



Dave Ruel's

THE MUSCLE COOK.COM

Real Information About Cooking,
Nutrition And Dieting For Bodybuilding & Fitness



THE MUSCLECOOK'S

ANABOLICIOUS

POST WORKOUT

SHAKES



ANABOLICIOUS POST WORKOUT SHAKES

INTRODUCTION:

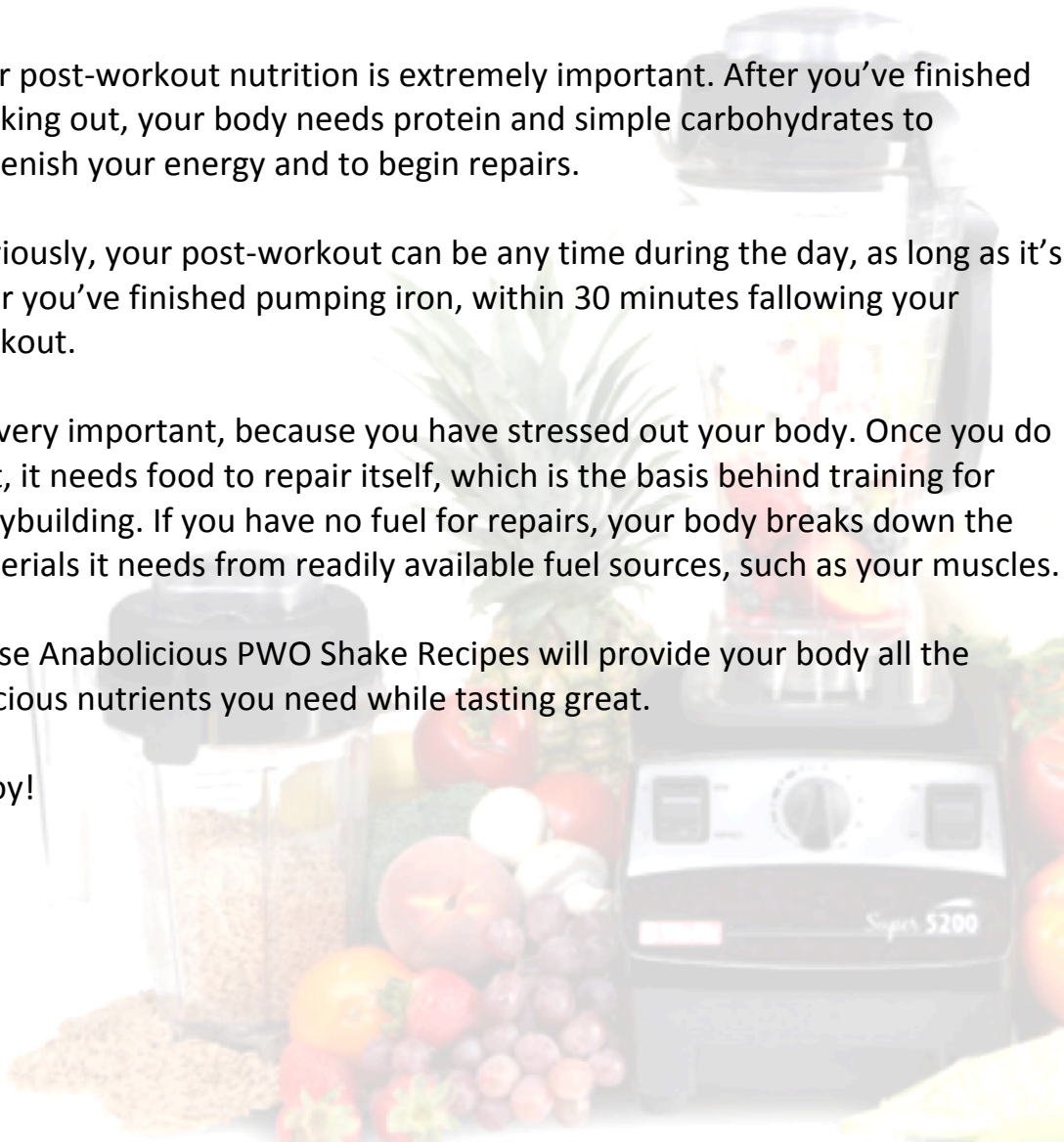
Your post-workout nutrition is extremely important. After you've finished working out, your body needs protein and simple carbohydrates to replenish your energy and to begin repairs.

