

SUPER SHAKES

MAX MUSCLE'S
[GUIDE TO CREATING DELICIOUS]
PROTEIN SHAKES



MAX MUSCLE
SPORTS NUTRITION



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PROTEIN SHAKES

THE **MAX MUSCLE** WAY

BY JOE WELLS

10

GOOD REASONS YOU SHOULD BE DRINKING PROTEIN SHAKES?

1. Protein Shakes are Healthy and Taste Great
2. Protein Shakes Digest Easier than most Dietary Proteins
3. Protein Shakes Supply High Quality Protein
4. Protein Shakes Cost Less than Most Dietary Proteins
5. Protein Shakes Support Lean Muscle Mass
6. Protein Shakes Support Increasing Your Metabolism
7. Protein Shakes Support Muscle Retention while Dieting
8. Protein Shakes Support a Healthy Lifestyle
9. Protein Shakes Contain a Healthy Blend of Easy to Digest Nutrients
10. Protein Shakes help you monitor precise amounts of proteins / carbs / fats in your diet



MAX MUSCLE SHAKES taste great and are a supercharged way to keep your body fortified with nutrients.

Wow! It sounds like we should all be pounding down protein shakes. In reality if you take into consideration your personal goals and of course your health concerns, most of you will see that protein shakes do offer a tremendous advantage. Whether you want to limit your shake to 100 calories or boost it to over 1,000 calories per shake, *Max Muscle Shakes* make it much easier to do this.

Over the past 15 years *Max Muscle* has helped thousands of customers accomplish their goals by utilizing *Max Muscle* products and of course most of these customers have incorporated *Max Muscle's* methods for losing fat or gaining muscle with *Max Muscle's* healthy protein shakes.

LOSING WEIGHT WITH PROTEIN SHAKES

Most health experts agree that we can speed up our metabolism by eating smaller meals more frequently. Protein is a very important nutrient that goes hand in hand with any fitness or training program. It is not uncommon to eat protein 4-6 times per day when training or dieting. This can make a huge difference in how much our lean muscle mass to fat mass ratio is. Obviously a higher lean muscle to fat mass ratio is desirable. Let's suppose you lose 20 pounds over a couple months.

Most of us would be pretty happy with those results. Let's say you did it by using the latest Hollywood diet craze and you drank fruit juice and ate watermelon for 60 days, with very little focus on protein in your diet. You could very well lose the same amount of fat weight and lean muscle mass. You may have lost 20 pounds, but if 10 pounds is fat and 10 pounds is lean muscle mass, then your body fat percentage is virtually the same. While you weigh 20 pounds less and your clothes may fit better, your body fat percentage and overall health has changed very little. Your skin may appear saggy and your muscles may lose tone. Because your body fat has changed very little, you won't have any new lines in your abs or tightened muscles to serve as a reward for your hard work and dedication. And worst of all, your metabolism is likely running even slower than when you started. A leaner body requires a faster metabolism. My bet is that within a couple months you will gain all the weight back and have an even higher percentage of body fat. You can now see just how important that protein is when you diet. As you read further into this guide we will give you some helpful tips on how to blend protein shakes and make sure you are getting plenty of nutrients while accomplishing your goals.



Get lean and strong with *Max Muscle*
Protein Shakes!

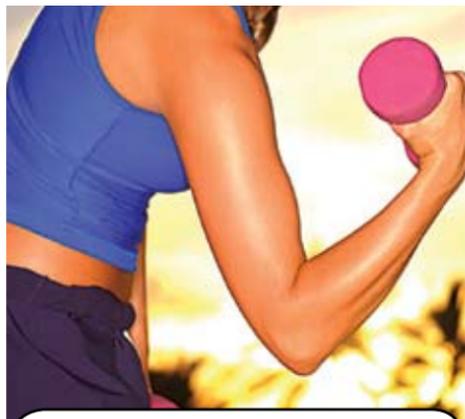
GAINING LEAN MUSCLE WEIGHT WITH PROTEIN SHAKES

The previous suggestions also hold true when your goal is to gain weight. If you gain 20 pounds and 10 of it is from fat weight and 10 of it is lean muscle weight, you have accomplished your goal of gaining 20 lbs, but your body fat percentage is still pretty much the same as when you started. When your gaining weight it may not seem quite as important to gain lean muscle weight, but what if eating a high protein

diet while dieting and training intensely can help you gain a higher percentage of lean muscle mass? What if you could gain 16 lbs of muscle and only 4 lbs of fat? You will look even better than before because you will be bigger and leaner. Those hard-earned muscle striations and cuts will begin to emerge. It's no miracle, just hard work and plenty of protein. Protein Shakes and frequent protein/meals can make a huge difference in your results!



Get ready to shed those unwanted pounds, while adding muscle to your body!



Max Muscle Protein Shakes help you gain lean muscle mass, while maintaining a lean physique.

MAX MUSCLE AND PROTEIN SHAKES

Max Muscle has virtually pioneered the ever-popular protein shake. I guess it is a natural occurrence since we have specialized in manufacturing some of the finest protein powders on the market. *MaxPro Protein* led the pack for us, and dates back to the early 90's. If we kept track of pounds of protein powders sold, I would guess that we are over 10 million pounds. We have customers that simply add a scoop or two of protein powder in a shaker cup with cold water and do what I call, the "gulp and go". While I really appreciate the blue-collar mentality of these old school protein consumers, it

is amazing to watch the new school gourmet style customers. These customers make drinking a protein shake creative, artistic and above all... *delightful*.

I have always said if you have to choke down your shakes, then eventually you will stop drinking them. I believe that we need to crave our morning or afternoon protein shake. *Max Muscle* always formulates our protein powders to taste good even if you mix them alone in cold water. Now if you choose to add some nonfat milk, fruit and ice in a blender, you have an awesome tasting shake! Like cooking, there really is no end to how creative you can get with protein shakes. I like to tell *Max Muscle* customers my story about adding frozen broccoli florets to my kid's protein shakes in the morning. My recipe was as follows: 4 ounces of apple juice, 4 ounces of milk, a banana, ½ cup of frozen broccoli, ½ cup of ice and ½ serving of High Five (our popular blend of 5 different proteins). My kids loved these green shakes and had no idea they were starting out their day with a serving of broccoli.

As I mentioned above, *Max Muscle* has specialized in protein powders for almost 2 decades. We have seen virtually every diet and fitness craze come and go. It has been amusing to say the least as we have watched the low-fat craze, followed by the low-carbohydrate craze. What was so amusing is that it was always pretty much a high protein diet, which is what *Max Muscle* has been promoting all along.

This guide will educate you on how to make shakes for weight loss, weight gain, healthy lifestyle (anti-oxidant juices and fruits); dessert delights and of course kids shakes.

FIRST STEPS

GET A GOOD BLENDER

A good blender can really make a difference in your overall experience. It will crush ice, frozen fruit and nuts in seconds. A poor blender will serve half blended ice cubes and fruit, nuts and flaxseeds may gather at the bottom. A good blender will typically be more than 75 dollars and an excellent blender will be in the 200-400 range. I use a Vita-Mix Blender that is considered by many to be the premier home blender. Look for a blender that has at least a 2hp motor and a 48-ounce container. It should also spin on high speed at approximately 25-30,000 rpm per minute. Some blenders will equate watts instead of HP. The minimum watts should be at least 600, but I recommend higher if you can afford it. This will be a reliable blender to handle all your blending needs. If your budget limits your purchase of a new blender, be patient and cut up your fruits and add ice and other frozen items slowly.



Max Muscle is the expert in protein shakes! A Good blender makes a big difference.

A PROTEIN SHAKE FOR EVERYONE

Whether you want to gain weight, lose weight, maintain a healthy lifestyle or try and extend your life by drinking some of our powerful anti-oxidant shakes, this guide will help you accomplish your goals. The recipes in this guide are segmented to help you mix up the best shakes that apply to your goals. As you begin to experiment with juices, fruits, milk, soy milk, and of course *Max Muscle* protein powders you will become your own shake connoisseur.

Max Muscle is committed to supplying our customers with the highest quality proprietary protein powders that mix easily and taste great.

Among them are proteins such as *High Five*, *MaxPro*, *Max Gourmet*, *Max Lean Protein*, *Iso-Extreme* and other proteins that *Max Muscle* makes or will make in the near future. Of course these recipes and ideas use *Max Muscle Proteins*, and we do appreciate you trusting *Max Muscle* for all your supplemental protein needs. *Max Muscle* guarantees you only the highest quality great tasting products.

HYDRATING YOUR SHAKES

Every protein shake needs to be mixed with some type of liquid. Protein does not react well with warm fluids. Make sure your shakes are mixed with cold juice, water or milk! It makes a big difference in the entire experience. If you mix it now and drink it later, make sure to keep it cold!

Typically the minimum amount of fluid for a shake is 6-8 ounces. While this does not sound like much fluid, by the time you add protein/fruit/ice etc, your shake will easily double to triple in size depending on how much you add. I typically assume it will triple in size if you add ice and fruit, which will apply to most shakes. That is what makes these shakes so fantastic; they can be very filling while using very few calories.

If you are one of the lucky few that are actually trying to gain weight, protein shakes can be very helpful. Have you ever tried eating 1000 calories of good food? It's not easy, but by adding nuts/peanut butter etc., it can be done very easily with a *Max Muscle* protein shake.



There is a **Max Muscle Protein Shake** for everyone!

MILK AND SOY MILK

Milk and soy milk can also be a little deceiving in terms of sugar and carbohydrate content, but not as bad as juice. The sugar content of milk is typically about 12 grams of sugar per 8 ounces. Soy milk varies and can contain anywhere from 2-15 grams of sugar per 8 ounces. Read the label and I recommend something in the area of 6-7 grams of sugar, they tend to taste pretty good. Both milk and soy milk contain approximately 1 gram of protein per ounce of milk or soy milk. So an 8-ounce glass of milk whether it is low fat or regular will contain about 8 grams of protein. Soy milk can contain up to 10, but to keep it simple I generally calculate 1 gram per ounce of milk or soy milk. Keep in mind this is better than juice which contains little or no protein and more sugar. One nice quality of soy milk is that it tends to get thicker and creamier when you blend it with ice in a blender. I do like to blend 4 ounces of soy milk with 4 ounces of juice to lower the sugar of the juice and get some protein benefit from the soy, and of course these shakes taste awesome. Don't forget about all the healthy heart benefits from soy as well.



Milk and Soy Milk are great for hydrating shakes!

JUICES

Typically I choose to use smaller amounts of juices. Juices contain a very high amount of simple sugars and will really jump the sugar content of your shake quickly. A good rule of thumb for fruit juices is approximately 100 calories and 25-30 grams of carbs and sugar in every 8 ounces. Juice contains a lot of sugar! Imagine drinking a tall 16 ounce glass of orange juice, it could easily exceed 50 grams of sugar! Juices do have anti-oxidant, phyto-nutrients and vitamin benefits for all of us; we just need to minimize the serving size.



Most juices contain too much sugar to be used as the primary liquid.

All juices vary a bit, but I prefer to suggest diet guides so when you're in a restaurant or you don't have the exact calorie count you can make an educated estimate. Prune juice will have more fiber and less sugar, and Aloe-Vera juice is practically calorie free. Aronia Berry is new to the market and is packed with anti-oxidants and only has 12g of sugar per 8 ounces. These are exceptions to the rule and of course do not apply to typical fruit juices such as orange or apple juice. Many companies are offering hybrids juices or mixes containing less sugar and a mild sweetener from Sucralose or Splenda. Splenda and Sucralose are the exact same sweetener, but Splenda is a brand name for Sucralose and in my opinion either one is an excellent choice for an artificial sweetener. Sucralose is the primary sweetener in most *Max Muscle* proteins. I find most of these hybrid fruit juice mixes taste very good and allow you to use 8 full ounces of their juice without adding a ton of sugar to your shake. Remember that the darker juices such as blackberry and blueberry contain higher amounts of antioxidants. Read labels - it will help you avoid excessive simple sugar calories that encourage the body to store fat. Don't forget to check the serving size when you check the label claims or nutrition facts. I recently saw a nutritional fact that appeared to claim 16 grams of sugar in a 24-ounce container. When I looked closer I realized it was 3, 8-ounce servings that contained 48 total grams of sugar!

FRUITS



Fruits and shakes go together like bread and butter, but are much healthier!

Fruits typically do not contain nearly as much sugar as their concentrated cousins the fruit juices. It takes about 4 oranges to make an 8-ounce glass of orange juice, and the only thing being left behind from the juice process is the fiber and bulky nutrients. So naturally fruits contain more fiber and phytonutrients than juices and of course can really make your shake taste good and add a nice flavorful consistency. Bananas are my favorite. A banana is typically 70-100 calories. I like to buy the small ones that will only be about 60 calories. This makes it very easy

to use the whole banana and actually only add about 12-13 grams of sugar and carbs. If your bananas start to over ripen, simply peel them and break them in half and freeze them. This will make them stop ripening and really makes your shake taste good when they are added frozen.

