

SUPER FUEL SHAKE RECIPES



20+ DELICIOUS RECIPES FOR GUYS 40+



FAT BURNING SHAKE RECIPES

***HIGH PROTEIN. HEALTHY FATS.
HIGH FIBER. LOWER CARB.***

Vanilla Berry Blast Fat Burner

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 27g F, 35g C (20g of those carbs are fiber) 540 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1.5 cups of organic mixed berries (frozen)
- 2 tbsp organic chia seeds
- 1 tbsp MCT Oil*
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

Add all ingredients to a quality blender.

It's important to buy organic berries as non-organic berries are among the highest pesticide-sprayed foods.

Costco/other value grocery stores have massive bags of berries of good value.

FAQ: What is MCT Oil and why am I putting it in my fat-burning shake?

MCT stands for "Medium Chain Triglycerides," which are a special type of fat that helps our bodies burn more fat (see studies). Your body can use MCT oil as an instant source of energy, making it a great addition to your morning shake/breakfast. MCT oil is most commonly extracted from coconut oil, as more than 50% of the fat in coconut oil comes from MCTs. MCT fats also help kill harmful bacteria and viruses in your digestive tract.

See Page 19 for the muscle-building (higher-carb) version of this shake

Coffee Lovers Morning Fat Burn Shake

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 27g F, 20g C (10g of those carbs are fiber) 483 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ frozen banana (medium size)
- 2 tbsp organic chia seeds
- 1 cup brewed coffee (fresh or cold-brew)*
- 1 tablespoon non-fat cacao
- 1 tablespoon of MCT Oil
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

This shake contains actual coffee. You can either cold-brew coffee overnight by leaving some grounds in water in your refrigerator, or you can use freshly-brewed coffee. If you are using freshly-brewed coffee, we recommend that you add some extra ice cubes to ensure that the hot coffee doesn't melt your shake.

FAQ: How do I make simple cold-brew coffee in my refrigerator?

Step #1: Buy some quality coffee beans. [We like these on Amazon.com.](#)

Step #2: Grind the coffee (not too finely. Leave it a bit coarse).

Step #3: Put the ground coffee in a big jar. The ideal at-home cold brewing ratio is 1/4lb of beans to four cups of water. Scale down or up accordingly.

Step #4: Add any temperature water to the jar with the ground coffee. Allow the coffee to sit for ~24 hours in your refrigerator. This will create your "cold-brew concentrate." This concentrate contains 2x the amount of caffeine as a regular hot-brewed cup of coffee.

Step #5: Add ½ -1 cup of the concentrate to the shake (your preference).

Pumpkin Spice Fat Destroyer Shake

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 27g F, 22g C (10g of those carbs are fiber) 491 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ cup canned pumpkin (equiv. 1 cup)
- 1 pinch ground cinnamon*
- 1 pinch ground cloves
- 1 pinch ground ginger
- 1 pinch ground nutmeg
- 2 tablespoons chia seeds
- 1 tablespoon of MCT Oil
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

For this shake, you'll need some common spices and a bit of canned pumpkin (*in water; not syrup - look at the sugar content on the label to confirm*).

Mix the protein, ½ cup of pumpkin, all the spices, seeds and oils. Blend to desired thickness. We recommend you play around with the different amounts of the spices to alter the taste of that shake. More ginger will make it spicier.

FAQ: How much is 1 pinch?

In many cookbooks and recipes, it's common to see the term "pinch" when referring to adding small amounts of an ingredient. 1 pinch is a general term, so we went researching for the specifics. It turns out that 1 pinch generally equates to 1/16 - 1/8 teaspoon of an ingredient - depending on how calloused and battered your hands are from the onslaught of FFP kettlebell/dumbbell workouts :-) #fitfatherproblems

Vanilla Chocolate Chip Fat Burn Shake

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 22g F, 33g C (20g of those carbs are fiber) 490 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ frozen banana (medium size)
- 2 tbsp organic chia seeds
- 2 tablespoon cacao nibs
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

Add all ingredients together and blend. You can also sprinkle an additional 1 tsp of cacao nibs on top as a nice finish. Add additional stevia if desired.

FAQ: What's the difference between cacao powder and cacao nibs?