Obviously, your post-workout can be any time during the day, as long as it's after you've finished pumping iron, within 30 minutes following your workout.

It's very important, because you have stressed out your body. Once you do that, it needs food to repair itself, which is the basis behind training for bodybuilding. If you have no fuel for repairs, your body breaks down the materials it needs from readily available fuel sources, such as your muscles.

Those Anabolicious PWO Shake Recipes will provide your body all the precious nutrients you need while tasting great.

Enjoy!



ANABOLICIOUS POST WORKOUT SHAKES

BANANA BREAD SHAKE

Ingredients:

- 2 scoops Vanilla Whey Protein
- 1 Banana
- 1/2 Cup Quaker Oatmeal (cooked in water)
- 1/2 Cup Bran Flakes
- 350ml of Water
- 25g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

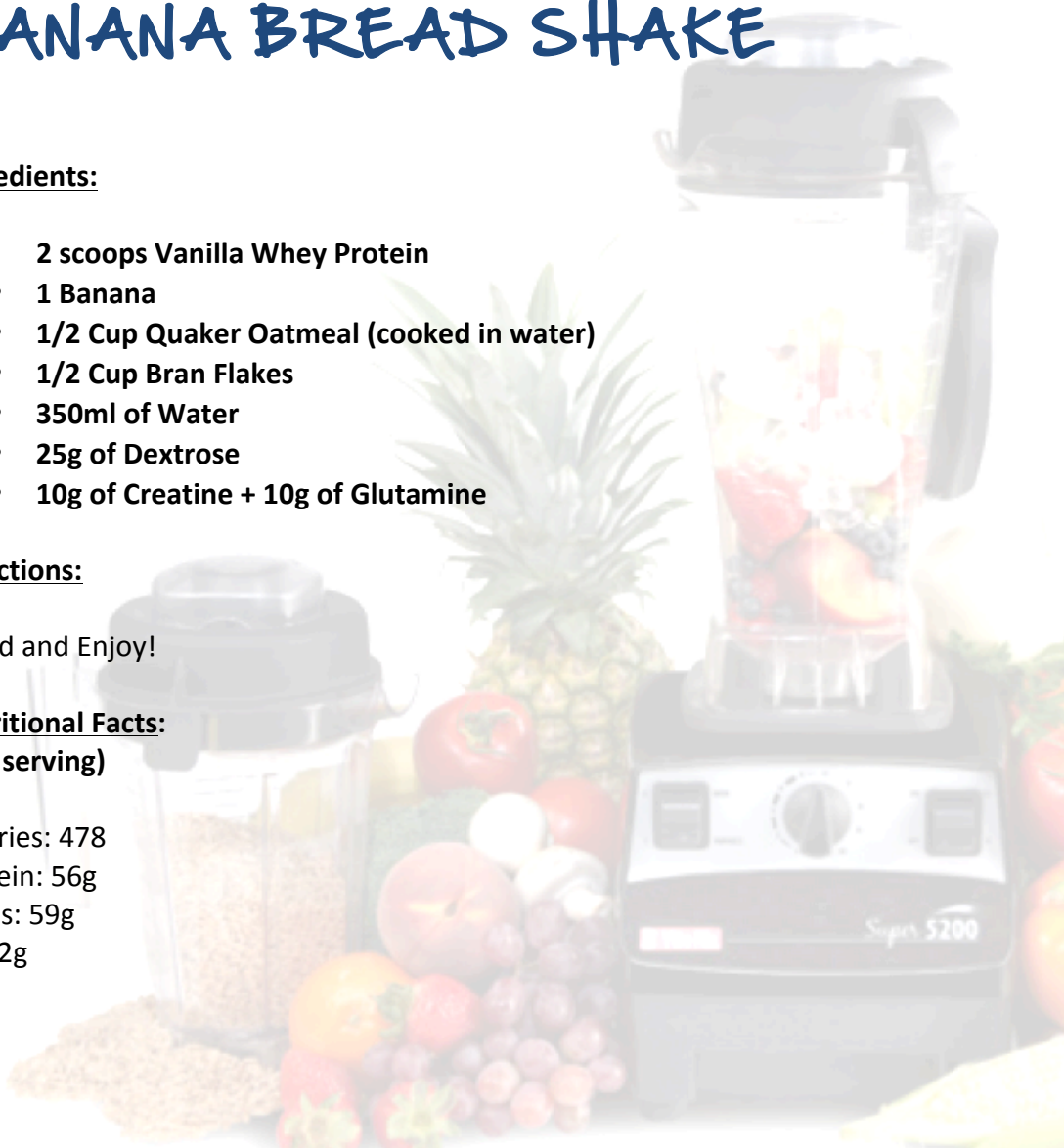
Nutritional Facts: (Per serving)

