

**NUTRITION SCIENCE** ■ Whether you need to kill a hangover, grow more muscle or boost your immunity, we have the perfect blend for you By Andrea Platzman, R.D.

# Anytime Protein Shakes



It may look froufrou, but this whipped goodness is pure liquid muscle.

**P**reparing a protein shake is how all cooking should be: fast and easy with minimal cleanup. Throw a bunch of stuff together, punch a button, and 60 seconds later you're in business. There's no blanching, poaching, simmering, sautéing; indeed, there's no frilly Frenchness whatsoever. Fortunately, even if boiling water stretches your kitchen skills, with a blender and a few choice ingredients you can be the Emeril Lagasse of protein shakes, minus the fat belly and the failed sitcom.

Besides being convenient, hearty and nearly impossible to screw up, a protein shake is an easy way to get in a few servings of your recommended five fruits and vegetables a day while pumping your muscles with aminos. You can load it with vitamin C, calcium, fiber and important phytochemicals—without tipping the calorie scale in the wrong direction.

## EYE-OPENER

### Contents:

- ½ cup OJ
- ¼ cup nonfat plain yogurt
- ¼ cup blueberries
- ¼ cup strawberries
- 1 scoop protein powder
- ¼ avocado
- 1,000 mg acetyl-l-carnitine
- 100 mg Panax ginseng
- 400 mg phosphatidylserine
- 1 B-complex vitamin capsule
- 6 oz. water and ice

**Totals:** 295 calories, 30g carbs, 24g protein, 10g fat

**When You Need It:** You're on your second snooze-button whack of the morning and you have a meeting in 45 minutes. A cold shower might help, but what you eat (or don't eat) can make a big difference in how alert you'll feel.

**Why You Need It:** With 40 percent carbs, 30 percent protein and 30 percent fat, this concoction will keep you sharp and feed your hungry muscles. Esther Blum, M.S., R.D., a New York City nutritionist, also recommends adding a bevy of brain boosters to your morning repast if you are slow to awaken: acetyl-l-carnitine, to maximize brain health and increase fat burning; Panax ginseng, to help fight off fatigue and sharpen focus; B-complex vitamins (B<sub>12</sub>, B<sub>6</sub>, folic acid, B<sub>1</sub> and B<sub>2</sub>), for energy metabolism; and phosphatidylserine, a type of fat found in all cells, but



### POST-GYM COCKTAIL

especially in the brain, to help transmit nerve impulses. When combined with protein powder and berries, this combo can eliminate your daily java jones.

### POST-GYM COCKTAIL

#### Contents:

- 1 banana
- 2½ scoops protein powder
- 1 tbsp almond butter
- 1 tbsp wheat germ
- ½ cup OJ
- 5 grams creatine

**Totals:** 530 calories, 51g carbs, 53g protein, 6g fat

**When You Need It:** You just squatted your heaviest-ever weight. Cheers! Toss back this special brew to help repair your burned-out muscles.

**Why You Need It:** Almond butter is a source of healthful, joint-friendly fat; moreover, one tablespoon provides magnesium to help prevent muscle cramps. Wheat germ not only has fiber for intestinal health, but it also slows the digestion of protein, supplying you with a steady flow that's more easily absorbed. A banana adds flavor and a creamy texture; plus it has potassium, which, like magnesium, is an effective cramp killer. Finally, if you're using creatine to gain bulk, this is the perfect time for it.

You've now got an ideal muscle-recovery balance of 40 percent protein, 40 percent carbs and 20 percent fat.

### HANGOVER HELPER

#### Contents:

- ½ scoop protein powder
- 1 tsp milk thistle
- 1 tsp dandelion

- 1 tsp ginger
- 1 tsp ginkgo biloba
- Juice (2 carrots, 2 cups of spinach and ½ beet)

**Totals:** 200 calories, 34g carbs, 17g protein, zero fat

**When You Need It:** You had a few too many last night, and now you have a headache, explosive bowels and an inability to focus on anything other than your own misery. Pass on the Sausage McMuffin and fix yourself a detoxifying shake instead.

**Why You Need It:** Blum recommends mixing one teaspoon milk thistle and one teaspoon dandelion, both excellent liver rejuvenators; one teaspoon ginger to help the nausea; and one teaspoon of ginkgo biloba to enhance mental clarity. The protein is for your muscles, which haven't had a thing to eat since those 3 a.m. buffalo wings.

Mix these ingredients with beet, carrot and spinach juices to really clean out your system. You'll be the life of the party again in just a few hours.

### MEAL REPLACER

#### Contents:

- 1 banana
- 1 scoop protein powder
- ¼ tsp cinnamon
- 1 tbsp peanut butter
- ½ cup strawberries
- 2 tbsp ground flaxseed

**Totals:** 300 calories, 31g carbs, 24g protein, 10g fat

**When You Need It:** If you're trying to put on muscle and lose fat, you need to be eating five or six small meals a day. This shake is a perfect complement to your minimeals and can even be prepared at work, as all the ingredients can be kept in a desk drawer for easy access.

**Why You Need It:** Ground flaxseed adds bulk, making this shake a satisfying meal as well as a source of heart-healthy benefits, while cinnamon has been shown to help boost your metabolism. Remember, the way to lose those extra 10 pounds is to drink this as a meal, not *with* a meal.

### IMMUNITY BOOSTER

#### Contents:

- 1 scoop protein powder
- 1 tbsp honey
- ½ cup OJ
- 1 whole kiwi (peeled)
- 1,000 mg goldenseal
- 1,000 mg echinacea

**Totals:** 265 calories, 43g carbs, 20g protein, 2g fat

**When You Need It:** If you're starting to feel a bug come on, this mix can help fend off any germs.

**Why You Need It:** Protein powder contains glutamine, the main fuel for your immune system, while raw organic honey is a potent antiviral, says Blum. Kiwi is a valued combatant against sickness, as it supplies more than twice the recommended daily allowance of vitamin C and is a great flavor enhancer. Echinacea is an herb that boosts white blood cells, while goldenseal helps break up any congestion and mucous. □



### MEAL REPLACER