Another favorite is strawberries. They are very low calorie and of course have a very pleasant taste. 1 full cup of frozen or fresh strawberries is only about 60 calories and 12 grams of sugar. Of course this should be a favorite in your shakes. Sometimes I will use $\frac{1}{2}$ of a banana and $\frac{1}{2}$ cup of frozen strawberries or blueberries for a great tasting low calorie fruit shake. This way my total calories from fruit stay at about 60 calories and I get the great flavor of both fruits. As most of you know they do taste very good together.

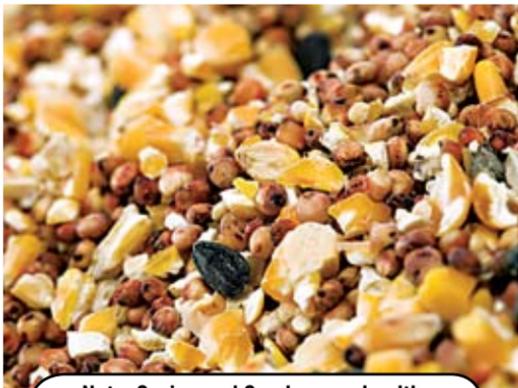
Peaches are another great fruit to add to your shake. They are one of the lowest fruits on the glycemic index and they are very easy to buy frozen. I typically prefer frozen because they seem to be very hard to find perfectly ripe and when you do find them, they ripen very fast. Apples are great to add fresh and stay fresh and crisp for well over a week. Many stores now offer a great selection of frozen berries and fruits that really enhance the flavor and health benefits of your shake.

ANTI-OXIDANT FRUITS

Blueberries and blackberries are loaded with natural anti-oxidants and also have a very low calorie and sugar content. Anti-Oxidants have powerful phytonutrients that combat oxidation of our cells and can actually slow down the aging process. I don't know about you, but I am all for slowing down aging as much as possible! Keep those purple and dark fruits in mind when you want to add anti-oxidants to your shakes naturally. I also use dark unsweetened cherry juice, blueberry juice, pomegranate juice or dark grape juice and I have even used beet juice, which is a very dark red color. Aronia Berry is a new low sugar juice that is packed with anti-oxidants. Always check the serving size and sugar content when looking at the label information. Make sure to check out our anti-oxidant shakes in this guide. We would all love to stay young forever, let's fight this aging process every step of the way!

NUTS, GRAINS & SEEDS

Nuts, grains and seeds can be very healthy and beneficial to your shakes. We all know that there are a multitude of nuts, grains and seeds to choose from. Most of them have some type of positive health benefits for us. Please check with your doctor if you suspect that you or someone in your family has any type of allergies to nuts, grains or seeds. Aside from allergies, most nuts and seeds have dozens of health benefits. I want



Nuts, Grains and Seeds are a healthy addition to shakes. They provide protein, essential fats and fiber!

to help you focus on what I consider my favorite nuts, grains and seeds to add to your shakes. This category can get very confusing and because of the high caloric content many of you may shy away from them. I will help you make sense of it all and help you choose from a few simple choices from these nutrients that I feel give you the highest health benefits vs. caloric impact.

My favorite nut to add to my shakes is the Almond. Almonds have so many health benefits, and they are a great snack aside from adding them to your shakes. Almonds are nutrient dense and contain the good fats that have been proven to help lower cholesterol. Each almond has approximately 7 calories, so you need to watch how many you add to your shakes. Typically adding 5-10 almonds will keep you from overloading on calories while making sure that you get the healthy benefits of the good fats, vitamin E and of course the fiber content. Studies have shown that almonds can actually help you lose weight. Almonds are also one of the highest protein content nuts. A cup of whole almonds has approximately 30g of protein, while cashews only contain 18. Peanuts are close second with 28 grams per cupful, but have a higher amount of saturated fats than almonds, which is another reason I choose almonds as my favorite nut.

As I suggested almonds or nuts should be added to your shake in small amounts to limit calories. Almonds or nuts can also be used to add calories to your shake. $\frac{1}{4}$ cup of almonds contains about 200 calories and will blend into a shake making it very nutty. If you are one of those lucky few that are trying to gain weight as opposed to constantly limiting calories, such as a young athlete, almonds could be the key ingredient that helps you start gaining weight, while supplying your body with healthy essential fats.

My favorite seed is the Flax Seed. I prefer the Golden Flax variety and I prefer them as a whole seed. Not crushed or pressed into oil. What makes Flax seeds so great is that when they are intact as a whole seed they will naturally last much longer. Flax oil needs to be refrigerated and can go stale very fast. As a crushed powder they will also get stale very quickly. As a whole seed they



Grains, Nuts and seeds can be very healthy and tasty when added to your shake!

will last for months in a plastic bag or air tight container. Simply add them by the tablespoon to your shakes. I keep a jar right next to my blender for easy access. They are loaded with good fats that combat cholesterol and support a healthy heart and free flowing arteries. In addition to this flax seeds are about 20% protein and contain 4 grams of good fats per tablespoon. Don't be afraid of these fats, as they are very good for

you! In addition to this a teaspoon will supply an additional 2g of protein and only 3g of carbs and no sugar. And to keep your digestive system healthy, flax seeds also add 3g of fiber. Wow, all these benefits while adding only 55 calories per tablespoon. I typically add 2 tablespoons to my shakes. While this adds 110 calories to a shake, I believe the fiber content and good fats that contain no saturated fats are very healthy for me! I must also mention that fats help regulate your hormones. Optimal Testosterone, Growth Hormone, and Estrogen levels are essential for good health. If we all want our hormones to function correctly, we need to eat good fats, and Flax Seed contains some very healthy fats!

My favorite grain to add to a shake is quite simply whole grain oats. Old-fashioned oatmeal, yes the Quaker™ type is very easy and useful in your shakes. Much attention has been focused on oatmeal. It is a heart friendly grain that millions of Americans are utilizing to control cholesterol and support a healthy heart. It is very simple to add a quarter cup of oatmeal to any shake. It will give it a creamy consistency and a healthy taste. It will add about 75 calories for ¼ of a cup along with 2g of fat, 17g of carbs, and 4g of protein. The tremendous health benefits far outweigh the minimal impact of the 75 calories, and if you want to lower that amount simply reduce the oatmeal to a couple of tablespoons per shake.

As you can see nuts, grains and seeds can add healthy calories to a shake rather quickly. This is why I emphasize minimizing juices and simple sugars. However, remember that a 300-400 calorie shake will be very filling and nutritious. It is not uncommon for customers to mix up a 400-500 calorie shake (about 30 ounces) in the morning and not be able to finish it. In that case you can simply store it in the fridge and finish it off a couple hours later. I have seen this time and time again as a customer literally has a hard time consuming 400 calories before noon. Of course you can see that this is a minimal amount of calories carrying you through the first part of your day.

Shakes can get you off to a very healthy low calorie start of your day! You will likely not get hungry for a few hours and you will have the peace of mind that you are supplying your body with some very healthy nutrients. Let's do a quick comparison of typical breakfasts vs. a healthy shake.

3 eggs, 2 pieces of whole-wheat toast, 3 pieces of bacon and 8 ounces of orange juice contains approximately 28g of protein, 30g of carbohydrates (37g of sugar), 23g of fat (16g of saturated). **Estimated Calories = 620**

A typical protein shake mixed with soy milk could easily provide the following: 35g of protein, 25g of carbohydrates (12g of sugar), and 2g of fat (0 saturated). **Estimated Calories = 300**



A typical American breakfast may have 23g of fat and 16g of saturated fat!

Wow! Half the calories, half the carbs, almost 30% more protein and no saturated fats! The choice is very simple. Of course if you are willing to cook 9 egg whites and skip the toast and have a banana you could come close to simulating this shake, but you will spend more money and I guarantee it will be much easier to make a healthy high protein shake.

FUN STUFF/ SUGAR FREE ICE CREAM, PUDDING, PEANUT BUTTER, YOGURT, REAL ICE CREAM

This is the part where you can get very creative depending on what your goals are. If you are trying to lose weight try some of the following taste tantalizing additions. By adding sugar free instant pudding to your shakes or deserts you can give them a great texture and taste. In our fun deserts section you will be able to try some of these fun recipes. Another fun recipe for weight loss can include Crystal Light™ added directly to your shake. For instance a strawberry shake mixed with berry flavored Crystal Light™ can taste awesome. Crystal Light™ can also be added as it comes in a dry drink powder directly to a shake or pudding recipe. Sugar free ice cream or no sugar added has really become very good. I have tasted several varieties that have low fat and very low sugar and carb counts. As you try some of those recipes you will be able to see the nutrient profile and brand names of these ice creams.

Peanut butter can make your shake take on a whole new flavor. As you would expect these shakes can become very caloric, so minimize the amount unless you are trying to add extra calories to your shakes. Almond butter is my preferred alternative to peanut butter. However, it is not as readily available and peanut butter only has slightly more saturated fats. Try them both and see which one you like better.

Yogurt is another fun ingredient that can be very healthful. Yogurt contains active cultures that assist the body in digestion and support a healthy digestive system. Yogurt typically contains a high sugar and carbohydrate content, similar to milk. Yogurt has come a long way and you can find it in many different varieties. Some have low sugar and fat content as well as added fiber. I prefer a small amount of a plain or vanilla flavored yogurt without too much processing. I feel like the cultures have a better chance of surviving in this plain environment. As I mentioned earlier yogurt can be heavy on the sugar, but by limiting your serving size to ¼ cup, you will consume much less sugar and carbs while supplying your body with the active culture benefits from the yogurt.

Let's not forget plain old real ice cream. *Max Muscle* makes a great tasting Root Beer Flavor *Max Gourmet Protein*. We have a root beer float recipe in the Desserts section of this guide. Watch out, this recipe can be very addictive. I use it with the no sugar added Ice Cream and my kids will chug down 20 grams of protein and they swear they just drank a Root Beer Float. There is no end to the fun stuff we can add to these shakes. Get creative and have some fun!

LET'S GET STARTED

As I have been saying all along, what other way can you load over 60g of protein to one shake, and have it taste awesome? The cost per serving is less than \$2 and you can make it and drink it in 5 minutes or so. This is a feat that you will never be able to accomplish with a steak or chicken breast. Not to mention the added value of essential fatty acids, natural carbohydrates from fruit and of course a healthy dose of highly bio-available protein. I must admit I love to eat chicken, fish and occasionally a steak. I understand that it is great to indulge in the culinary experience and eating is truly something we find enjoyable. My mantra is "Everything in moderation".

We eat too much fatty meats and processed food. Not many people want to sit down and eat blueberries and almonds then wash it down with soy milk. And you are still missing a significant amount of the nutrient that we are so highly comprised of, Protein! But mixing up a shake with soy milk or a healthy juice, fresh fruit, almonds, flaxseeds and *Max Gourmet Protein* can be refreshing and filling and most importantly, extremely healthy! So dust off your blender and pick up the ingredients to make some of these awesome shakes. Make a commitment to get started today by drinking at least one healthy shake a day. I guarantee you will feel better immediately!



When you want to look and feel good, *Max Muscle Shakes* are the way to go!

ADDING OTHER SUPPLEMENTS; VIT-ACELL, GLUTAMINE, REGENA-PRO, FULL BLOWN EXTREME

Max Muscle makes many different products that go great with our shakes. Supplements like Vit-Acell, Glutamine, and Full Blown Extreme can be added to your shakes. I love to add Full Blown Extreme to my Gourmet Protein shake in the morning because it is a real eye opener, and it tastes very good. It's better than coffee for me. Some customers like to add L-Glutamine and Vit-Acell. Vit-Acell is our liquid vitamin mineral formula that contains over 80 nutrients in a patented glycerin base. The glycerin has a naturally creamy texture that makes the shake even better with a very mild citrus flavor. L-Glutamine has virtually no flavor and is easily blended with any shake. Glutamine is a favorite because it is so beneficial and mixes so well with protein shakes. What about Regena-Pro? Regena-Pro makes an excellent addition to your shake. This liquid collagen supports healthy hair, nails & skin and creates an extra smooth & creamy shake.



Max Muscle's *Gluta-Matrix* will turbo charge your protein shake!



Max Muscle's *Full Blown Extreme* tastes awesome in shakes, and gives you an extreme energy blast!



Max Muscle's *Vit-acell* is a patented formula that contains over 80 healthy nutrients and tastes great in any shake!



Max Muscle's *Regena-Pro* will help create an extra smooth and creamy shake!