Cacao nibs are small pieces of the actual cacao bean (what chocolate is made from). Because cacao nibs are an intact part of the bean itself, it naturally contains all the fiber, healthy fats, minerals, and antioxidants found in whole cacao beans. Cacao powder is made from cacao beans/nibs. It's typically pressed into a fine powder, and often, the natural fat found in cacao beans/nibs is extracted. That's why there are non-fat versions of cacao powder. We often use these non-fat versions of cacao powder as it's easy to add in other great sources of healthy fats (chia seeds/MCT oil). That being said, the natural fats in cacao nibs are great. We include them in this shake recipe as a substitute for the MCT oil that we often use in shakes. The result is a shake with a very similar nutrient density; yet, you also get the enjoyable crunch of the cacao nibs in the shake.

See Page 20 for the muscle-building (higher-carb) version of this shake

Pure Vanilla Bliss Fat Burner Shake

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

42g P, 27g F, 20g C (10g of those carbs are fiber) 491 calories

Ingredients:

- 1 scoop of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ cup plain Greek yogurt (no sugar added)
- 1 teaspoon vanilla extract
- 2 tbsp organic chia seeds
- 1 tbsp MCT Oil*
- Add ice to increase shake thickness
- 4 drops of liquid stevia

Instructions:

Add all ingredients together and blend. Make note that this recipe only used 1 scoop of SuperFuel as opposed to the normal 1.5 scoops. Also, make sure to buy an unsweetened version of the Greek Yogurt. It should NOT have any added sugars and should be labeled “plain” or “unflavored.” Check the label.



FAQ: This is the first shake that I’ve seen Greek yogurt included in. What’s the deal with dairy? Is it good or bad for my health?

Watch this video here on our FFP YouTube Channel for a full explanation (pros & cons):
<https://www.youtube.com/watch?v=yTgHBxjYlvY>



See Page 21 for the muscle-building (higher-carb) version of this shake

Raspberry Vanilla Fat Burner Shake

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 10g F, 40g C (16g of those carbs are fiber) 410 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1 cup organic raspberries (frozen)
- ½ frozen banana (medium)
- 2 tbsp organic chia seeds
- ½ teaspoon vanilla extract
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

Add all ingredients together and blend. This shake is slightly higher in carbs than our normal morning fat-burning shakes, but we've decreased the fat amount in this shake to make sure it's calorie-balanced.

FAQ: What are the benefits of berries? Should I worry about the sugar?

Right now, carbs are seen as public enemy #1 of health, and it's true that many carb sources are garbage for your health (I'm talking about refined sugars, white grains, sodas, candies, baked goods/most breads). That being said, there are certain foods that naturally contain carbs that are jam-packed with fiber & nutrients that are incredibly good for your health. Organic berries are on that list of those special foods that I recommend you add into your diet. 1 cup of organic berries has 15g of carbs (7g of which is fiber) along with a ton of phytonutrients & vitamins that research has shown helps boost your immune system, reduce inflammation, improve vision, lower cholesterol, and even help improve blood sugar & insulin levels ([see the summary of benefits and research studies here](#)).

Cinnamon Roll Fat Burner Shake

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 27g F, 25g C (10g of those carbs are fiber) 503 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ frozen banana (medium size)
- 1 teaspoon cinnamon
- 1 tablespoon MCT Oil
- 2 tbsp organic chia seeds
- Add ice to increase shake thickness
- 3 drops of liquid stevia

Instructions:

Add all ingredients together and blend. You can adjust the amount of cinnamon you add to the shake for your preference. 1 tsp gives a strong cinnamon flavor; you can add or subtract accordingly to fit your taste preference.



FAQ: What are the health benefits of cinnamon?

Cinnamon is a highly delicious spice that has been prized for its medicinal properties for thousands of years. Cinnamon has been research-proven to have antioxidant, anti-inflammatory, and blood-sugar stabilizing properties which makes it a fantastic spice for guys looking to lose weight and improve their health. [See the summary of benefits and research studies here.](#)

See Page 22 for the muscle-building (higher-carb) version of this shake

Chocolate Peanut Butter Fat Burner

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

45g P, 26g F, 15g C (10g of those carbs are fiber) 475 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1 tablespoon of cacao powder
- 2 tablespoons of organic peanut butter
- 2 tbsp organic chia seeds
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

Add all ingredients together and blend.

