



**Fitness with PJ**  
MAKING YOU FIT. FOR LIFE.

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### **Chocolate Peanut Butter Cup**

(2) scoops chocolate protein powder  
a handful of ice cubes  
12 oz low fat milk (or almond milk)  
2 tbsp fat-free Greek style yogurt (vanilla flavoured is really yummy with this)  
1 tbsp all-natural peanut butter  
Optional: to boost fibre content add 1 tbsp of ground flax seed

Blend & enjoy...

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### **Chocolate Banana Split**

(2) scoops chocolate protein powder  
a handful of ice cubes  
12 oz low fat milk (or almond milk)  
2 tbsp fat-free Greek style yogurt (vanilla flavoured is really yummy with this)  
1 small banana (frozen works the best, but fresh broken up does the trick too)  
Optional: to boost fibre content add 1 tbsp of ground flax seed

Blend & enjoy...

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### **Meal Replacement Shake**

(2) scoops vanilla protein powder  
1 banana  
¾ c frozen berries (fresh, if in season)  
2 ice cubes (4-5 if using fresh fruit)  
1 tbsp ground flax seed  
8 oz milk or almond milk  
2 tbsp vanilla 0% Fat Greek Style yogurt

Blend & enjoy...

**Note:** if you are on a diet, omit the banana to bring down the calorie count

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### **Pineapple Crush**

4 ice cubes  
12 oz water  
(2) scoops vanilla protein powder  
½ cup pineapple chunks

Blend & enjoy...

**Blackberry Crunch**

(2) scoops vanilla protein powder  
1½ cups water or milk product  
½ c frozen blackberries  
¼ c raw dry rolled oats (this can be optional)  
1 tsp omega-3 oil (unflavoured) or 1 tbsp ground flax seed  
More ice for extra thickness if needed

Blend & enjoy...

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**Vanilla Nut**

(2) scoops vanilla protein powder  
1-½ c water or milk product  
¼ c raw dry rolled oats  
1 tbsp raw chesew nut butter  
½ tsp cinnamon  
More ice for extra thickness if needed

Blend & enjoy...

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**Vanilla Almond**

(2) scoops vanilla protein powder  
1-½ c milk product (almond milk is the best for this recipe)  
a dash of almond extract  
1 tbsp natural peanut butter  
12 finely shredded almonds  
To add more bulk & calories to this shake (ie. if you are using this as a meal replacement or trying to add bulk & size to your frame) add ½ c raw dry rolled oats

Blend & enjoy...

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**Strawberry Cheesecake**

1-2 scoops vanilla protein powder  
1 c milk product  
½ c water  
½-¾ c frozen or fresh strawberries  
½ c low-fat cottage cheese  
honey to taste

Blend & enjoy...