Calories: 478

Protein: 56g

Carbs: 59g

Fat: 2g



ANABOLICIOUS POST WORKOUT SHAKES

STRAWBERRY CHEESECAKE SHAKE

Ingredients:

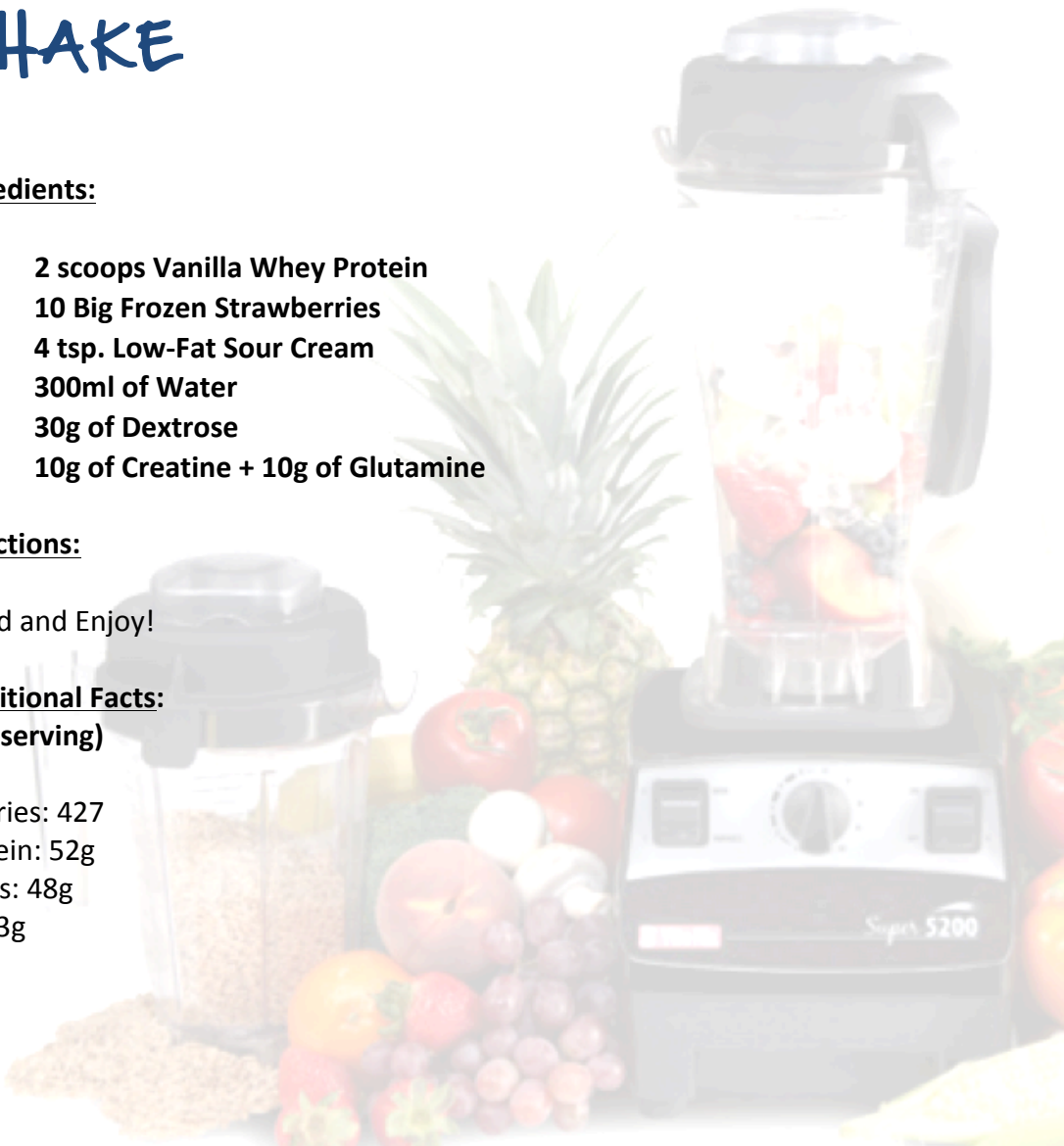
- 2 scoops Vanilla Whey Protein
- 10 Big Frozen Strawberries
- 4 tsp. Low-Fat Sour Cream
- 300ml of Water
- 30g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 427
Protein: 52g
Carbs: 48g
Fat: 3g