FAQ: What's the deal with peanut butter? Is it healthy?

Quality peanut butter (without added sugars and low-quality oils) can be a healthy food for those without allergies. Peanut butter is high in protein, low in carbs, and rich in certain vitamins and minerals (B-vitamins, magnesium, Vitamin E). Like all nuts and nut butters, peanut butter is naturally high in fats, which makes it a calorie dense food, which means we need to watch our portion sizes. The 2 tbsp of peanut butter we're adding to this morning shake contains 188 calories (16g F, 8g P, 6g C). The main health concern with peanut butter is that it has a propensity to grow a toxic mold called *Aspergillus* that produces a toxin called aflatoxin, which is highly cancerous. Commercial processing of peanuts does reduce potential aflatoxin load by ~89% (see study), but it is something to be aware of. In our opinion, the occasional bit of peanut butter is fine. We wouldn't suggest it daily due to the small (but existing) aflatoxin risk when other nuts don't have this issue.

See Page 25 for the muscle-building (higher-carb) version of this shake

Choco-Banana Dream Fat Burner

Use this fat-burning shake recipe as your Breakfast/M meal #1.

Nutrition Facts:

40g P, 27g F, 35g C (20g of those carbs are fiber) 540 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ frozen banana
- 2 tbsp cacao powder
- 2 tbsp organic chia seeds
- ½ teaspoon espresso powder
- 1 tbsp MCT Oil*
- 1 pinch of salt
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

Add all ingredients to a quality blender (see products list in this guide for suggested blender). For this recipe, you will need espresso powder.

[See our master ingredient list here](#) →

FAQ: Is coffee good or bad for my weight loss efforts?

Watch this video here on our FFP YouTube Channel for a full explanation (pros & cons):
https://youtu.be/E_JReqpBtsM



See Page 26 for the muscle-building (higher-carb) version of this shake

SuperFuel Shake Ingredients Shopping List

See below for direct links to Amazon.com for common ingredients that we feature throughout these shake recipes (chia, cacao, MCT oil, etc). All of the brands linked below are our preferred sources because of their quality and value.

Supplies For Fat Burning Shakes Specifically:

Organic Cacao Powder (this is the only brand we know that tests for lead and cadmium, which can be a problem in some cacao products):

- [Terrasoul Superfoods Organic Cacao → https://amzn.to/2HF2imr](https://amzn.to/2HF2imr)

Chia Seeds (Organic + Best Value):

- [Better Body Foods Organic Chia Seeds → https://amzn.to/2TydliT](https://amzn.to/2TydliT)

MCT Oil (Premium Quality From Organic Coconuts + Best Value):

- [Sports Research MCT Oil → https://amzn.to/2UXhZs2](https://amzn.to/2UXhZs2)

Liquid Stevia (Great Tasting + Easy To Dose):

- [SweetLeaf Premium Stevia Drops → https://amzn.to/2JIfHMn](https://amzn.to/2JIfHMn)

Organic Coffee (Premium Whole Bean):

- [Jim's Organic Coffee \(very delicious roast\) → https://amzn.to/31nEEE8](https://amzn.to/31nEEE8)

Espresso Powder (For Shakes & Baking):

- [King Arthur Premium Espresso Powder → https://amzn.to/2HSoetx](https://amzn.to/2HSoetx)

Supplies For Muscle Building Shakes Specifically:

Creatine Monohydrate:

- [99.99% Pure Creatine Monohydrate → https://amzn.to/2UW1TiB](https://amzn.to/2UW1TiB)

Premium Old-Fashioned Oatmeal:

- [Bob's Red Mill Old Fashioned Oats → https://amzn.to/2HHmofK](https://amzn.to/2HHmofK)



MUSCLE BUILDING SHAKE RECIPES

**HIGH PROTEIN. HEALTHY CARBS.
LOWER FAT + CREATINE**

Vanilla Berry Blast Muscle Builder

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat (while also building muscle) then stick to the simple post-workout that we outline in FF30X (1.5 scoops protein + 5g creatine).

