



High-Protein Shake Recipe and Macros

Ingredients:

- 200g Peanut Butter
- 30g Hemp Hearts
- 15g Chia Seeds
- 3 Scoops Protein Powder (99g total)
- **Water** (enough to achieve desired consistency)
- **Optional: 2 cups lactose-free milk** (for added creaminess and nutrition)

Instructions:

1. **First Shake:**
 - Blend **200g peanut butter, 30g hemp hearts, 15g chia seeds, 1 scoop protein powder (33g), and 600ml water.**
 - Drink **half** of this shake.
2. **Second Shake:**

- Add the remaining half of the first shake back into the blender.
- Add **2 additional scoops of protein powder (66g total)**.
- Add **2 cups of lactose-free milk** (optional) or water to achieve a drinkable consistency.
- Blend until smooth.

Macros Breakdown:

First Shake (Total):

- **Calories:** 1,590 kcal
- **Fat:** 117.0 g
- **Carbohydrates:** 64 g
- **Protein:** 90 g

After Drinking Half:

- **Calories:** 795 kcal
- **Fat:** 58.5 g
- **Carbohydrates:** 32 g
- **Protein:** 45 g

Second Shake (Half + 2 Scoops Protein Powder):

- **Macros from Half of First Shake:**
 - **Calories:** 795 kcal
 - **Fat:** 58.5 g
 - **Carbohydrates:** 32 g
 - **Protein:** 45 g
- **Macros from 2 Additional Scoops Protein Powder (66g):**
 - **Calories:** 280 kcal
 - **Fat:** 7.0 g
 - **Carbohydrates:** 4 g
 - **Protein:** 48 g
- **Optional Add-On: 2 Cups Lactose-Free Milk:**
 - **Calories:** 260 kcal
 - **Fat:** 10 g
 - **Carbohydrates:** 24 g
 - **Protein:** 18 g
- **Total for Second Shake with Milk:**
 - **Calories:** $795 + 280 + 260 = \mathbf{1,335}$ kcal
 - **Fat:** $58.5 + 7.0 + 10.0 = \mathbf{75.5}$ g
 - **Carbohydrates:** $32 + 4 + 24 = \mathbf{60}$ g
 - **Protein:** $45 + 48 + 18 = \mathbf{111}$ g

Macros (Total Intake with Milk):

- **Calories:** 1,590 (Full First Shake) + 280 (Additional Protein) + 260 (Milk) = **2,130 kcal**
- **Fat:** 117.0 + 7.0 + 10.0 = **134.0 g**
- **Carbohydrates:** 64 + 4 + 24 = **92 g**
- **Protein:** 90 + 48 + 18 = **156 g**

Macros (Total Intake Without Milk):

- **Calories:** 1,870 kcal
- **Fat:** 124.0 g
- **Carbohydrates:** 68 g
- **Protein:** 138 g

Optional Note: Adding lactose-free milk will make the shake creamier and provide additional protein, carbohydrates, and fat. Let me know if you'd like further adjustments!