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MAX MUSCLE MRP HIGH PROTEIN SHAKES

CALORIES: 360

PROTEIN (g): 41

High Protein "Double Chocolate Extra Rich Gourmet Shake"

Directions: Add liquid, juice, milk etc into blender. Followed by protein and other ingredients. Blend for 15-20 seconds and slowly add in the ice. Start at a low setting to begin mixing, and as the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. Nonfat Milk may be substituted for Soy Milk. Note: Soy Milk will get creamier than milk. Adding extra protein or pudding will also make it thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	6oz	0	0	0	0	0	0
Vanilla Soy Milk <i>"Low fat & Sugar"</i>	4oz	45	0	4	2	1	5
Chocolate Jell-O Pudding <i>(Sugar Free Fat Free)</i>	1 tbsp	35	0	8	0	1	1
Max Gourmet Choc. Fudge Brownie	2 scoops	280	9	15	3	2	35
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		360	9	27	5	4	41

Notes: You can easily add or subtract different ingredients. Sometimes I will use 10oz of Soy Milk as the only liquid to make it really creamy or even 5oz of Soy and 5oz of 2% milk. Try using Max MRP (1/2 pack or serving) for your protein source. Simply calculate the difference in calories and make the adjustment.

CALORIES: 385

PROTEIN (g): 37

High Protein "Super Strawberry/Banana Gourmet Shake"

Directions: Add liquid, juice, milk etc into blender. Followed by protein and other ingredients. Blend for 15-20 seconds and slowly add in the ice. Start at a low setting to begin mixing, and as the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. Note: Try adding 3/4 cup to 1 full cup of strawberries without the banana. This makes it very strawberries with less calories!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	10oz	0	0	0	0	0	0
Strawberries <i>(Fresh or frozen)</i>	1/2 cup	35	0	7	6	2	1
Small Banana	1	70	0	15	8	1	1
Max Gourmet Strawberry Shortcake	2 scoops	280	9	15	3	2	35
Ice (1/2 cup or more)	1/2 cup	0	0	0	0	0	0
TOTALS		385	9	37	17	5	37

Notes: You can easily add or subtract different ingredients. Sometimes I will use 4-5oz soy milk to make it really nice and creamy. Try using Max MRP (1/2 pack or serving) for your protein source. Simply calculate the difference in calories and make the adjustment. Also try adding 1lbs. of Banana or Strawberry Jell-O Sugar Free Pudding.

MAX MUSCLE MRP HIGH PROTEIN SHAKES

CALORIES: 370

PROTEIN (g): 38

High Protein "Gourmet Root Beer Float... Soda Style Shake"

Directions: Add Root Beer (it may foam so be careful), ice cream, protein into blender and blend slowly avoiding foaming. Add ice and cover blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Diet Root Beer Soda	12oz	0	0	0	0	0	0
Vanilla Ice Cream "No Added Sugar"	1/2 cup	90	3	12	8	2	3
(1 full cup makes it better, but adds calories)							
Max Gourmet Root Beer	2 scoops	280	9	15	3	2	35
Float Protein							
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		370	12	27	11	4	38

Notes: This is one of my favorite shakes and needless to say my kids love it! Once again you can get very creative with other soda flavors. Hansen's makes some great Sugar Free Sodas in several awesome flavors. Max Muscle recently introduced "Iso- Extreme Proteins" This protein is also very easy to mix into a soda type protein shake. Tropical Punch Iso-Extreme mixed with any citrus flavored soda is also very tasty.

CALORIES: 350

PROTEIN (g): 37

High Protein "Max Gourmet Super Strawberry"

Directions: If you like strawberries, this high protein shake will satisfy your desires. Add, water, strawberries and protein, cover blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER (More or less water will affect the thickness and sweetness)	10-12oz	0	0	0	0	0	0
Strawberries (Fresh or frozen)	1 cup	70	0	15	14	4	2
Max Gourmet Strawberry	2 scoops	280	9	15	3	2	35
Shortcake							
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		350	9	30	17	6	37

Notes: This is a great simple shake to make. Max Gourmet is a great tasting protein powder. For fewer calories try mixing with MaxPro or High Five.

MAX MUSCLE MRP HIGH PROTEIN SHAKES

CALORIES: 200

PROTEIN (g): 32

High Protein "MaxPro Super Strawberry"

Directions: If you like strawberries, this high protein shake will satisfy your desires. Add, water, strawberries and protein, cover blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. MaxPro has fewer fat calories than Max Gourmet.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	10-12oz	0	0	0	0	0	0
Strawberries (Fresh or frozen)	1 cup	70	0	15	14	4	2
MaxPro Super Protein Concentrate, your favorite color	1 scoop	130	0	2	1	0	30
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		200	0	17	15	4	32

Notes: This is a great simple shake to make. MaxPro is a great tasting clean and pure protein powder that has very few fat and carb calories. This keeps it clean and light while supplying 32g of protein!

CALORIES: 330

PROTEIN (g): 62

Super High Protein "MaxPro Super Strawberry"

Directions: This is a Super high protein shake will satisfy your desires. Add, water, strawberries and protein, cover blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	12oz	0	0	0	0	0	0
Strawberries (Fresh or frozen)	1 cup	70	0	15	14	4	2
MaxPro Super Protein Concentrate, your favorite flavor	2 scoop	260	0	4	2	0	60
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		330	0	19	16	4	62

Notes: This is a great simple shake to make. MaxPro is a great tasting clean and pure protein powder that has very few fat and carb calories. By adding the extra scoop of protein you can make it a super high protein shake. Only 340 calories with a whopping 62g of protein.

MAX MUSCLE MRP HIGH PROTEIN SHAKES

CALORIES: 198

PROTEIN (g): 35

High Protein "Morning Eye Opener, High Five Cappuccino Blast"

Directions: This is a great morning eye opener! If you don't like soy milk, then it is very easy to replace the soy with milk. If you want a little extra SHOT, add another scoop and you will pick up the protein and caffeine. Some customers will even add a teaspoon of instant coffee for a real coffee blast!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	80	4	4	2	2	9
High Five Cappuccino (75mg of caffeine per scoop)	1 scoop	118	0	2	1	0	26
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		198	4	6	3	2	35

Notes: This is a great simple shake to make. High Five is a great tasting clean and pure protein powder that has very few fat and carb calories. By adding the extra scoop of protein you can make it a super high protein shake.

CALORIES: 316

PROTEIN (g): 61

Super High Protein "Morning Eye Opener, High Five Cappuccino Double Blast"

Directions: This is a great morning eye opener! If you don't like soy milk, then it is very easy to replace with milk. If you want a little extra SHOT, add another scoop and you will kick up the protein and caffeine. Sometimes I will add a teaspoon of instant coffee for a deep coffee flavor and of course a stronger caffeine boost! Add all ingredients into a blender and mix it up for 20-30 seconds.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	80	4	4	2	2	9
High Five Cappuccino (75mg of caffeine per scoop)	2 scoops	236	0	4	2	0	52
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		316	4	8	4	2	61

Notes: By doubling up on the scoops this becomes a super high protein energizer. Get your day started with an extra shot of protein and caffeine and 61g of protein!

MAX MUSCLE MRP HIGH PROTEIN SHAKES

CALORIES: 237

PROTEIN (g): 28

High Protein "High Five Orange Crush"

Directions: This is another great morning eye opener! If you like oranges, then you will love this orange loaded High Protein Shake! Add water, juice, protein and cut the orange into 3 or 4 pieces. Blend all of this for 20-30 seconds. Slowly add the ice and blend on high for 30 seconds... Enjoy!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Orange Juice	4oz	57	0	14	12	1	1
Whole Peeled Orange	1	62	0	15	12	3	1
High Five Orange	1 scoop	118	0	2	1	0	26
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		237	0	31	25	4	28

Notes: This is a great shake to get some extra vitamin C, and of course the Orange juice adds some awesome fiber and flavor!

CALORIES: 379

PROTEIN (g): 37

High Protein "High Five Orange Full Blown Extreme"

Directions: Watch out we added Full Blown Extreme for a real orange blast! This is an awesome and tasty High Protein Shake! Add water, juice, protein and cut the orange into 3 or 4 pieces. Blend all of this for 10-15 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Orange Juice	4oz	57	0	14	12	1	1
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1oz	70	0	4	1	1	9
Full Blown Extreme	1 scoop	72	4	18	5	0	0
Tropical Punch (<i>contains 176mg caffeine</i>)							
Whole Peeled Orange	1	62	0	15	12	3	1
High Five Orange	1 scoop	118	0	2	1	0	26
Ice 1/2 to 1 cup	0	0	0	0	0	0	0
TOTALS		379	4	53	31	5	37

Notes: This is a great shake to get some extra vitamin C, and of course the Orange juice adds some awesome fiber and flavor!

MAX MUSCLE MRP HIGH PROTEIN SHAKES

CALORIES: 556

PROTEIN (g): 50

High Protein "Super High Protein Gourmet Banana/Pineapple Ecstasy"

Directions: This is one of my favorite shakes. It gives you 50 grams of awesome protein and tastes super refreshing. Add water, juice, protein and cut the fruit into 3 or 4 pieces. Blend all of this for 10-15 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Milk 1%	4oz	50	1	6	6	0	4
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1oz	70	0	4	1	1	9
Pineapple (<i>fresh or frozen</i>)	1cup	76	1	19	17	2	1
Banana (<i>med to large</i>)	1	80	0	19	11	1	1
Max Gourmet Vanilla	2 scoops	280	9	15	3	2	35
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		556	11	63	38	6	50

Notes; Pineapple makes this is a great shake to get those extra enzymes to help digest protein as well as an awesome flavor! Try adding a little coconut for a real tropical treat.

CALORIES: 380

PROTEIN (g): 40

High Protein "Max Mango Tango"

Directions: This is really a good tasting shake. It gives you 40 grams of awesome protein and tastes super refreshing. Add water, juice, fruit, protein and blend all of this for 10-15 seconds. Slowly add the ice in and blend on high for 30 seconds. Mangos are loaded with vitamin C!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Milk 1%	4oz	50	1	6	6	0	4
Mango (fresh or frozen)	1/2 cup	50	0	12	10	2	1
Max Gourmet Vanilla	2 scoops	280	9	15	3	2	35
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		380	10	33	19	4	40

Notes; Mango tastes fantastic in shakes. It is one of the higher sugar fruits, so we use it sparingly. Try adding a little pineapple, papaya or coconut for a real tropical treat.

MAX MUSCLE MRP (MEAL REPLACEMENT) SHAKES

CALORIES: 390

PROTEIN (g): 46

Max MRP Banana Blast “High Protein, Low Calorie Meal Replacement”

Directions: All Max MRP shakes are very filling and taste awesome. This shake has less than 400 calories and will blend into almost 40 ounces. Many customers will drink 1/2 of a shake in the morning and keep the other half cold for a mid morning or lunch snack. Blend all ingredients for 20-30 seconds. Slowly add the ice in and blend on high for 30 seconds. The longer you blend it the thicker it will get. Be careful this can really work your blender if you blend it too long to without enough fluid.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	12-16oz	0	0	0	0	0	0
Banana (med-lrg)	1	80	0	19	11	1	1
Max MRP Vanilla	1 Pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		390	3	43	17	7	46

Notes: All the MRP shakes are great shakes for losing weight. If you break it into 2 servings, it has under 200 calories in each serving and is very filling. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 46g of protein, get ready to shed some pounds on this program!

CALORIES: 380

PROTEIN (g): 47

Max MRP Strawberry Blast “High Protein, Low Calorie Meal Replacement”

Directions: All Max MRP shakes are very filling and taste awesome. It is less than 400 calories and will make almost 40 ounces of shake. Many customers will drink 1/2 of a shake in the morning and keep the other half cold for a mid morning or lunch snack. Blend all ingredients for 15-30 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy! The longer you blend it the thicker it will get. Be careful this can really work your blender if you blend it too long or without enough fluid.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	12-16oz	0	0	0	0	0	0
Fresh / Frozen Strawberries	1 cup	70	0	18	16	4	2
Max MRP Vanilla	1 Pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		380	3	42	22	10	47

Notes: All the MRP shakes are great shake for losing weight. If you break it into 2 servings, it has under 200 calories in each serving and is very filling. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 46g of protein, get ready to shed some pounds on this program.

MAX MUSCLE MRP (MEAL REPLACEMENT) SHAKES

CALORIES: 425

PROTEIN (g): 47

Max MRP Banana/Strawberry Blast “High Protein, Low Calorie Meal Replacement”

Directions: All Max MRP shakes are very filling and taste awesome. This shake is only a little over 400 calories, but will make almost 40 ounces of shake. Many customers will drink 1/2 of a shake in the morning and keep the other half cold for a mid morning or lunch snack. Blend all ingredients for 15-30 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy! The longer you blend it the thicker it will get. Be careful this can really work your blender if you blend it too long or without enough fluid.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	12-16oz	0	0	0	0	0	0
Banana (<i>med-lrg</i>)	1	80	0	19	11	1	1
Strawberries (<i>Fresh or frozen</i>)	1/2 cup	35	0	9	8	2	1
Max MRP Vanilla	1 Pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		425	3	52	25	9	47

Notes: All the MRP shakes are great shake for losing weight. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 47g of protein, get ready to shed some pounds on this program.