ANABOLICIOUS POST WORKOUT SHAKES

PINEAPPLE POWER SHAKE

Ingredients:

- 2 scoops Vanilla Whey Protein
- 6 Big Frozen Strawberries
- 1 cup of Ice + 100 ml of Water
- 2 tbsp. Fat-Free Yogurt (plain)
- 150 ml Pineapple Juice
- 30g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 456
Protein: 55g
Carbs: 59g
Fat: 0g



ANABOLICIOUS POST WORKOUT SHAKES

ULTIMATE CHOCOLATE LOVERS

Ingredients:

- 2 scoops Chocolate Whey Protein
- 1 tbsp. of Pure Cocoa Powder
- 2 tbsp. Low-Fat Sour Cream
- 1 tsp. of Flaxseed Oil
- 350 ml of Water
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

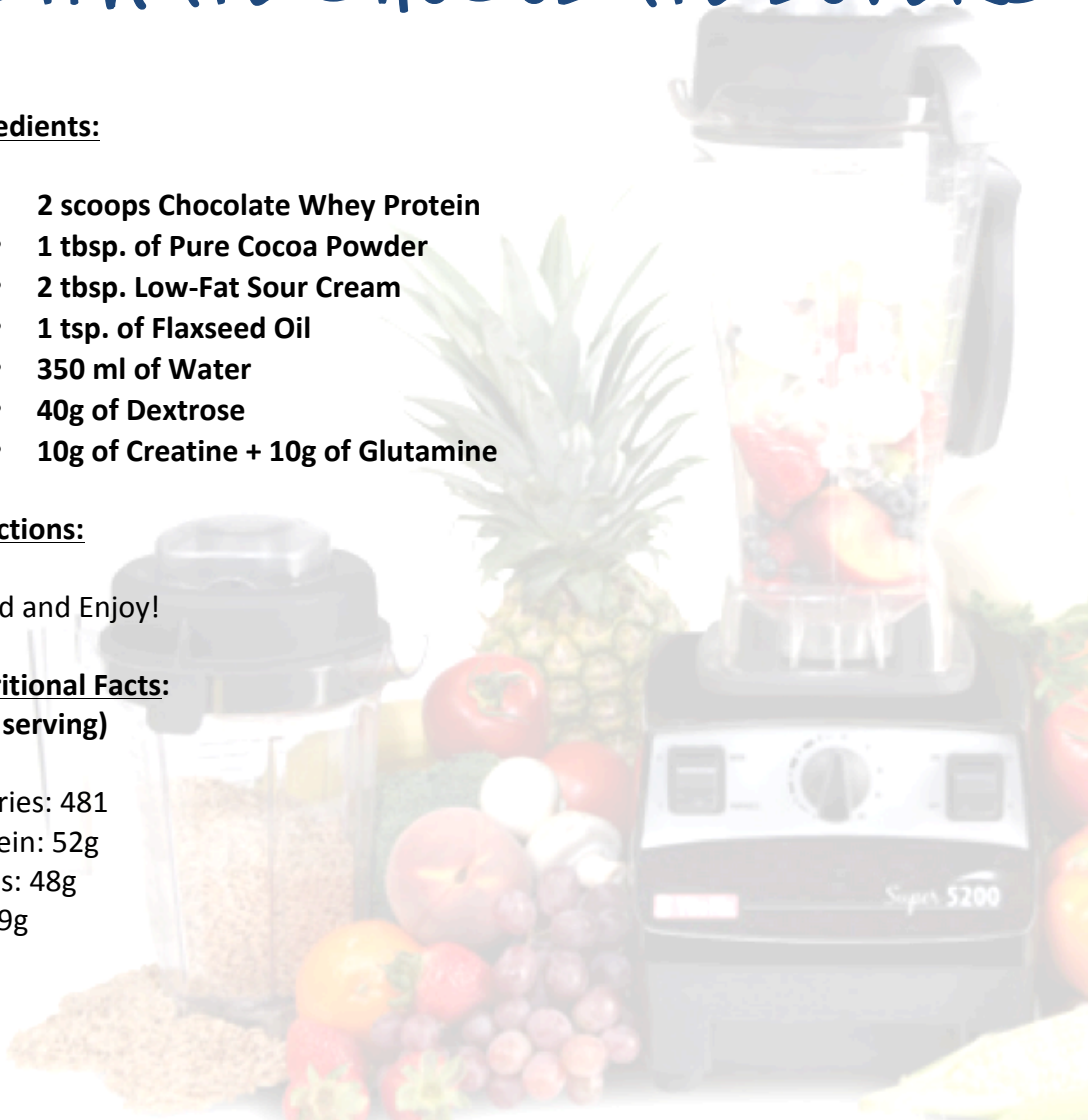
Nutritional Facts: (Per serving)