Nutrition Facts:

40g P, 7g F, 55g C 443 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1.5 cups of organic mixed berries (frozen)
- ½ frozen banana
- ⅓ cup of oatmeal
- Add ice to increase shake thickness
- 3 drops of liquid stevia
- 5g of Creatine Monohydrate



Instructions:

Use this shake 30-minutes after your workout to kickstart your recovery. This shake is naturally higher in protein and carbohydrates, which makes it ideal for pure muscle building purposes.

FAQ: What is Creatine Monohydrate? And why is it a great idea to add creatine to my post-workout shake for the purposes of building muscle?

- [See this link for our extensive summary on research studies on creatine's safety, the proper protocol for creatine dosing, and certain situations you should not take creatine.](#)

See Page 8 for the fat-burning (lower-carb) version of this shake

Vanilla Chocolate Chip Muscle Builder

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat stick to the simple post-workout that we outline in FF30X.

Nutrition Facts:

40g P, 22g F, 55g C 578 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ frozen banana (medium size)
- ⅓ cup oatmeal
- 2 tablespoon cacao nibs
- Add ice to increase shake thickness
- 3 drops of liquid stevia
- 5g of Creatine Monohydrate



FAQ: What's the difference between cacao powder and cacao nibs?

Cacao nibs are small pieces of the actual cacao bean (what chocolate is made from). Because cacao nibs are an intact part of the bean itself, it naturally contains all the fiber, healthy fats, minerals, and antioxidants found in whole cacao beans. Cacao powder is made from cacao beans/nibs. It's typically pressed into a fine powder, and often, the natural fat found in cacao beans/nibs is extracted. That's why there are non-fat versions of cacao powder. We often use these non-fat versions of cacao powder as it's easy to add in other great sources of healthy fats (chia seeds/MCT oil). That being said, the natural fats in cacao nibs are great. We include them in this shake recipe as a substitute for the MCT oil that we often use in shakes. The result is a shake will a very similar nutrient density; yet, you also get the enjoyable crunch of the cacao nibs in the shake.

See Page 11 for the fat-burning (lower-carb) version of this shake

Pure Vanilla Bliss Muscle Builder Shake

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat stick to the simple post-workout that we outline in FF30X.

Nutrition Facts:

42g P, 7g F, 60g C 471 calories

Ingredients:

- 1 scoop of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- ½ cup plain Greek yogurt (no sugar added)
- ½ frozen banana (medium size)
- ⅓ cup oatmeal
- 1 teaspoon vanilla extract
- Add ice to increase shake thickness
- 3 drops of liquid stevia
- 5g of Creatine Monohydrate



Instructions:

Add all ingredients together and blend. Make note that this recipe only used 1 scoop of SuperFuel as opposed to the normal 1.5 scoops. Also, make sure to buy an unsweetened version of the Greek Yogurt. It should NOT have any added sugars and should be labeled “plain” or “unflavored.” Check the label.

FAQ: This is the first shake that I’ve seen Greek yogurt included in. What’s the deal with dairy? Is it good or bad for my health?

Watch this video here on our FFP YouTube Channel for a full explanation (pros & cons):
<https://www.youtube.com/watch?v=yTgHBxjYlvY>



See Page 12 for the fat-burning (lower-carb) version of this shake

Cinnamon Roll Muscle Builder Shake

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat stick to the simple post-workout that we outline in FF30X.

Nutrition Facts:

40g P, 7g F, 55g C 443 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1 teaspoon cinnamon
- ½ frozen banana
- ⅓ cup of oatmeal
- Add ice to increase shake thickness
- 3 drops of liquid stevia
- 5g of Creatine Monohydrate



Instructions:

Add all ingredients together and blend. You can adjust the amount of cinnamon you add to the shake for your preference. 1 tsp gives a strong cinnamon flavor; you can add or subtract accordingly to fit your taste preference.

FAQ: What are the health benefits of cinnamon?

Cinnamon is a highly delicious spice that has been prized for its medicinal properties for thousands of years. Cinnamon has been research-proven to have antioxidant, anti-inflammatory, and blood-sugar stabilizing properties which makes it a fantastic spice for guys looking to lose weight and improve their health. [See the summary of benefits and research studies here.](#)

See Page 14 for the fat-burning (lower-carb) version of this shake

Strawberry Banana Muscle Builder

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat (while also building muscle) then stick to the simple post-workout that we outline in FF30X (1.5 scoops protein + 5g creatine).