CALORIES: 434

PROTEIN (g): 45

Max MRP Ultimate Anti-Oxidant Shake “High Protein, Low Calorie Meal Replacement”

Directions: All Max MRP shakes are very filling and taste awesome. This a great tasting and very healthy shake. Only 434 calories and will make almost 40 ounces of shake. Many customers will drink 1/2 of a shake in the morning and keep the other half cold for a mid morning or lunch snack. Blend all ingredients for 15-30 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy! The longer you blend it the thicker it will get. Be careful this can really work your blender if you blend it too long or without enough fluid.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	12-16oz	0	0	0	0	0	0
Aronia, Blueberry or Pomegranate Berry Juice (<i>from Trader Joe's</i>)	4oz	50	0	12	6	0	0
Prune Juice (<i>optional</i>)	1-4oz	42	0	10	4	1	0
Blueberries (<i>Frozen or fresh</i>)	1/2 cup	32	0	8	4	2	0
Max MRP Strawberry	1 pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		434	3	54	20	9	45

Notes: All the MRP shakes are great shake for losing weight. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 45g of protein, get ready to shed some pounds on this program.

MAX MUSCLE MRP (MEAL REPLACEMENT) SHAKES

CALORIES: 410

PROTEIN (g): 53

Max MRP Chocolate Cream “High Protein, Low Calorie Meal Replacement”

Directions: All Max MRP shakes are very filling and taste awesome. It is close to 400 calories and will make almost 40 ounces of shake. Many customers will drink 1/2 of a shake in the morning and keep the other half cold for a mid morning or lunch snack. Blend all ingredients for 15-30 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy! The longer you blend it the thicker it will get. Be careful this can really work your blender if you blend it too long or without enough fluid.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
Milk 1%	8oz	100	2	12	12	0	8
<i>Soy Milk also works well and is a little creamier than milk</i>							
Max MRP Chocolate	1 pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		410	5	36	18	6	53

Notes: This is a great shake for losing weight. If you break it into 2 servings, it has a little over 200 calories in each serving and is very filling. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 53g of protein, get ready to shed some pounds on this program.

CALORIES: 490

PROTEIN (g): 48

Max MRP Ultimate Green Shake “High Protein, Low Calorie Meal Replacement”

Directions: All Max MRP shakes are very filling and taste awesome. This super healthy shake is almost 500 calories but will make almost 40 ounces of shake. Many customers will drink 1/2 of a shake in the morning and keep the other half cold for a mid morning or lunch snack. Blend all ingredients for 15-30 seconds. Slowly add the ice in and blend on high for 30 seconds... Enjoy! The longer you blend it the thicker it will get. Be careful this can really work your blender if you blend it too long or without enough fluid.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	12-16oz	0	0	0	0	0	0
Banana (<i>med to large</i>)	1	80	0	19	11	1	1
1/2 to 1 cup Blueberries	1/2 cup	30	0	7	3	1	0
Strawberries or your favorite fruit. (<i>Fresh or frozen</i>)							
Max Green Synergy (<i>Greens and Fruit Blend</i>)	1 scoop	40	0	7	1	3	2
1/2 to 1 cup Blueberries	1/2 cup	30	0	7	3	1	0
Strawberries or your favorite fruit. (<i>Fresh or frozen</i>)							
Max MRP Vanilla	1 pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		490	3	64	24	12	48

Notes: All the MRP shakes are great shake for losing weight. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 45g of protein, get ready to shed some pounds on this program.

MAX MUSCLE ULTRA LOW CALORIE SHAKES

CALORIES: 118

PROTEIN (g): 26

Ultra Low Calorie Shakes “Crystal Light™ Strawberry Light N’ Lean “

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. Add all ingredients, cover and blend for 20-30 seconds. Try other proteins as well, MaxPro, Max Lean or Max Gourmet Protein will be very close in overall calories. Simply calculate out whatever protein you are using into this formula.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light Strawberry or Berry	8-10oz	0	0	0	0	0	0
High Five Strawberry	1 scoop	118	0	2	1	0	26
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		118	0	3	2	1	26

Notes: You can use a smaller serving of 1/2 serving to adjust the calories. 1/2 serving of either of these proteins will give you 13-17.5g of quality protein. A full serving of any of these proteins will not add too many extra calories. Max MRP meal replacement (1/2 pack) will also work very well with this formula as a replacement for the protein.

CALORIES: 102

PROTEIN (g): 14

Ultra Low Calorie Shakes “Crystal Light™ Blueberry Light N’ Lean”

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. By adding cup of most fruits you can keep this shake close to 100 calories. Add all ingredients, cover and blend for 20-30 seconds. Max MRP meal replacement (1/2 pack) will also work very well with this formula as a replacement for the protein.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light Strawberry or Berry	8-10oz	0	0	0	0	0	0
Max Lean Protein	1 scoop	82	2	1	1.5	1	14
Vanilla or Strawberry 1/4 cup Blueberries	1/4 cup	20	0	5	3	1	0
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		102	2	3	2	1	14

Notes: You can easily use different proteins. MaxPro, High Five or Max Gourmet Protein will add a few extra calories, but you can use a smaller serving of 1/2 serving to adjust the calories. 1/2 serving of either of these proteins will give you 13-17.5g of quality protein. A full serving of any of these proteins will not add too many extra calories.

MAX MUSCLE ULTRA LOW CALORIE SHAKES

CALORIES: 147

PROTEIN (g): 18

Ultra Low Calorie Shakes "Crystal Light™ Blueberry/Yogurt Light N' Lean"

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. By adding cup of most fruits you can keep this shake close to 100 calories. Add all ingredients, cover and blend for 20-30 seconds. Max MRP meal replacement (1/2 pack) will also work very well with this formula as a replacement for the protein.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light	8-10oz	0	0	0	0	0	0
Dannon Light & Fit Blueberry Yogurt	4oz	45	0	7	5	0	4
Max Lean Protein Vanilla or Strawberry	1 scoop	82	2	1	1.5	1	14
1/4 cup Blueberries	1/4 cup	20	0	5	3	1	0
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		147	2	3	2	1	18

Notes; You can easily use different proteins. MaxPro, High Five or Max Gourmet Protein will add a few extra calories, but you can use a smaller serving of 1/2 serving to adjust the calories. 1/2 serving of either of these proteins will give you 13-17.5g of quality protein. A full serving of any of these proteins will not add too many extra calories.

CALORIES: 102

PROTEIN (g): 14

Ultra Low Calorie Shakes "Jell-O Pudding™ Double Chocolate Light N' Lean"

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. By adding cup of most fruits you can keep this shake close to 100 calories. Have some fun with this formula. Remember that Jell-O Pudding comes in a bunch of flavors like Mint Pistachio, Butterscotch etc. You can really make some great testing shakes. Adding extra protein or pudding will make the shake get thicker and creamier. Add all ingredients, cover and blend for 20-30 seconds.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8-10oz	0	0	0	0	0	0
Max Lean Protein	1 scoop	82	2	1	1.5	1	14
Chocolate or High Five Chocolate Pudding (Sugar Free Fat Free)	1 tbsp	20	0	8	3	1	0
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		102	2	9	2	1	14

Notes; You can easily use different proteins, However remember that Max Lean Protein has extra thickeners in it and will get extra creamy. Max MRP will also get extra creamy, but only use a half pack in this formula. Also try using 4oz of soy milk. This will of course add a few calories, but not many and it also gets very creamy when blended for a minute or so.

MAX MUSCLE ULTRA LOW CALORIE SHAKES

CALORIES: 191

PROTEIN (g): 27

Ultra Low Calorie Shakes "Max Lean... Peach De-Light"

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. By adding cup of most fruits you can keep this shake close to 100 calories. Adding extra protein or pudding will make this shake get thicker and creamier. Add all ingredients, cover and blend for 20-30 seconds.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8-10oz	0	0	0	0	0	0
High Five Protein <i>Vanilla or Max Lean Protein</i>	1 scoop	118	1	1	1	1	26
Peaches <i>(Fresh or Frozen sliced)</i>	1 cup	73	0	8	3	1	1
Ice 1/2 to 1 cup	0	0	0	0	0	0	0
TOTALS		191	1	9	2	1	27

Notes; You can easily use different proteins, Max MRP will also get extra creamy, but only use a half pack in this formula. Also try using 4oz of soy milk. This will of course add a few calories, but not too many and it also gets very creamy when blended for a minute or so.

CALORIES: 158

PROTEIN (g): 27

Ultra Low Calorie Shakes "High Five Strawberry/Banana De-Light"

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. By adding cup of most fruits you can keep this shake close to 100 calories. Adding extra protein or pudding will make this shake get thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
High Five Protein <i>Strawberry</i>	1 scoop	118	1	1	1	1	26
Banana 1/2	1/2	40	0	9	6	1	1
Ice 1/2 to 1 cup	0	0	0	0	0	0	0
TOTALS		158	1	10	2	1	27

Notes; You can easily use different proteins, Max MRP will also get extra creamy, but only use a half pack in this formula. Also try using 4oz of soy milk. This will of course add a few calories, but not too many and it also gets very creamy when blended for a minute or so.

MAX MUSCLE ULTRA LOW CALORIE SHAKES

CALORIES: 158

PROTEIN (g): 27

Ultra Low Calorie Shakes "High Five Chocolate/Banana De-Light"

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. By adding cup of most fruits you can keep this shake close to 100 calories. Adding extra protein or pudding will make this shake get thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
High Five Protein <i>Chocolate</i>	1 scoop	118	1	1	1	1	26
Banana 1/2	1/2	40	0	9	6	1	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		158	1	10	2	1	27

Notes: You can easily use different proteins, Max MRP will also get extra creamy, but only use a half pack in this formula. Also try using 4oz of soy milk. This will of course add a few calories, but not too many and it also gets very creamy when blended for a minute or so.

CALORIES: 196

PROTEIN (g): 28

Ultra Low Calorie Shakes "Pineapple/Banana De-Light"

Directions: These Super Light shakes are designed to give you less than 200 calories. When whipped in a blender they will become 16 ounces of icy refreshing protein. Adding extra protein or pudding will make this shake get thicker and creamier. Add all ingredients, cover and blend for 20-30 seconds.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
High Five Protein <i>Banana Vanilla</i>	1 scoop	118	1	1	1	1	26
Banana 1/2	1/2	40	0	9	6	1	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		196	1	19	2	1	28

Notes: All the MRP shakes are great shakes for losing weight. If you break it into 2 servings, it has under 200 calories in each serving and is very filling. Many of our customers use this for all of their calories for the first half of the day. You get all your nutrients including 46g of protein, get ready to shed some pounds on this program!

MAX MUSCLE

ULTRA LOW CALORIE SHAKES

CALORIES: 175

PROTEIN (g): 26

Ultra Low Calorie Shakes "Prune & Blueberry De-Light"

Directions: These Super Light shakes are designed to give you less than 200 calories. This shake will help keep your digestive system functioning properly. Prune is a great forgotten fruit juice that is healthy and has much less sugar calories than other juices. And you only need a small amount to make it work! This is a simple shake to make that is low in calories and will help keep you regular. Add all ingredients, cover and blend for 20-30 seconds.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
Prune Juice	2oz	42	0	10	4	1	0
1/4 cup Blueberries, Strawberries or your favorite fruit. <i>(Fresh or frozen)</i>	1/4 cup	15	0	4	2	0.5	0
High Five Protein Vanilla	1 scoop	118	1	1	1	1	26
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		175	1	15	2	1	26

Notes; This is a great shake to keep your body lean and clean! Prune juice and berries will make sure your digestive system will keep everything moving very well.

