

Protein Shakes

Basic Shake Ingredients

- 1 cup water
- 1 serving protein powder
- Optional: 1 cup steamed/cooled (or frozen) cauliflower or broccoli
- 1-2 tbsp MCT Oil or 1/2 cup full fat canned coconut milk
- NuNaturals Stevia to taste (if you want it sweeter)
- Ice (1-3 cups depending on your preference)

Berry Shake Ingredients

- 1 cup water
- 1 serving protein powder
- Optional: 1 cup steamed/cooled (or frozen) cauliflower or broccoli
- 1-2 tbsp MCT Oil or 1/2 cup full fat canned coconut milk
- NuNaturals Stevia to taste (if you want it sweeter)
- 1/2 cup frozen berries
- 1 scoop Strawberry Kiwi Dynamic Greens (NutriDyn Brand)
- 1/4 cup lemon juice
- Ice (1-3 cups depending on your preference)

Chocolate Shake Ingredients

- 1 cup water
- 1 serving protein powder
- Optional: 1 cup steamed/cooled (or frozen) cauliflower or broccoli
- 1-2 tbsp MCT Oil or 1/2 cup full fat canned coconut milk
- NuNaturals Stevia to taste (if you want it sweeter)
- 1-2 tbsp (or more) unsweetened cocoa powder
- 1 scoop Chocolate Dynamic Greens (optional)
- Ice (1-3 cups depending on your preference)

Instructions

Place all ingredients in a Vitamix or blender.

Blend until combined.

Taste. If needed, add more stevia, flavors, or ice, and blend again.

Makes 1 serving. Enjoy!

Optional Additions

- 2-4 heaping scoops Great Lakes Collagen powder
- 1/2 avocado for creaminess and fat
- Make it a mocha with a pinch of coffee grounds or beans
- 1 tbsp maca powder for malt flavor

Protein Powder Suggestions:

NutriDyn Brand:

[Dynamic Paleo Protein](#)

[Dynamic Detox Shake](#)

[Dynamic Daily Meal](#)

[Dynamic Hormone Balance](#)

Other Brands:

[SunWarrior Brand Protein](#)