Nutrition Facts:

40g P, 7g F, 55g C 443 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1.5 cups of organic strawberries (frozen)
- 1 large frozen banana
- 1 tablespoon natural peanut butter
- Add ice to increase shake thickness
- 3 drops of liquid stevia
- 5g of Creatine Monohydrate



Instructions:

Use this shake 30-minutes after your workout to kickstart your recovery. This shake is naturally higher in protein and carbohydrates, which makes it ideal for pure muscle building purposes.

FAQ: What is Creatine Monohydrate? And why is it a great idea to add creatine to my post-workout shake for the purposes of building muscle?

- [See this link for our extensive summary on research studies on creatine's safety, the proper protocol for creatine dosing, and certain situations you should not take creatine.](#)

Raspberry Vanilla Muscle Builder Shake

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat (while also building muscle) then stick to the simple post-workout that we outline in FF30X (1.5 scoops protein + 5g creatine).

Nutrition Facts:

40g P, 5g F, 50g C (16g of those carbs are fiber) 405 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1 cup organic raspberries (frozen)
- ½ frozen banana (medium)
- ⅓ cup oats
- ½ teaspoon vanilla extract
- Add ice to increase shake thickness
- 3 drops of liquid stevia
- 5g of Creatine Monohydrate



FAQ: What's the deal with pea milk? Why should I choose it over almond?

In this guide, we've already touched on the fact that many people have food sensitivities to dairy (causing gas, bloating, fatigue, stuffy nose).

[See this video here](#). This issue more common than most people realize - although some people can tolerate dairy completely fine. Many who prefer to stay away from dairy turn to almond milk, which is great, but it's pretty tough on the environment from the perspective that it requires ~20 gallons of water to produce 1 gallon of almond milk. Regular dairy is also tough as it requires around 50 gallons of water to produce 1 gallon of milk. Pea milk only requires ~1 gallon water to make 1 gallon milk. It's also Very high in super bioavailable protein and tastes a lot like almond milk.

Chocolate Peanut Butter Muscle Builder

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat stick to the simple post-workout that we outline in FF30X.

Nutrition Facts:

42g P, 19g F, 60g C 579 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1 tablespoon of cacao powder
- 2 tablespoons of organic peanut butter
- 1 large banana
- ½ cup oatmeal
- Add ice to increase shake thickness



FAQ: What's the deal with peanut butter? Is it healthy?

Quality peanut butter (without added sugars and low-quality oils) can be a healthy food for those without allergies. Peanut butter is high in protein, low in carbs, and rich in certain vitamins and minerals (B-vitamins, magnesium, Vitamin E). Like all nuts and nut butters, peanut butter is naturally high in fats, which makes it a calorie dense food, which means we need to watch our portion sizes. The 2 tbsp of peanut butter we're adding to this morning shake contains 188 calories (16g F, 8g P, 6g C). The main health concern with peanut butter is that it has a propensity to grow a toxic mold called *Aspergillus* that produces a toxin called aflatoxin, which is highly cancerous. Commercial processing of peanuts does reduce potential aflatoxin load by ~89% (see study), but it is something to be aware of. In our opinion, the occasional bit of peanut butter is fine. We wouldn't suggest it daily due to the small (but existing) aflatoxin risk when other nuts don't have this issue.

See Page 15 for the muscle-building (higher-carb) version of this shake

Choco-Banana Dream Muscle Builder

Use this muscle-building shake recipe after your workouts if your #1 goal is to build muscle and your body-fat is already at a good level. If you are still working on losing more fat stick to the simple post-workout that we outline in FF30X.

Nutrition Facts:

43g P, 5g F, 57g C 405 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1.5 cups pea or almond milk (unsweetened)
- 1 frozen banana
- 1 tbsp cacao powder
- ½ cup oatmeal
- ½ teaspoon espresso powder
- 1 pinch of salt
- Add ice to increase shake thickness
- 3 drops of liquid stevia



Instructions:

Add all ingredients to a quality blender (see products list in this guide for suggested blender). For this recipe, you will need espresso powder.