CALORIES: 196

PROTEIN (g): 26

Ultra Low Calorie Shakes "Anti-Oxidant Super Berry Blast"

Directions: These Super Light shakes are designed to give you less than 200 calories. This shake will help keep your digestive system functioning properly. Prune is a great forgotten fruit juice that is healthy and has much less sugar calories than other juices. And you only need a small amount to make it work! This is a simple shake to make that is low in calories and will help keep you regular. Add all ingredients, cover and blend for 20-30 seconds.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Cranberry Light Juice Sweetened with Splenda	8oz	45	0	10	9	0	0
1/4 cup Blueberries Strawberries or your favorite fruit. <i>(Fresh or frozen)</i>	1/4 cup	15	0	4	2	0.5	0
Strawberries <i>(Fresh or frozen)</i>	1/4 cup	18	0	4	3	1	0
High Five Protein Vanilla	1 scoop	118	1	1	1	1	26
Ice 1/2 to 1 cup	0	0	0	0	0	0	0
TOTALS		196	1	19	2	1	26

Notes; This is a great shake to get anti-oxidants from the berries and juice. It also tastes very refreshing.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 402

PROTEIN (g): 37

Max Health & Wellness “Forever Young” Super Health and Anti Oxidant Shake

Directions: Add all ingredients except ice or frozen fruit into a blender. Add in ice and frozen fruit slowly depending on the power of your blender. This Super Charged Shake is loaded with tons of vitamins/minerals and nutrients. A whopping 9 grams of fiber, 37g of high quality protein and over 60 minerals and trace nutrients that guarantee that you will feel better than ever when you try this shake. It will blend into a 30+ ounce shake that many customers prefer to drink 1/2 in the morning and the other half as a mid morning snack or a even for lunch. What a way to start your day! Dozens of essential nutrients and app. 400 calories. Try and do this with a meal, it is virtually impossible. Of course you can add and subtract other nutrients. Feel free to try you're own ideas or more or less of what we have outlined here.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Aronia, Blueberry or Pomegranate Berry Juice (<i>from Trader Joe's</i>)	4oz	50	0	12	6	0	0
Aloe Vera Juice	2-4oz	5	0	1	0	0	0
Prune Juice (optional)	2-4oz	42	0	10	4	1	0
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1/2oz	35	0	4	1	1	5
Vit-Acell	1/2oz	22	0	5	5	0	1
Max Green Synergy (<i>Greens and Fruit Blend</i>)	1 scoop	40	0	7	1	3	2
High Five Protein (<i>Vanilla, Strawberry or your favorite color</i>)	1 scoop	118	1	1	1	1	26
1/2 to 1 cup Blueberries or your favorite fruit. (<i>Fresh or frozen</i>)	1/2 cup	30	0	7	3	1	0
Golden Flaxseeds	1 tbs	60	4	4	0	3	3
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		402	5	51	21	10	37

Notes: You can easily add or subtract different ingredients. Sometimes I will use 4 oz of Soy Milk instead of Prune Juice. Try using Max Gourmet Protein or even Max MRP for your protein source. I suggest that if you are limiting calories take 1/2 this shake in the morning and the other half a few hours later. I add 5-6 ice cubes in a shaker cup to keep it cold and drink the other half around mid-morning for extra energy. This way you only consume approximately 400 very healthy calories before lunch.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 279

PROTEIN (g): 35

Max Health & Wellness "Forever Young (Low Cal)" Super Health & Anti Oxidant Shake

Directions: This Super Charged Shake is loaded with tons of vitamins/minerals and nutrients. We have reduced a few of the amounts above to reduce the overall calorie and carbohydrate amount. As you can see this supplies 35g of protein and 7 grams of fiber, but has over 100 fewer calories than the original "Forever Young" Shake. As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Aronia, Blueberry or Pomegranate Berry Juice (from Trader Joe's)	2oz	25	0	6	3	0	0
Aloe Vera Juice	2-4oz	5	0	1	0	0	0
Ocean Spray Light Cranberry Juice or a similar brand sweetened with Splenda	4oz	2	0	0	0	0	0
Regena-Pro Collagen Protein (hair, skin, nails and joint support)	1/2oz	35	0	4	1	1	5
Vit-Acell	1/2oz	22	0	5	5	0	1
Max Green Synergy (Greens and Fruit Blend)	1 scoop	40	0	7	1	3	2
High Five Protein Vanilla, Strawberry or your favorite color	1 scoop	118	1	1	1	1	26
1/2 to 1 cup Blueberries Strawberries or your favorite fruit. (Fresh or frozen)	1/2 cup	30	0	7	3	1	0
Golden Flaxseeds	1 tbs	60	4	4	0	3	3
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		279	2	29	13	7	35

Notes: You can easily add or subtract different ingredients. Sometimes I will use 4 oz of Soy Milk instead of one of the juices. Try using Max Gourmet Protein or even Max MRP for your protein source. Simply calculate the difference in calories and make the adjustment. I suggest that if you are limiting calories take 1/2 this shake in the morning and the other half a few hours later. I add 5-6 ice cubes in a shaker cup to keep it cold and drink the other half mid morning for extra energy.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 425

PROTEIN (g): 35

Max Health & Wellness “Max Internal Cleansing & Energy Shake with Yogurt”

Directions: Get ready to cleanse out your internal system with this formula. The Aloe, Green Synergy and Prune juice gets the process started while the Flax Seeds and the Psyllium Husks literally scrub out your intestines. Sounds a little dramatic, but getting the pipes cleaned out leads to a healthier digestive system and has been shown to help reduce the risk of toxic build-up leading to disease! This one is pretty simple, just toss in all the liquids, powders, seeds let it blend for about 30 seconds. Shut off the blender and add the ice and blend it again.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Prune Juice	4oz	84	0	20	8	2	0
Aloe Vera Juice	2-4oz	5	0	1	0	0	0
Vit-Acell	1/2oz	22	0	5	5	0	1
Max Green Synergy (Greens and Fruit Blend)	1 scoop	40	0	7	1	3	2
High Five Protein Vanilla, Strawberry or your favorite color	1 scoop	118	1	1	1	1	26
1/2 to 1 cup Blueberries Strawberries or your favorite fruit. (Fresh or frozen)	1/2 cup	30	0	7	3	1	0
Low fat Yogurt Vanilla or Plain (great option available in no-fat or low sugar yogurts)	1/4 cup	61	1	8	6	0	3
Golden Flaxseeds	1 tbsp	60	4	4	0	3	3
Psyllium Husks	1 tbsp	20	0	5	0	4	0
Ice	1/2 to 1 cup	0	0	0	0	0	0
TOTALS		425	6	55	23	15	35

Notes: You can easily add or subtract different ingredients. You may want to start out with one a day, but many customers will drink this 2 times per day for optimal motility and elimination. Adding an Extra scoop of Green Synergy or Psyllium can intensify the process. Also using Max Cleanse and Lean will enhance your results considerably. Start with lower amounts or if you are concerned with too strong of an effect. This shake does not keep well in the fridge because the high fiber content and will get thick. If this is the case simply re-blend it for 10-15 seconds.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 273

PROTEIN (g): 30

Max Health & Wellness “Low Calorie Internal Cleansing & Energy Shake”

Directions: This is the low calorie version of the Max Internal Cleansing and Energy Shake. We subtracted almost 100 calories from that formula, while keeping the fiber and protein within a couple of grams of the original formula. We also added a few grams of L-Glutamine as it is great for the intestinal wall linings and overall health. Consider adding a small amount of L-Glutamine to all your shakes as it has very few calories and great health benefits! As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
Prune Juice	2oz	42	0	10	4	1	0
Aloe Vera Juice	2oz	3	0	1	0	0	0
Vit-Acell	1/2oz	22	0	5	5	0	1
Max Green Synergy (Greens and Fruit Blend)	1 scoop	40	0	7	1	3	2
High Five Protein Vanilla (MaxPro, MaxLean or Gourmet also works very well)	1 scoop	118	1	1	1	1	26
Psyllium Husks	1 tbsp	20	0	5	0	4	0
Max Muscle L-Glutamine	1 scoop	8	0	0	0	0	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		273	1	34	11	13	30

Notes: You can easily add or subtract different ingredients. You may want to start out with one a day, but many customers will drink this 2 times per day for optimal motility and elimination. Adding an Extra scoop of Green Synergy or Psyllium can intensify the process. Also using Max Cleanse and Lean will enhance your results considerably. Start with lower amounts or if you are concerned with too strong of an effect. This shake does not keep well in the fridge because the high fiber content and will get thick. If this is the case simply re-blend it for 10-15 seconds.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 397

PROTEIN (g): 34

Max Health & Wellness “Prostate Support & Energy Shake”

Directions: By adding Pumpkin Seeds you offer great nutritional support for Prostate Health. In addition, the Aloe, Green Synergy and Prune juice gets the process started while the Psyllium Husks and fiber literally scrub out your intestines. Sounds a little dramatic, but getting the pipes cleaned out leads to a healthier digestive system and has been shown to help reduce the risk of toxic build-up leading to disease! This shake is very simple, just toss in all the liquids, powders, seeds let it blend for about 30 seconds. Shut off the blender and add the ice and blend it again.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
Prune Juice	4oz	84	0	20	8	2	0
Aloe Vera Juice	4oz	5	0	1	0	0	0
Vit-Acell	1/2oz	22	0	5	5	0	1
Max Green Synergy (Greens and Fruit Blend)	1 scoop	40	0	7	1	3	2
High Five Protein Vanilla (MaxPro, MaxLean or Gourmet also works very well)	1 scoop	118	1	1	1	1	26
1/4 cup Blueberries, Strawberries (optional for extra flavor)	1/4 cup	15	0	4	2	1	0
Pumpkin seeds (Raw)	2 tbsp	93	8	13	0	3	5
Psyllium Husks	1 tbsp	20	0	5	0	4	0
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		397	9	56	17	14	34

Notes; This is a great shake for every man over 40. Research has shown that almost all men will experience swelling of the prostate as they enter mid life. This shake will support prostate health.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 434

PROTEIN (g): 41

Max Health & Wellness “Green Monster Cleansing & Energy Shake”

Directions: Wow! 22g of fiber and 41g of protein! See if you can get that from a meal! This is one of my favorite shakes. It is so healthy. We add a banana that really gives this shake a nice mouth feel and makes a Green Shake with super nutritious broccoli taste pretty dang good! Give it a shot and try adding other fruits like mangos, papaya and pineapple. Add in all the liquids, powders, seeds let it blend for about 30 seconds. Shut off the blender and add the ice and blend it again.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
Vit-Acell	1/2oz	22	0	5	5	0	1
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1/2oz	35	0	4	1	1	5
Max Green Synergy (<i>Green and Fruit Blend</i>)	2 scoops	90	0	14	2	6	4
Frozen or Fresh Broccoli	1 cup	41	0	7	1	5	3
High Five Protein Vanilla (<i>Iso-Extreme Tropical Punch works very well too</i>)	1 scoop	18	1	1	1	1	26
Psyllium Husks	2 tbsp	40	0	10	0	8	0
Banana (<i>med to large</i>)	1	90	0	20	11	1	1
Max Muscle L-Glutamine	1 scoop	8	0	0	0	0	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		434	1	61	21	22	41

Notes: You can easily add or subtract different ingredients. You may want to start out with one a day, but many customers will drink this 2 times per day for optimal motility and elimination. Adding an Extra scoop of Green Synergy or Psyllium can intensify the process. Also using Max Cleanse and Lean will enhance your results considerably. Start with lower amounts or if you are concerned with too strong of an effect. This shake does not keep well in the fridge because the high fiber content and will get thick. If this is the case simply re-blend it for 10-15 seconds.

MAX MUSCLE HEALTH AND WELLNESS

CALORIES: 556

PROTEIN (g): 54

Max Health & Wellness “Heart, Cholesterol, Prostate, Cleansing & Energy Support”

Directions: This is the Ultimate Healthy shake that takes an overall approach to middle age health! This shakes is loaded with anti-oxidants as well as nutrients for heart, cholesterol, prostate, cleansing and energy support! It will blend into a 40+ ounce shake that many customers prefer to drink 1/2 in the morning and the other half as a mid morning snack or a even for lunch. What a way to start your day! Dozens of essential nutrients and app. 400 calories. Try and do this with a meal, it is virtually impossible. Of course you can add and subtract other nutrients. Feel free to try your own ideas or more or less of what we have outlined here. Directions: Add all ingredients except ice or frozen fruit into a blender. Add in Ice and frozen fruit slowly depending on the power of your blender.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	8oz	0	0	0	0	0	0
Soy Milk	8oz	80	4	4	2	2	9
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1/2oz	35	0	4	1	1	5
Vit-Acell	1/2oz	22	0	5	5	0	1
Max Green Synergy (<i>Green and Fruit Blend</i>)	2 scoops	90	0	14	2	6	4
High Five Protein Vanilla (<i>Iso-Extreme Tropical Punch works very well too</i>)	1 scoop	18	1	1	1	1	26
1/2 to 1 cup Blueberries, Strawberries or your favorite fruit. (<i>Fresh or frozen</i>)	1/2 cup	30	0	7	3	1	0
Pumpkin Seeds (<i>Raw</i>)	2 tbsp	93	8	13	0	3	5
Oats (<i>Raw</i>)	1/4 cup	78	1	14	0	2	3
Golden Flaxseeds	1 tbs	60	4	4	0	3	3
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		556	18	59	13	16	54

Notes: This shake is a must if you are concerned with your health. It has Soy, Oats, Flax, Pumpkin Seeds and a ton of protein and nutrients. I guarantee this shake will make you feel awesome, while keeping you fit and healthy! I suggest that if you are limiting calories take 1/2 this shake in the morning and the other half a few hours later. I add 5-6 ice cubes in a shaker cup to keep it cold and drink the other half around mid-morning for extra energy. This way you only consume approximately 500 very healthy calories before lunch.