Calories: 481

Protein: 52g

Carbs: 48g

Fat: 9g



ANABOLICIOUS POST WORKOUT SHAKES

MONSTER CINNAMON ROLL

Ingredients:

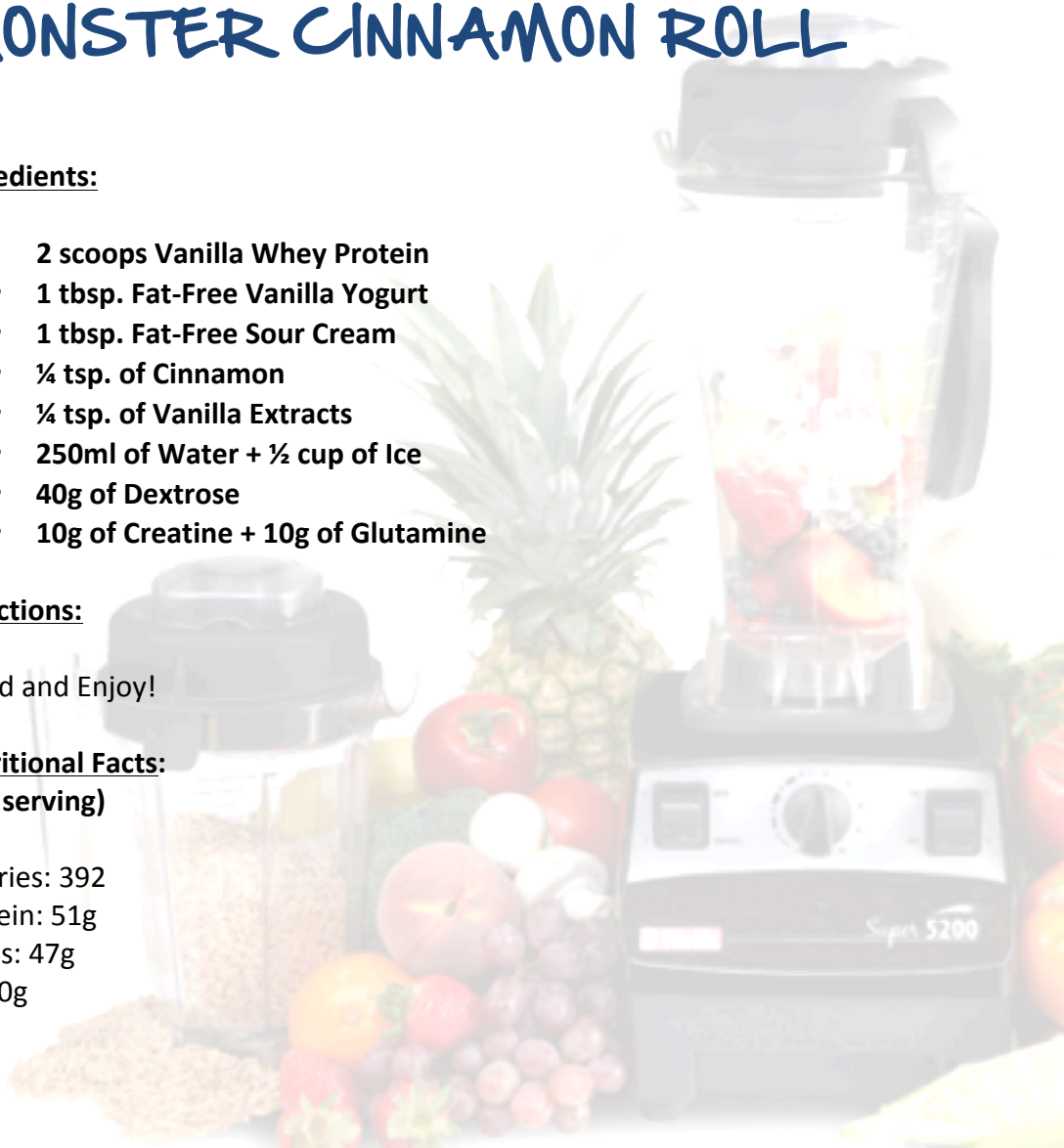
- 2 scoops Vanilla Whey Protein
- 1 tbsp. Fat-Free Vanilla Yogurt
- 1 tbsp. Fat-Free Sour Cream
- ¼ tsp. of Cinnamon
- ¼ tsp. of Vanilla Extracts
- 250ml of Water + ½ cup of Ice
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 392
Protein: 51g
Carbs: 47g
Fat: 0g



ANABOLICIOUS POST WORKOUT SHAKES

MEAN TURTLE SHAKE

Ingredients:

- 2 scoops Chocolate Whey Protein
- 1 cup of Egg Whites (Pasteurized)
- ½ oz. Chopped Pecan Halves
- 1 tbsp. Natural Peanut Butter
- ½ cup of Ice + 100ml of Water
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 550

Protein: 52g

Carbs: 45g

Fat: 18g



ANABOLICIOUS POST WORKOUT SHAKES

MUSCLEBERRY BLAST SHAKE

Ingredients:

- 2 scoops Vanilla Whey Protein
- 1.5 Cup of Frozen Berries Mix (Strawberries, Raspberries, Blueberries, Blackberries,...)
- 4 tbsp. of Fat-Free Yogurt
- 200ml of Water
- 25g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 380
Protein: 54g
Carbs: 51g
Fat: 0g



ANABOLICIOUS POST WORKOUT SHAKES

FRENCH VANILLABOLIC

Ingredients:

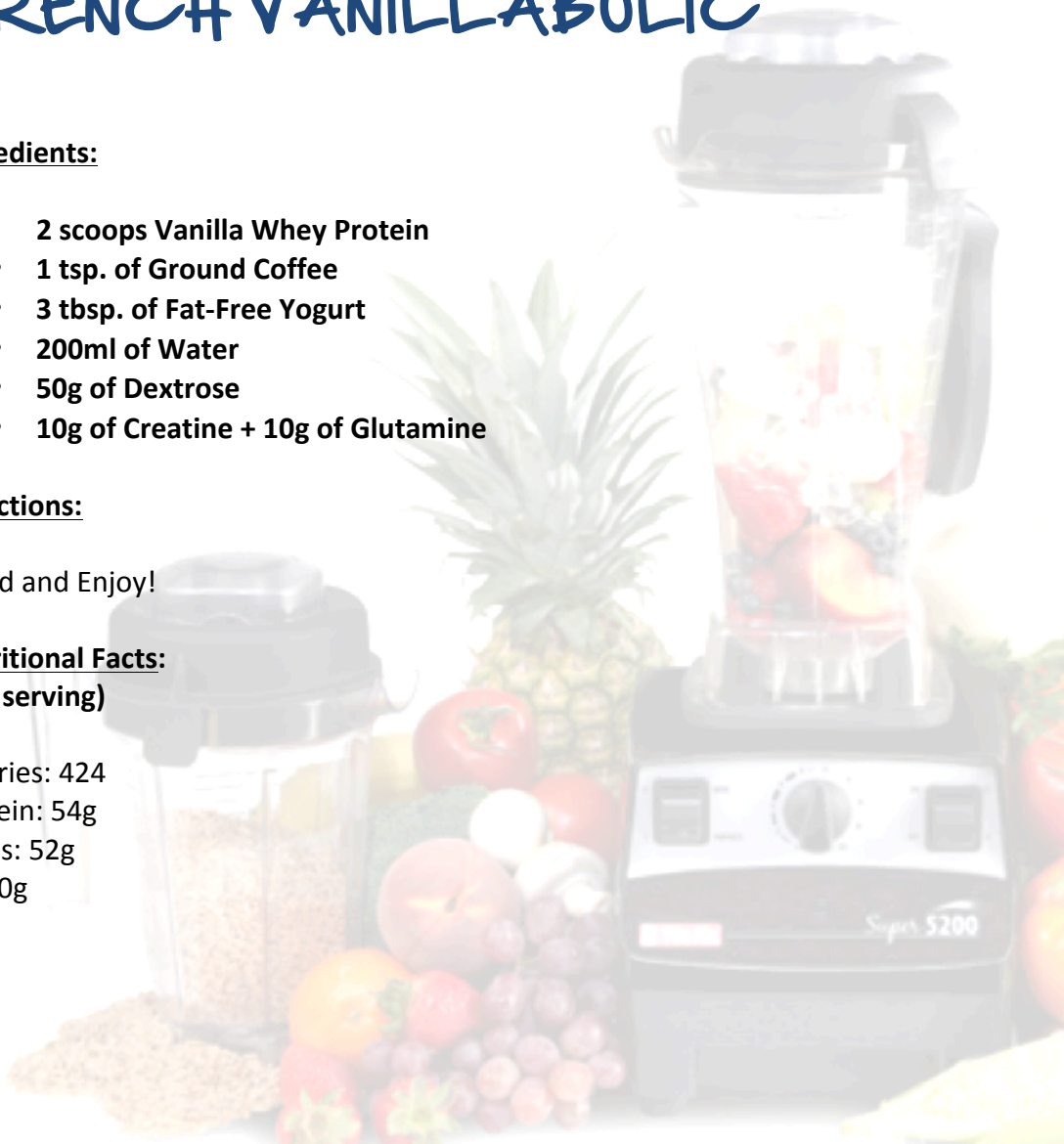
- 2 scoops Vanilla Whey Protein
- 1 tsp. of Ground Coffee
- 3 tbsp. of Fat-Free Yogurt
- 200ml of Water
- 50g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 424
Protein: 54g
Carbs: 52g
Fat: 0g



ANABOLICIOUS POST WORKOUT SHAKES

ULTIMATE PBJ SHAKE

Ingredients:

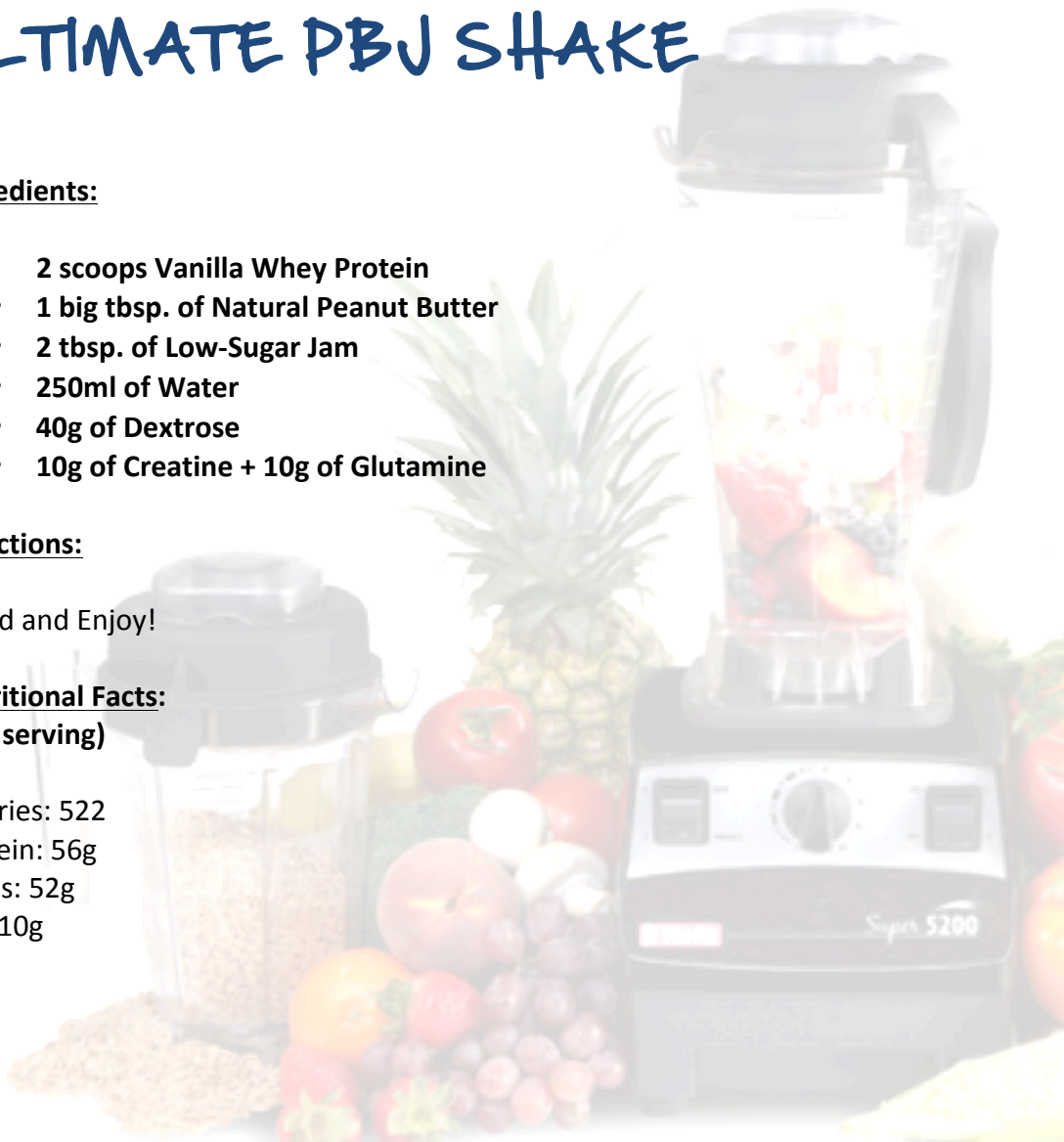
- 2 scoops Vanilla Whey Protein
- 1 big tbsp. of Natural Peanut Butter
- 2 tbsp. of Low-Sugar Jam
- 250ml of Water
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 522
Protein: 56g
Carbs: 52g
Fat: 10g



ANABOLICIOUS POST WORKOUT SHAKES

JACKED APPLE PIE

Ingredients:

- 2 scoops Vanilla Whey Protein
- 1 Apple (cut in pieces and microwave for 2 minutes)
- ½ tbsp. Cinnamon
- ½ tbsp. Nutmeg
- 100ml of Water
- 100ml of Fat-Free Milk
- 30g of Dextrose
- 10g of Creatine + 10g of Glutamine

Directions:

Blend and Enjoy!

Nutritional Facts: (Per serving)

Calories: 416
Protein: 55g
Carbs: 49g
Fat: 0g

