



Cellular Level Recovery Shake for Off Days

This recovery shake has the design to get maximum digestion and absorption of nutrients to facilitate the body's recovery process from intense training or activity.

The Non pre-workout Recovery shakes options to be used at non workout times and off days

Place the following in a blender and blend in the least amount of time you can to mix the shake and on the lowest setting of the blender if this is an option.

Main Ingredients

1) Protein - A high quality whey protein - 25 to 30 grams - 5 to 10 g of amino acids can also be placed in the shake for improved recovery. The amino acid mix should have a fair amount of glutamine in the content of the amino acid mix being added. **Protein option** - You can make the 30 Grams of whey that's prescribed, a 15 gram Whey and 15 Gram Casein mix.

2) 6 to 12 ounces with any of the following fruit juices - grape juice, pomegranate juice, and or blueberry juice or for any combination of them, cherry can also be used in combination with the previous. Add in preferred amount of water for desired consistency.

3) A half or whole banana - More fruit option after the banana - You can place other fruits or pieces of fruits in the shake such as Mango Pineapple and Papayas

4 Treated liquid egg in a carton - The Non-Pre workout Version would use the Treated liquid egg in a carton - if you choose not to use organic raw eggs.

More options for the Non-Pre workout Version

- 1) Add MCT oil or coconut oil to the shake.
- 2) Taking a Serving of fish oil would be good at this time.
- 3) Add a tablespoon or two of organic gelatin powder.

Options for taste

- 1) Blend almond butter into the juice prior to adding the other ingredients to make a creamier Shake.
- 2) Add a tablespoon or 2 of honey, Some cinnamon or or vanilla extract.

Side Notes

To make the shake more digestible use, [Digestive enzymes](#) tablets should be mixed with the whey protein before it is dumped into the shake.

Do not drink this shakedown fast, take sips of the shake swish it around in your mouth and then swallow is better to take 20 to 30 sips to get it down versus chugging the shake all at once.