MAX MUSCLE LEAN WEIGHT GAINERS

CALORIES: 1068

PROTEIN (g): 74

Max Weight Gainer "Super High Calorie Gainer, Strawberry/Banana Ecstasy"

Directions: If you like strawberries, and bananas this awesome weight gaining shake will satisfy those taste buds. You can add more milk or water if your blender slows down mixing this shake. As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice. You may want to drink this massive nutrient dense Super Shake in 2 servings. It would be healthier and make better use of your protein to drink half after you blend it and take the other half to work or school in a thermos to drink a few hours later. Notes: This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. This shake can easily be converted to a chocolate/banana/strawberry shake by simply using chocolate Big Max 50.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Soy Milk	16oz	180	9	8	4	4	18
Strawberry or Vanilla Ice Cream	1/2 cup	132	7	16	14	0	3
Banana (med to large)	1	90	0	20	11	1	1
Big Max 50 Strawberry	4 scoops	596	4	90	26	6	50
Strawberries (Fresh or frozen)	1 cup	70	0	18	16	4	2
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		1068	20	152	71	15	74

Notes: This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. This shake can easily be converted to a chocolate/banana/strawberry shake by simply using chocolate Big Max 50.

CALORIES: 1271

PROTEIN (g): 80

Max Weight Gainer "1000+ Calorie Gainer, Vanilla Swiss Almond Ecstasy"

Directions: This could be the tastiest weight gain drink you have ever tried. Guaranteed to fill you up and have back again for another shake later in the day. You may want to split up this shake into 2 meals as it has over 1200 calories per shake! As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice. You may want to drink this massive nutrient dense Super Shake in 2 servings. It would be healthier and make better use of your protein to drink half after you blend it and take the other half to work or school in a thermos to drink a few hours later.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Soy Milk	8oz	90	5	4	2	2	9
Whole Milk	8oz	118	5	13	12	0	8
Vanilla or Vanilla Swiss Almond Ice Cream	1 cup	264	14	32	28	0	5
Vanilla Flavoring	1/4 tsp	0	0	0	0	0	0
Big Max 50 Vanilla	4 scoops	596	4	90	26	6	50
1/4 cup of Almonds or Pecans, etc.	1/4 cup	205	18	17	0	4	8
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		1271	46	156	68	12	80

Notes: This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. If you want to eliminate some of these calories you can use 8oz of soy milk or dairy milk, with 8oz of water or a light juice. You can also use 1/2 the almonds.

MAX MUSCLE LEAN WEIGHT GAINERS

CALORIES: 872

PROTEIN (g): 69

Max Weight Gainer “Keeping it Simple w/Easy Mixes for Choc, Straw, or Vanilla”

Directions: This keeps it very simple, yet as you can see this shake still packs a walloping 882 calories with 69g of protein. As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice. You may want to drink this massive nutrient dense Super Shake in 2 servings. It would be healthier and make better use of your protein to drink half after you blend it and take the other half to work or school in a thermos to drink a few hours later.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Soy Milk	8oz	90	5	4	2	2	9
Whole Milk	8oz	116	15	13	12	0	8
Big Max 50 Vanilla	4 scoops	596	4	90	26	6	50
Strawberries (Fresh or frozen)	1 cup	70	0	18	16	4	2
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		872	14	125	56	12	69

Notes: This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. If you want to eliminate some of these calories you can use 8oz of soy milk or dairy milk, with 8oz of water or a light juice. You can also 16 oz of either Soy Milk or dairy Milk. I personally like to blend them with 8oz of each, but feel free to use 16oz of either.

CALORIES: 928

PROTEIN (g): 60

Max Weight Gainer “Pineapple Paradise, Enzyme loaded for easy digestion”

Directions: Pineapples are loaded with enzymes that help breakdown protein and other nutrients. When you are on a high calorie/protein diet it is beneficial to take or eat digestive enzymes. What better way than to get them naturally from a delicious pineapple shake. As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice. You may want to drink this massive nutrient dense Super Shake in 2 servings. It would be healthier and make better use of your protein to drink half after you blend it and take the other half to work or school in a thermos to drink a few hours later.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Pineapple Juice	8oz	140	0	34	32	2	1
Whole or Soy Milk	8oz	116	5	13	12	0	8
Big Max 50 Vanilla	4 scoops	596	4	90	26	6	50
Pineapple (Fresh or Frozen)	1 cup	76	1	19	17	2	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		928	10	156	87	10	60

Notes: This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. If you want to eliminate some of the sugar calories you can use 8oz of soy milk or dairy milk, with 8oz of water or a light juice.

MAX MUSCLE LEAN WEIGHT GAINERS

CALORIES: 918

PROTEIN (g): 67

Max Weight Gainer "Big Max 50, "Chocolate/Banana, a simple but very effective shake"

Directions: This is a very simple shake formula. As you can see even the simplest of shakes using Big Max 50 supplies over 900 calories. It is ideal for hard gainers that have a tough time eating high calorie diets. As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice. You may want to drink this massive nutrient dense Super Shake in 2 servings. It would be healthier and make better use of your protein to drink half after you blend it and take the other half to work or school in a thermos to drink a few hours later.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Whole Milk	16oz	232	9	25	24	0	16
Big Max 50 Chocolate	4 scoops	596	4	90	26	6	50
Banana (<i>med to large</i>)	1	90	0	20	11	1	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		918	13	136	61	7	67

Notes; This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. If you want to eliminate some of these calories you can use 8oz of soy milk or dairy milk, with 8oz of water or a light hybrid juice.

CALORIES: 834

PROTEIN (g): 58

Max Weight Gainer "Max Gourmet, "Choc, Van or straw, Guaranteed to Taste Awesome!"

Directions: You can make this shake any flavor you want since bananas go with everything. Of course you can substitute other fruits etc. This is a great base for a weight gain shake using Max Gourmet, our best tasting protein powder, I guarantee this will be the best tasting weight gain shake you have ever tried! As Usual add in your liquid first and run your blender slow as you add in your softer ingredients. Stop your blender and add in harder ingredients such as nuts, seeds, frozen fruit etc. Once you have blended all of this slowly add in ice.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Whole or Soy Milk	16oz	232	9	26	24	0	16
Ice Cream, Chocolate, Vanilla or Strawberry	1 cup	132	14	32	28	0	6
Max Gourmet (<i>Chocolate, Vanilla or Strawberry</i>)	2 scoops	280	9	15	3	2	35
Banana (<i>med to large</i>)	1	90	0	20	11	1	1
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
TOTALS		834	32	93	66	3	58

Notes; This Super Gainer Shake is loaded with tons of vitamins/minerals and nutrients. If you want to eliminate some of these calories you can use 8oz of soy milk or dairy milk, with 8oz of water or a juice.

MAX MUSCLE PRE-WORKOUT SHAKES

CALORIES: 285

PROTEIN (g): 39

Pre-Workout Shakes "Tropical Punch Volumizer and Energy"

Directions: Pre and Post workout drinks should not have too many fruits, nuts etc in them. You want to be semi-empty so all your energy goes into training and not into digestion. It is also advisable to use an Isolate Protein, such as Max Muscle Iso-Extreme because it is very easy to digest while you are training. It also does not get thick and creamy, but stays very liquefied and refreshing. Which is why I suggest Regena-Pro, it is pre-digested and refreshing as well. This drink does not require a blender. All the ingredients can be added to a shaker cup and carefully shaken because the Isolate proteins such as Iso-Extreme get very foamy. It is a good idea to shake it a few times and take the shaker lid off to let some of the pressure out and do this a couple times while shaking it. The foam will subside in a few minutes and is easier to drink at that point. If you choose to use a blender then use it on low speed to avoid excessive foaming. See the Hydration Proteins Recipe as they make this process much easier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Cold Water	12oz	0	0	0	0	0	0
<i>or various flavors of no calorie drinks, such as Crystal Light™</i>							
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1oz	70	0	4	1	1	9
Iso-Extreme Trop. Punch	2 scoops	143	0	5	4	0	30
Full Blown Extreme	1 scoop	72	4	18	5	0	0
Tropical Punch (<i>contains 176mg caffeine</i>)							
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
<i>Ice is optional. If using a shaker cup use cold water.</i>							
TOTALS		285	4	27	10	1	39

Notes: You can easily add more water or liquid. If you use a flavored water, then you can add 32 ounces of water and sip the drink as you are training. I suggest drinking about 1/2 10-15 minutes before training and then sipping the other 16oz while you are training. This will supply your body with energy and protein and is also very refreshing.

CALORIES: 216

PROTEIN (g): 39

Pre-Workout Shakes "MaxPro the Simple Solution"

Directions: MaxPro is the granddaddy of all of Max Muscle proteins. It mixes easy and digest easy as well. It is a very clean and pleasant tasting protein. Many of our customers love MaxPro as a pre-workout protein because of this. Keep it simple before you train and try this simple and effective pre-workout shake. This is very easy to mix in a shaker cup.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Cold Water	8-10oz	0	0	0	0	0	0
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1oz	70	0	4	1	1	9
MaxPro Super Protein Concentrate, <i>your favorite flavor</i>	1 scoop	130	0	2	1	0	30
Max Muscle L-Glutamine	2 scoops	16	0	0	0	0	0
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		216	0	6	2	1	39

Notes: This is not considered a shake that is enjoyable as you workout. Most customers will shake this up a 1/2 hour or so before training or right after and drink it all. We used L-Glutamine in this recipe. Some customers do not want the intensity of Full Blown Extreme, so it is good to use L-Glutamine by itself as in this recipe if you do not want Full Blown extreme.

MAX MUSCLE PRE-WORKOUT SHAKES

CALORIES: 476

PROTEIN (g): 38

Pre-Workout Shakes "OJ... Blast, With Full Blown Extreme"

Directions: This shake has a 16oz orange juice base to supply 50+ grams of simple carbs or sugar into your system. Pre workout, this will be a great source of energy and will make a great tasting shake when mixed with High Five Protein. We added Full Blown Extreme Orange flavor to give you that extra edge before you train. You can use other types of juice as well. Pineapple juice or apple juice also work very well. This formula will work very well in a shaker cup or blender.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Orange Juice	16oz	226	0	54	50	3	3
Regena-Pro Collagen	1/2oz	35	0	4	1	1	5
Protein (<i>hair, skin, nails and joint support</i>)							
Iso-Extreme Trop. Punch	2 scoops	143	0	5	4	0	30
Max Muscle Full Blown	1 scoop	72	4	18	5	0	0
Extreme Orange (<i>contains 176mg caffeine</i>)							
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
<i>Ice is optional. If using a shaker cup use cold water.</i>							

TOTALS **476** **4** **81** **60** **4** **38**

Notes: By adding a higher amount of sugar to your recipe as a pre workout, you enable your body to release additional insulin and as a result your body will utilize the protein and amino acids much more effectively. It also serves as a great source of energy for an intense workout.

CALORIES: 415

PROTEIN (g): 30

Pre-Workout Shakes "Gatorade Red/Berry Blast"

Directions: This shake gives you all the benefits of Gatorade hydration and electrolytes. As a pre workout, this will be a great source of energy and will make a great tasting shake when mixed as suggested. We added Full Blown Extreme Orange flavor to give you that extra edge before you train. Of course you can try other flavors of Iso-Extreme and Gatorade. This can be blended in a shaker cup or blender. If you get a wide mouth Gatorade bottle you can drink a few ounces of the Gatorade and then add the powders and shake it in the Gatorade bottle.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Gatorade Fruit Punch	24oz	200	0	56	56	0	0
Iso-Extreme	2 scoops	143	0	5	4	0	30
Red Berry Blast							
Max Muscle Full Blown	1 scoop	72	4	18	5	0	0
Extreme Berry Blast (<i>contains 176mg caffeine</i>)							
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
<i>Ice is optional. If using a shaker cup use cold water.</i>							

TOTALS **415** **4** **79** **65** **0** **30**

Notes: By using the Gatorade with its high sugar content as a pre workout drink, you enable your body to release additional insulin and as a result your body will utilize the protein and amino acids much more effectively. It also serves as a great source of energy for an intense workout.

MAX MUSCLE POST WORKOUT SHAKES

CALORIES: 420

PROTEIN (g): 38

Post-Workout Shakes "OJ... Blast"

Directions: This shake has a 16oz orange juice base to supply 50+ grams of simple carbs or sugar into your system. You can use other types of juice as well. Pineapple juice or apple juice also work very well. This formula will work very well in a shaker cup or blender. As with all of our formulas it is very easy to change the juice or ingredients to make a custom Post-Workout Shake. Iso-Extreme... Red Bery Blast can be added to apple or grape juice and it tasted very good!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Orange Juice	16oz	228	0	54	50	3	3
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1/2oz	35	0	4	1	1	5
Iso-Extreme Trop. Punch	2 scoops	143	0	5	4	0	30
Max Muscle L-Glutamine	2 scoops	16	0	0	0	0	0
Ice 1/2 to 1 cup <i>Ice is optional. If using a shaker cup use cold water.</i>	1/2 Cup	0	0	0	0	0	0
TOTALS		420	0	63	55	4	38

Notes: By adding a juice with its naturally high sugar content to your recipe as a pre during or post workout, you enable your body to release additional insulin and as a result your body will utilize the protein and amino acids much more effectively.

