results, and start mixing up shakes you and your muscles will both look forward to.

## PEACHES & CREAM

- INGREDIENTS**
- 2 cups peaches
  - $\frac{1}{2}$  cup fat-free Greek yogurt
  - $\frac{1}{2}$  cup orange juice
  - 2 scoops vanilla whey or egg-white protein powder

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (20 oz) smoothie:**  
430 calories,  
52g protein,  
45g carbs, 3g fat

**Drink it:** right after your workout.



STYLING: JESSICA WATSON FOR MEN'S FITNESS

## BAHAMA BRO

- INGREDIENTS**
- 1 $\frac{1}{2}$  cups frozen pineapple
  - 4 ice cubes
  - $\frac{1}{2}$  cup fresh-squeezed orange juice
  - $\frac{1}{4}$  cup canned light coconut milk
  - $\frac{1}{4}$  cup 100% pomegranate juice
  - 2 scoops vanilla whey or egg-white protein powder

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (18 oz) smoothie:**  
467 calories,  
45g protein,  
59g carbs, 8g fat

**Drink it:** right after your workout.

## STRAWBERRY SHORTCAKE

- INGREDIENTS**
- 1 $\frac{1}{2}$  cups frozen strawberries
  - 1 tbsp strawberry 100% all-fruit preserves
  - 1 cup unsweetened vanilla almond milk
  - 2 scoops cookies & cream whey protein powder

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (18 oz) smoothie:**  
378 calories, 46g protein, 37g carbs, 6g fat

**Drink it:** anytime, as a meal replacement.

## TART GRAPEFRUIT MARGARITA

- INGREDIENTS**
- 2 cups frozen strawberries
  - 1 cup pink grapefruit juice
  - $\frac{1}{2}$  cup fresh-squeezed lime juice
  - 2 scoops vanilla whey or egg-white protein powder
  - 6 ice cubes

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (22 oz) smoothie:**  
433 calories, 47g protein, 61g carbs, 9g fat

**Drink it:** right after your workout.





Got five minutes?  
Make this.  
(Seriously.)



**PEANUT BUTTER & JELLY**

**INGREDIENTS**

- 1 cup frozen strawberries
- 4 ice cubes
- 2 tbsp natural peanut butter\*
- 1 tbsp strawberry 100% fruit spread
- ¼ cup unsweetened vanilla almond milk
- 1 scoop strawberry whey protein powder

\*the only ingredients should be peanuts and salt

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (20 oz)**

**smoothie:**  
422 calories,  
31g protein,  
35g carbs, 20g fat

**Drink it:** anytime, as a meal replacement

**Smooth Shopping**

Pick up these essentials for more sophisticated smoothie making

**BLENDER**

Get one with ice-crushing ability. More power—at least one horsepower—is best. A weak blender means you'll have to water down your smoothies to make them mix properly. Plus, a better blender will allow you to add veggies like spinach and kale and pulverize them so well you won't have to taste them. The Ninja BL630 Ultima Blender Plus has a double-blade system that allows you to blend completely hands-free. (\$260 at bedbathandbeyond.com)

**FROZEN FRUIT**

The frozen stuff tends to be more nutritious than even fresh fruit—it's frozen immediately after being picked, thus locking in the vitamins and minerals. Frozen fruit can also substitute for ice cubes, chilling your drink as well as adding a slushy consistency when blended.

**PROTEIN POWDER**

Powders should contain primarily the main ingredient they advertise. Look for "100%" whey, egg-white, or casein protein. Choose one

that's low in carbohydrates—you don't want to pay extra for carbs, since you can get them cheaply and easily from other foods.

**VEGETABLES**

You can toss fresh or frozen vegetables into any smoothie to add nutrition and fiber, which will help fill you up and avoid extra calories later. Spinach has a subtle flavor, so it's barely detectable in a smoothie mixed with fruit or protein powder (especially if you have a strong blender). Celery and cucumber are

great choices, too. Ginger and parsley can add spice to a shake, as well as soothe your stomach.

**ADD-ONS**

You've probably seen funky ingredients like acai powder, maqui, and wheatgrass at your gym's smoothie bar. You can add these to homemade shakes as well. Look for them in the natural foods aisle at your market or health food store. They might seem expensive, but you need so little per smoothie they'll cost only pennies per serving.

Use casein protein in place of whey at night before bed to feed your muscles while you sleep.

**ACAI BLUEBERRY COBBLER**

**INGREDIENTS**

- 1 cup frozen blueberries
- 6 ice cubes
- 1½ cups unsweetened vanilla almond milk
- ¼ cup old-fashioned oats
- 2 scoops vanilla whey or egg-white protein powder
- 3 tbsp acai powder
- 2 tsp light agave nectar

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (20 oz)**

**smoothie:**  
514 calories,  
49g protein,  
54g carbs, 12g fat

**Drink it:** 30-60 minutes before training.

**BLACK FORREST**

**INGREDIENTS**

- 1½ cups frozen cherries
- 1 cup spinach leaves, packed
- 1 cup unsweetened vanilla or chocolate almond milk
- 2 scoops chocolate egg-white or whey protein powder

Place all ingredients in blender in order listed. Blend on high until smooth. Serve.

**Makes 1 (18 oz)**

**smoothie:**  
405 calories,  
49g protein,  
43g carbs, 7g fat

**Drink it:** as a dessert.