[See our master ingredient list here →](#)

See Page 16 for the muscle-building (higher-carb) version of this shake



ON THE GO MEAL REPLACEMENT SHAKE RECIPES

***HIGH PROTEIN. HIGH FIBER.
HEALTHY FATS. CONVENIENT.***

SuperFuel On-The-Go (OTG) Meal Replacement

Whether you need a quick, healthy meal replacement “on the go,” or you want to pre-pack a meal replacement for a trip, this SuperFuel OTG Shake is your answer.

Nutrition Facts:

40g P, 25g F, 12g C 433 calories

Ingredients:

- 1.5 scoops of Vanilla SuperFuel Protein
- 1 tablespoon of cacao powder
- 1 tablespoon of MCT oil
- 2 tablespoons of chia seeds

Instructions:

The beautiful thing about this SuperFuel OTG Shake is that all of the ingredients are non-perishable. Simply put all of the ingredients above in the proper ratio into some kind of mason jar/shaker bottle and you're set. Add water and drink.



PRO TIP: Make your OTG Shake powder in bulk for an upcoming trip.

One of the most challenging aspects of traveling (for business or vacation) is the fact that you're thrown off your regular routine. You don't have access to your normal "Go-To Foods" & "Go-To Meals." As a result, many of us find that we eat far less healthy when away from home. This Superfuel OTG Shake can really help. As we outline in our **Travel Fit Program** that's included inside our FFP All-Access Membership, we recommend you prepare this shake powder in bulk by simply multiplying the recipe above by the number of days you're traveling. It's a good idea to plan on having one of these OTG meal replacement shakes every day while away from home to keep your hunger levels down and ensure you get the proper nutrition your body is now accustomed to. Even if you don't use the shake every day, you are prepared and have options. When it comes to health, planning to win is always key.

Bonus: SuperFuel Coffee Recipe

If you need a quick pick-me up during the day, this SuperFuel coffee recipe will help you in a pinch. It's jam-packed with protein, special fats, and all of the supergreens and vitamins that we've included in this amazing supplement for you.

Nutrition Facts:

10g P, 15g F, 1g C 175 calories

Ingredients:

- 1/2 scoop of Vanilla SuperFuel Protein
- 1 tablespoon of MCT oil
- Optional: 1-2 tbsp pea or almond milk (unsweetened)
- Optional: 2-3 drops of stevia



Instructions:

The beautiful thing about this SuperFuel Coffee recipe is that it upgrades regular coffee into a sort of “mini-meal” with some added protein and healthy fats. When trying this recipe, you’ll find that your energy levels are more sustained from the coffee/caffeine due to the presence of the protein and healthy MCT oil fats. If you’re doing Intermittent Fasting (on FF30X Phase #2-4) or following the “at home” meal timing setup, I recommend against doing this recipe during your fast, because it contains enough calories to be considered a “fast breaking” mini-meal.

PRO TIP: Toss all of these ingredients in a blender to “homogenize” the coffee. The MCT Oil will naturally float to the top of the coffee. Blending the coffee will quickly mix the MCT oil into the liquid to avoid serious pooling on the top, while also adding a nice, smooth taste to the mixture.

I Hope You Found This Guide Helpful

We can't wait to have you try these new recipes with your new SuperFuel protein.

After you get your SuperFuel and start trying the recipes, post in your Member group and let us know how the recipes are. We look forward to hearing which recipes you try first and your feedback. Also, if you come up with some great recipes of your own, please share it with us. We'll be sure to include the recipe in the next version of this shake guide.

You can share your feedback with us these ways:

- support@fitfatherproject.com
- Inside the Brotherhood FB Chapter Groups
- Tagging us on social media (@FitFatherProject using #SuperFuel or #FitFatherProject)



Also, we just released the **plant-based version** of this SuperFuel Protein.

You can order your next bottle of SuperFuel at the **discounted launch price by using this special order form link below:**

Chocolate Plant-Based SuperFuel (linked below on the FFP Store):

<https://store.fitfatherproject.com/collections/supplements/products/fit-father-superfuel-vegan-chocolate>

Chocolate SuperFuel (click the link below):

<https://store.fitfatherproject.com/products/fit-father-superfuel-chocolate>

Vanilla SuperFuel (click the link below):

<https://store.fitfatherproject.com/collections/supplements/products/fit-father-superfuel-vanilla>

Yours in lifelong health,
-Dr. A + The FFP Team