ENERGY/ENDURANCE HYDRATION PROTEIN DRINKS

CALORIES: 144

PROTEIN (g): 15

Extreme Endurance/Recovery Hydration Formula "Iso-Extreme... Refreshing Hydration"

Directions: Slow Blending is a great way to mix up these hydration formulas or formulas that don't need high RPM's to chop up fruit or seeds. Also with the Iso-Extreme formulas it will minimize the foaming. Start by adding the fluid to your mixer on its lowest speed. If your blender does not hold 48 ounces, then use 24 ounces and add the other 24 ounces to your container. Add in the ingredients and let them all mix for a few minutes, make sure your blender is moving fast enough to pull down the ingredients and mix them. Pour this into a 1/2 gallon container with about 25% ice in it, and add in the additional fluid if your mixer is too small. You are now ready to enjoy a super refreshing drink that will supply your body with a consistent supply of high quality nutrients before/during and your workout. For a concentrated drink simply cut the fluid in half, but keep the ingredients the same. This will be a little stronger in flavor, but it will still be very good. XTR contains a very potent supply of branched chain amino acids and is awesome for performance and recovery! You can add 2 scoops if you prefer.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light™ <i>Orange, Fruit Punch or your favorite flavor</i>	48oz	0	0	0	0	0	0
Iso-Extreme <i>(Tropical Punch, Fruit Punch or Blueberry Ice)</i>	1 scoop	72	0	2	8	0	15
Full Blown Extreme <i>Berry Blast (175mg caffeine) Try 2 scoops for 3+ hour workouts</i>	1 scoop	72	4	18	5	0	0
XTR Extreme Training <i>BCAA, start the recovery process as you train! 8g BCAA</i>	1 scoop	0	0	0	5	0	0
Ice	2 cups	0	0	0	0	0	0
TOTALS		144	4	20	18	0	15

Notes: Recent research has shown that small amounts of protein can improve performance in endurance events. This formula will keep you hydrated and also energized. This Extreme Endurance Formula is serious stuff for serious athletes. Whether you're running, biking or training intensely this formula is awesome before during and after, and will keep you hydrated and energized! What makes Max Iso-Extreme so unique is its ability to be blended into a refreshing drink that can actually taste light and refreshing while supplying your body with high quality fast acting Whey Isolate Protein. Because this special formula is mixed with Vita-Cell and other potent nutrients, you will be amazed at your energy during your workout. If you are competing in any event for a few hours, sipping this formula throughout your event will enhance energy and endurance!

ENERGY/ENDURANCE HYDRATION PROTEIN DRINKS

CALORIES: 411

PROTEIN (g): 26

Extreme Endurance Hydration Formula “Apple Juice/Iso-Extreme, Refreshing Hydration Mix”

Directions: Slow Blending is a great way to mix up these hydration formulas or formulas that don't need high RPM's to chop up fruit or seeds. Also with the Iso-Extreme formulas it will minimize the foaming. Start by adding the fluid to your mixer on its lowest speed. If your blender does not hold 48 ounces, then use 24 ounces and add the other 24 ounces to your container. Add in the ingredients and let them all mix for a few minutes, make sure your blender is moving fast enough to pull down the ingredients and mix them. Pour this into a 1/2 gallon container with about 25% ice in it, and add in the additional fluid if your mixer is too small. You are now ready to enjoy a super refreshing drink that will supply your body with a consistent supply of high quality nutrients before/during and your workout. For a concentrated drink simply cut the fluid in half, but keep the ingredients the same. This will be a little stronger in flavor, but it will still be very good.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Apple Juice	16oz	224	0	56	52	0	0
Iso-Extreme Trop. Punch	1 scoop	72	0	2	8	0	15
Vit-Acell	1oz	45	0	10	10	0	2
Regena-Pro Collagen Protein (<i>hair, skin, nails and joint support</i>)	1oz	70	0	4	1	1	9
Ice	2 cups	0	0	0	0	0	0
TOTALS		411	0	72	71	1	26

Notes: Recent research has shown that small amounts of protein can improve performance in endurance events. This formula will keep you hydrated and also energized. This Extreme Endurance Formula is serious stuff for serious athletes. Whether you're running, biking or training intensely this formula is awesome before during and after, and will keep you hydrated and energized! What makes Max Iso-Extreme so unique is its ability to be blended into a refreshing drink that can actually taste light and refreshing while supplying your body with high quality fast acting Whey Isolate Protein. Because this special formula is mixed with Vita-Cell and other potent nutrients, you will be amazed at your energy during your workout. If you are competing in any event for a few hours, sipping this formula throughout your event will enhance energy and endurance!

ENERGY/ENDURANCE HYDRATION PROTEIN DRINKS

CALORIES: 421

PROTEIN (g): 76

Hydration Protein Formula “Iso-Extreme... Refreshing Hydration Mix”

Directions: Slow Blending is a great way to mix up these hydration formulas or formulas that don't need high RPM's to chop up fruit or seeds. Also with the Iso-Extreme formulas it will minimize the foaming. Start by adding the fluid to your mixer on its lowest speed. If your blender does not hold 48 ounces, then use 24 ounces and add the other 24 ounces to your container. Add in the ingredients and let them all mix for a few minutes, make sure your blender is moving fast enough to pull down the ingredients and mix them. Pour this into a 1/2 gallon container with about 25% ice in it, and add in the additional fluid if your mixer is too small. You are now ready to enjoy a super refreshing drink that will supply your body with a consistent supply of high quality nutrients before/during and your workout. For a concentrated drink simply cut the fluid in half, but keep the ingredients the same. This will be a little stronger in flavor, but it will still be very good.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light™ <i>Orange, Fruit Punch or your favorite flavor</i>	48oz	0	0	0	0	0	0
Iso-Extreme <i>(Tropical Punch, Fruit Punch or Blueberry Ice)</i>	1 scoop	72	0	2	8	0	15
Vit-Acell <i>(optional)</i>	1oz	45	0	10	10	0	2
Regena-Pro Collagen Protein <i>(hair, skin, nails and joint support)</i>	1oz	70	0	4	1	1	9
Max Glutamine or Gluta-Matrix <i>(optional)</i>	10g	20	0	0	0	0	5
Ice	2 cups	0	0	0	0	0	0
TOTALS		421	0	24	19	1	76

Notes; What makes Max Iso-Extreme so unique is its ability to be blended into a refreshing drink that can actually taste light and refreshing while supplying your body with high quality fast acting Whey Isolate Protein. Iso-Extreme tastes good when mixed with water, but you can add a variety of flavored mixes or juices. Since it is made from a fast acting protein it is best when mixed in a larger container and sipped throughout the day. This includes before, during and after your workout. This is a great way to supply your body with high quality protein all day long and a great way to stay hydrated as well. Of course you can add other ingredients and juices etc.

ENERGY/ENDURANCE HYDRATION PROTEIN DRINKS

CALORIES: 463

PROTEIN (g): 69

Hydration Protein Formula “Iso-Extreme & Greens... Refreshing Hydration Mix”

Directions: Slow Blending is a great way to mix up these hydration formulas or formulas that don't need high RPM's to chop up fruit or seeds. Also with the Iso-Extreme formulas it will minimize the foaming. Start by adding the fluid to your mixer on its lowest speed. If your blender does not hold 48 ounces, then use 24 ounces and add the other 24 ounces to your container. Add in the ingredients and let them all mix for a few minutes, make sure your blender is moving fast enough to pull down the ingredients and mix them. Pour this into a 1/2 gallon container with about 25% ice in it, and add in the additional fluid if your mixer is too small. You are now ready to enjoy a super refreshing drink that will supply your body with a consistent supply of high quality nutrients before/during and your workout. For a concentrated drink simply cut the fluid in half, but keep the ingredients the same. This will be a little stronger in flavor, but it will still be very good.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light™ <i>Orange, Fruit Punch or your favorite flavor</i>	48oz	0	0	0	0	0	0
Iso-Extreme <i>(Tropical Punch, Fruit Punch or Blueberry Ice)</i>	4 scoops	286	0	10	8	0	60
Vit-Acell <i>(optional)</i>	1oz	45	0	10	10	0	2
Full Blown Extreme Berry Blast <i>(contains 176mg caffeine)</i>	1 scoop	72	4	18	5	0	0
Max Green Synergy <i>(Greens and Fruit Blend)</i>	1 scoop	40	0	7	1	3	2
Max Glutamine or Gluta-Matrix <i>(optional)</i>	10g	20	0	0	0	0	5
Ice	2 cups	0	0	0	0	0	0
TOTALS		463	4	45	24	3	69

What makes Max Iso-Extreme so unique is its ability to be blended into a refreshing drink that can actually taste light and refreshing while supplying your body with high quality fast acting Whey Isolate Protein. Iso-Extreme tastes good when mixed with water, but you can add a variety of flavored mixes or juices. Since it is made from a fast acting protein it is best when mixed in a larger container and sipped throughout the day. This includes before, during and after your workout. This is a great way to supply your body with high quality protein all day long and a great way to stay hydrated as well. Of course you can add other ingredients and juices etc.

ENERGY/ENDURANCE HYDRATION PROTEIN DRINKS

CALORIES: 473

PROTEIN (g): 71

Hydration Protein Formula "Iso-Extreme... Volumizer and Energy Blast"

Directions: Slow Blending is a great way to mix up these hydration formulas or formulas that don't need high RPM's to chop up fruit or seeds. Also with the Iso-Extreme formulas it will minimize the foaming. Start by adding the fluid to your mixer on its lowest speed. If your blender does not hold 48 ounces, then use 24 ounces and add the other 24 ounces to your container. Add in the ingredients and let them all mix for a few minutes, make sure your blender is moving fast enough to pull down the ingredients and mix them. Pour this into a 1/2 gallon container with about 25% ice in it, and add in the additional fluid if your mixer is too small. You are now ready to enjoy a super refreshing drink that will supply your body with a consistent supply of high quality nutrients before/during and your workout. For a concentrated drink simply cut the fluid in half, but keep the ingredients the same. This will be a little stronger in flavor, but it will still be very good.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Crystal Light™	48oz	0	0	0	0	0	0
Orange, Fruit Punch or your favorite flavor							
Iso-Extreme	4 scoops	286	0	10	8	0	60
(Tropical Punch, Fruit Punch or Blueberry Ice)							
Vit-A-cell (optional)	1oz	45	0	10	10	0	2
Full Blown Extreme Berry Blast (contains 176mg caffeine)	1 scoop	72	4	18	5	0	0
Regena-Pro Collagen	1oz	70	0	4	1	1	9
Protein (hair, skin, nails and joint support)							
Ice	2 cups	0	0	0	0	0	0

TOTALS		473	4	42	24	1	71
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What makes Max Iso-Extreme so unique is its ability to be blended into a refreshing drink that can actually taste light and refreshing while supplying your body with high quality fast acting Whey Isolate Protein. Iso-Extreme tastes good when mixed with water, but you can add a variety of flavored mixes or juices. Since it is made from a fast acting protein it is best when mixed in a larger container and sipped throughout the day. This includes before, during and after your workout. This is a great way to supply your body with high quality protein all day long and a great way to stay hydrated as well. Of course you can add other ingredients and juices etc.

CALORIES: 343

PROTEIN (g): 30

Hydration Protein Formula "Iso-Extreme... Gatorade Blast"

Directions: This is a great pre-workout drink that will give you 30g of great tasting Isolate protein. Start with your favorite flavor of Gatorade or similar sports beverage. Get a bottle that has a large opening at the top so you can easily add your protein. It will help to drink a couple ounces before adding the protein. Add in 2 scoops and gently shake for 15 seconds or so. Open the cap to release pressure and shake again. The foam will settle in a few minutes and all protein particles will dissolve. You are now ready to enjoy a great tasting and refreshing shake that you can sip as you workout to supply your body with high quality protein throughout the day or through your workout.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Gatorade Fruit Punch	32oz	200	0	48	48	0	0
Iso-Extreme	4 scoops	286	0	10	8	0	60
(Tropical Punch, Fruit Punch or Blueberry Ice)							
Ice	2 cups	0	0	0	0	0	0

TOTALS		343	0	53	52	0	30
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What makes Max Iso-Extreme so unique is its ability to be blended into a refreshing drink that can actually taste light and refreshing while supplying your body with high quality fast acting Whey Isolate Protein. Iso-Extreme tastes good when mixed with water, but you can add a variety of flavored mixes or juices. Since it is made from a fast acting protein it is best when mixed in a larger container and sipped throughout the day. This includes before, during and after your workout. This is a great way to supply your body with high quality protein all day long and a great way to stay hydrated as well. Of course you can add other ingredients and juices etc.

