



Post workout Shake

This protein shake is a very speedy post workout option with the following benefits:

- Helps to sustain energy for a prolonged period of time
- Provides a combination of high quality protein, natural carbohydrates from fruit, fruit fibre and plenty of antioxidants.
- Supports adrenal function (the stress glands)
- Reduces cravings
- Can help with weight loss and fat burning
- Provides all essential proteins for liver detoxification
- Provides all essential proteins for production of neurotransmitters
- Protein are essential for muscles repairs

Ingredients:

- 20-30g plain whey protein or plant based protein powder
- 50-100ml natural yoghurt (just 'milk and cultures' on ingredients list) or 50-100ml kefir
- ½ - 1 cup berries fresh or frozen
- 1/2 banana
- 5g L-glutamine
- 1 teaspoon of Chia seeds
- 1 tablespoon of organic almond/peanut butter



BLEND ALL INGREDIENTS AND DRINK

Additional Suggestions for your needs:



Protein Powder – this is my favourite plant-based, whey-free protein powder in vanilla and chocolate.

Collagen Powder – a neutral tasting protein boost! Also good for gut health!

Maca -for increased fertility and hormone balance.

Chia Seeds – added protein without powders.

Ground Flaxseed, Nuts or seeds – a dose of Omega 3s!

Bee Pollen – boosts immunity.

Acai Berry powder – antioxidants!

Raw cacao nibs – a healthy way to add a little chocolate!

Coconut Oil – increases metabolism, keeps you full for longer!

Cinnamon – anti-inflammatory and delicious!

Amazing Grass Green Superfood– great way to add even more green

Nuzest Plant based protein powder and Good Green stuff are available from www.nuzest.sg with the discount code **KAREL10**

You can find Pure Nutrition Whey protein on <https://simplyactive.com.sg/> with the discount code **KARELLE20** to receive 20%off.

In the UK you can order Nuzest and from Natural Dispensary (Ship within Europe) with my code **KALA015** pour 15%

Karelle Laurent

<http://www.karellelaurentnutrition.com>