



BEACH TRACK CLUB

SUPER SHAKES

Not every meal has to be solid food. One or two shakes a day is the easiest way to hit your fruit, vegetable, protein, and superfood numbers, especially on busy school days.

SUPERSHAKES

Store-bought smoothies and protein bars are usually closer to milkshakes and candy bars: heavy on sugar, thin on real protein, and missing what whole foods bring. A supershake you build yourself is the opposite: quality protein, fiber, good fats, and antioxidants in one glass.

First step: get a decent blender. You'll use it every day and a good one lasts years.

SEVEN STEPS

- 1** Ice. 1 to 4 cubes for a thin, chilled shake. 5 to 10 for smooth and creamy.
- 2** Fruit. Half a banana gives the best texture. Tropical fruit is great for its enzymes. Berries for antioxidants.
- 3** Vegetable. Canned pumpkin works surprisingly well, as does any dark leafy green. A powdered greens supplement is fine on the go.
- 4** Protein powder. Whey around workouts. Blends, rice, hemp, pea, or casein at other times of day. Match it to any food sensitivities.
- 5** Nuts, seeds, or oats. A spoonful adds fat, fiber, and body.
- 6** Superfood. Cacao nibs, coconut, pomegranate seeds, acai, seaweed, maca, or goji berries. See the next page.
- 7** Liquid. Water, almond milk, hemp milk, or iced green tea. Add it late in the blend. More liquid means thinner; less means thicker.

SUPERFOODS

Superfoods are calorie-sparse and nutrient-dense, so you can add them without worrying about extra calories. They're top sources of antioxidants and the nutrients your body needs but can't make. Pick one or two per shake.

CACAO NIBS

One of the most concentrated antioxidant sources anywhere. High in magnesium and iron.

ACAI

Antioxidant power from anthocyanins. Look for freeze-dried so the nutrients stay intact.

COCONUT AND COCONUT WATER

One of nature's best electrolyte sources. Great after a hot session.

NORI AND KELP

Seaweeds are among the most nutritionally dense plants there are. A pinch is plenty.

WHEAT GRASS

Supports healthy blood and digestion.

BLUE-GREEN ALGAE

Used for brain function and immune support.

GOJI BERRIES

Very rich in vitamin C and a strong antioxidant.

MACA

Traditionally used for energy and immune support.

NONI

Known for anti-inflammatory and immune-supporting properties.

ALOE VERA

Easy on the digestive tract.

SPIRULINA AND CHLORELLA

Algae with a complete protein profile. Spirulina is about 70 percent protein and can help with cravings; chlorella supports the immune system.

Start with what tastes good. A shake you'll drink beats a perfect one you won't.