KIDS KRAZY PROTEIN SHAKES

CALORIES: 172

PROTEIN (g): 15

Kids Shakes "Gatorade Red/Berry Blast"

Directions: My son loves this sports drink before during and after his little league practice. I find that the Red Berry Blast or the Tropical Punch Iso-Extreme tastes very good in pretty much any sports drink on the market. Because these drinks are already sweetened and flavored you can use pretty much any amount of fluid. I only recommend 1 scoop of the protein. 15 grams is plenty of protein for a kid. This can be blended in a shaker cup or blender. If you get a wide mouth Gatorade bottle you can drink a few ounces of the Gatorade and then add the powders and shake it in the Gatorade bottle. It really tasted good, while getting your kid a nice dose of high quality protein.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Gatorade Fruit Punch	12-32oz	100	0	24	24	0	0
Iso-Extreme Red Berry Blast	1 scoop	72	0	3	2	0	15
Ice 1/2 to 1 cup <i>Ice is optional. If using a shaker cup use cold water.</i>	1/2 Cup	0	0	0	0	0	0
TOTALS		172	0	27	26	0	15

Notes; By using the Gatorade with its high sugar content as a pre or post workout drink, you enable your body to release additional insulin and as a result your body will utilize the protein and amino acids much more effectively. It also serves as a great source of energy for an intense workout.

CALORIES: 298

PROTEIN (g): 18

Kids Shakes "Orange Crush"

Directions: This is another favorite for the young athlete before during and after his sporting event. Iso-Extreme Tropical Punch tastes very good in with the orange juice. This drink contains a fairly high amount of naturally occurring sugar which is fine for young athletes as they burn a ton of calories when playing sports. I suggest adding a 8-16 ounces of water to allow this to hydrate your youngster while making sure they get some high quality protein. I only recommend 1 scoop of the protein. 15 grams is plenty of protein for a kid. This can be blended in a shaker cup or blender.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Orange Juice	16oz	226	0	54	50	3	3
Water	8oz	0	0	0	0	0	0
Iso-Extreme Trop. Punch	1 scoop	72	0	3	20	0	15
Ice 1/2 to 1 cup <i>Ice is optional. If using a shaker cup use cold water.</i>	1/2 Cup	0	0	0	0	0	0
TOTALS		298	0	57	52	3	18

Notes; By adding a juice with its naturally high sugar content to your recipe as a pre during or post workout, you enable your body to release additional insulin and as a result your body will utilize the protein and amino acids much more effectively.

KIDS CRAZY PROTEIN SHAKES

CALORIES: 205

PROTEIN (g): 19

Kids Shakes "Strawberry/Banana Blast"

Directions: Add liquid, juice, milk etc into blender. Add protein and ice. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. Note: Try adding 3/4 cup to 1 full cup of strawberries without the banana. Makes it very strawberries with less calories! Also try adding yogurt to this awesome shake!

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Water, Soy or Milk	6-8oz	0	0	0	0	0	0
Strawberries (Fresh or frozen)	1/4 cup	25	0	5	8	1	0.5
Banana 1/2	1/2	40	0	9	6	1	1
Max Gourmet Strawberry Shortcake	1 scoop	140	5	8	2	1	17.5
Ice 1/2	1/2 Cup	0	0	0	0	0	0
TOTALS		205	5	22	16	3	18

Notes; You can easily add or subtract different ingredients. Sometimes I will use 4-5oz soy milk to make it really nice and creamy. Try using Max MRP (1/2 pack or serving) for your protein source. Simply calculate the difference in calories and make the adjustment. Also try adding 1tbs. of Banana or Strawberry Jell-O Sugar Free Pudding.

CALORIES: 220

PROTEIN (g): 23

Kids Shake "Double Chocolate Extra Rich Gourmet Shake"

Directions: Add liquid, juice, milk etc into blender. Add protein and ice. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. Nonfat Milk may be substituted for Soy Milk. Note: Soy Milk will get creamier than milk. Adding extra protein or pudding will make it thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Water	4oz	0	0	0	0	0	0
Vanilla Soy Milk "Low fat & Sugar"	4oz	45	0	4	2	1	5
Chocolate Jell-O Pudding (Sugar Free Fat Free)	1 tbsp	35	0	8	0	1	1
Max Gourmet Chocolate Fudge Brownie	1 scoop	140	5	8	2	1	17
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		220	5	20	4	3	23

Notes; You can easily add or subtract different ingredients. Try different flavors of pudding, protein and fruits. Adding more pudding will turn it into a delicious dessert shake.

KIDS CRAZY PROTEIN SHAKES

CALORIES: 287

PROTEIN (g): 25

Kids Shake "Vanilla Caramel M&M Shake"

Directions: This is a tasty shake that the kids will love. The trick is to not use too many M&M's. A 1.6oz pack has 240 calories, so I suggest 1/4 to 1/3 of a pack. By making the shake Vanilla you will be able to see the small pieces of M&M's and the kids love that. Add liquid, juice, milk etc into blender. Add protein and ice. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. I Add the M&M's last and don't over-blend them so the kids can see them, but make sure they are small enough to easily swallow. Nonfat Milk may be substituted for Soy Milk. Note: Soy Milk will get creamier than milk. Adding extra protein or pudding will make it thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Vanilla Soy Milk <i>"Low fat & Sugar" or low fat milk</i>	8oz	90	0	8	5	1	9
High Five Protein Vanilla	1/2 scoop	59	0	0	0	0	13
M&M's Chocolate	1/3 pack	80	3	11	10	0	1
Ice Cream <i>Vanilla or Strawberry</i>	1/4 cup	58	3	8	7	0	2
Ice <i>Optional or a small amount</i>	1/4 cup	0	0	0	0	0	0
TOTALS		287	6	27	22	1	25

Notes: You can easily add or subtract different ingredients. Sometimes I will use 4-5oz soy milk to make it really nice and creamy. Try using Max MRP (1/2 pack or serving) for your protein source. Simply calculate the difference in calories and make the adjustment. Also try adding 1lbs. of Banana or Strawberry Jell-O Sugar Free Pudding.

CALORIES: 210

PROTEIN (g): 25

Kids Shake "Vanilla Caramel with Yogurt"

Directions: This is a tasty shake that the kids will love. The trick is to not use too many M&M's. A 1.6oz pack has 240 calories, so I suggest 1/4 to 1/3 of a pack. By making the shake Vanilla you will be able to see the small pieces of M&M's and the kids love that. Add liquid, juice, milk etc into blender. Add protein and ice. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. I Add the M&M's last and don't over-blend them so the kids can see them, but make sure they are small enough to easily swallow. Nonfat Milk may be substituted for Soy Milk. Note: Soy Milk will get creamier than milk. Adding extra protein or pudding will make it thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Vanilla Soy Milk <i>"Low fat & Sugar" or low fat milk</i>	8oz	90	0	8	4	1	9
Low fat Yogurt Vanilla or Plain <i>(great option available in no-fat or low sugar yogurts)</i>	1/4 cup	61	1	8	6	0	3
High Five Protein Vanilla	1/2 scoop	59	0	0	0	0	13
Ice 1/2 to 1 cup	1/4 Cup	0	0	0	0	0	0
TOTALS		210	1	16	11	1	25

Notes: You can easily add or subtract different ingredients. Sometimes I will use 8oz of Soy Milk as the only liquid to make it really creamy or even 5oz of Soy and 5oz of 2% milk.

KIDS CRAZY PROTEIN SHAKES

CALORIES: 341

PROTEIN (g): 25

Kids Shakes "Vanilla Caramel M&M Shake"

Directions: Believe it or not this shake tastes very good. Kids really do like it and it very healthy! Add protein and ice. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. Nonfat Milk may be substituted for Soy Milk. Note: Soy Milk will get creamier than milk. Adding extra protein or pudding will make it thicker and creamier.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
WATER	4oz	0	0	0	0	0	0
Vanilla Soy Milk	4oz	45	0	4	2	1	5
<i>"Low fat & Sugar" or low fat milk</i>							
Vit-Acell	1/4oz	22	0	5	5	0	1
Max Green Synergy	1/2 scoop	20	0	4	1	2	1
<i>(Green and Fruit Blend)</i>							
Frozen or Fresh Broccoli	1/4 cup	15	0	3	0	1	1
Vanilla Ice Cream	1/2 cup	90	3	12	8	2	3
<i>"No Added Sugar"</i>							
High Five Protein Vanilla	1/2 scoop	59	0	0	0	0	13
<i>(Iso-Extreme Tropical Punch works very well too)</i>							
Banana (med to large)	1	90	0	20	11	1	1
1/2 to 1 cup	1/2 cup	0	0	0	0	0	0
<i>Ice is optional. If using a shaker cup use cold water.</i>							

TOTALS **341** **3** **48** **27** **7** **25**

Notes: You can easily add or subtract different ingredients. Sometimes I will use 8oz of Soy Milk as the only liquid to make it really creamy or even 5oz of Soy and 5oz of 2% milk.

HIGH PROTEIN DESSERTS

CALORIES: 475

PROTEIN (g): 47

High Protein Delicious Desserts "Double Chocolate Extra Rich Gourmet Pudding"

Directions: Add all ingredients into blender. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. This shake will get thicker the longer you blend it. As soon as the ice is crushed and all of the ingredients are blended, pour into a bowl and let it set up for about 1/2 hour.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Vanilla Soy Milk	8-10oz	90	0	8	4	2	9
<i>"Low fat & Sugar"</i>							
Chocolate Jell-O Pudding	3 tbsp	105	0	24	0	3	3
<i>(Sugar Free Fat Free)</i>							
Max Gourmet Chocolate Fudge Brownie	2 scoops	280	9	15	3	2	35
Ice 1/2 to 1 cup	1/2 cup	0	0	0	0	0	0

TOTALS **475** **9** **47** **7** **7** **47**

Notes: You can easily add or subtract different ingredients, such as small amounts of fresh fruit. Try using 1 pack of Max MRP for your protein source. Simply calculate the difference in calories and make the adjustment. Bananas also taste very good in this dessert. Use less fluid for a thicker consistency.

HIGH PROTEIN DESSERTS

CALORIES: 585

PROTEIN (g): 59

High Protein Delicious Desserts "Super Strawberry Pudding"

Directions: Add all ingredients into blender. Cover Blender top and start at a low setting to begin mixing. As the ice becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. This shake will get thicker the longer you blend it. As soon as the ice is crushed and all of the ingredients are blended, pour into a bowl and let it set up for about 1/2 hour. Serves 3-4.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Vanilla Soy Milk "Low fat & Sugar"	8-10oz	90	0	8	3	2	9
Strawberry Jell-O Pudding	3 tbsp	105	0	24	0	3	3
Strawberries (Fresh or frozen)	1 cup	80	0	18	16	4	2
Max MRP Strawberry	1 pack	310	4	24	4	6	45
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		585	4	74	23	15	59

Notes: You can easily add or subtract different ingredients, such as small amounts of fresh fruit. Try using 1 pack of Max MRP for your protein source. Simply calculate the difference in calories and make the adjustment. Bananas also taste very good in this dessert. Use less fluid for a thicker consistency.

CALORIES: 526

PROTEIN (g): 47

High Protein Delicious Desserts "Pineapple Paradise Freeze"

Directions: Add all ingredients into blender. Cover Blender top and start at a low setting to begin mixing. As the ice and pineapple becomes crushed increase the speed of the blender to fully blend ice into the shake. If you have a low power blender add the ice in slowly to keep from overloading the blender. This shake will get thicker the longer you blend it. As soon as the ice is crushed and all of the ingredients are blended, pour into a bowl and let it set up for about 1/2 hour or more in the fridge. Serves 3-4.

INGREDIENTS	AMOUNT	CALORIES	FAT(g)	Carbs(g)	Sugar(g)	Fiber(g)	Protein(g)
Pineapple Juice	8-10oz	140	0	34	32	2	1
Pineapple (fresh or frozen)	1 cup	76	1	19	17	2	1
Vanilla Flavor	1/2 tsp	0	0	0	0	0	0
Max MRP Vanilla	1 Pack	310	3	24	6	6	45
Ice 1/2 to 1 cup	1/2 Cup	0	0	0	0	0	0
TOTALS		526	5	77	53	10	47

Notes: You can easily add or subtract different ingredients, such as small amounts of fresh fruit. Try using 1 pack of Max MRP for your protein source. Simply calculate the difference in calories and make the adjustment. Bananas also taste very good in this dessert. Use less fluid for a thicker consistency.



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