



Dave Ruel's

**The Muscle Cook.com**

Muscle Building Nutrition & Anabolic Cooking

Real Information About Nutrition, Cooking And Dieting For Bodybuilding

*The Muscle Cook's*  
**Anabolicicious**  
**PWO Shakes**

**THE MUSCLE COOK'S**  
**TOP 10**  
**POST-WORKOUT SHAKE**  
**RECIPES**



[www.AnabolicCooking.com](http://www.AnabolicCooking.com)



# Introduction

Your post-workout nutrition is extremely important. After you've finished working out, your body needs protein and simple carbohydrates to replenish your energy and to begin repairs.

Obviously, your post-workout can be any time during the day, as long as it's after you've finished pumping iron, within 30 minutes following your workout.

It's very important, because you have stressed out your body. Once you do that, it needs food to repair itself, which is the basis behind training for bodybuilding. If you have no fuel for repairs, your body breaks down the materials it needs from readily available fuel sources, such as your muscles.

Those Anabolicious PWO Shake Recipes will provide your body all the precious nutrients you need while tasting great.

Enjoy!



# ***Banana Bread Shake***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 1 Banana
- 1/2 Cup Quaker Oatmeal (cooked in water)
- 1/2 Cup Bran Flakes
- 350ml of Water
- 25g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 478 calories**

**Protein: 56g**

**Carbs: 59g**

**Fat: 2g**



# ***Strawberry Cheesecake Shake***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 10 Big Frozen Strawberries
- 4 Teaspoons of low fat Sour Cream
- 300ml of Water
- 30g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 427 calories**

**Protein: 52g**

**Carbs: 48g**

**Fat: 3g**



# ***Pineapple Power Shake***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 6 Big Frozen Strawberries
- 1 Cup of Ice+ 100ml of Water
- 2 Tablespoon of Fat Free Yogourt (Plain)
- 150 ml Pineapple Juice
- 30g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 456 calories**

**Protein: 55g**

**Carbs: 59g**

**Fat: 0g**



# ***Ultimate Chocolate Lovers***

## **Ingredients:**

- 2 scoops Chocolate Whey Protein
- 1 Tablespoon of Pure Cocoa Powder
- 2 Tablespoons of Low-fat Sour Cream
- 1 Teaspoon of Flaxseed Oil
- 350ml of Water
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 481 calories**

**Protein: 52g**

**Carbs: 48g**

**Fat: 9g**



# ***Monster Cinnamon Roll***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 1 Tablespoon of Fat-Free Vanilla Yogurt
- 1 Tablespoon of Fat-Free Sour Cream
- 1/4 Teaspoon of Cinnamon
- 1/4 Teaspoon of Vanilla Extracts
- 250ml of Water + 1/2 Cup of Ice
- 40g of Dextrose
- 10g of Creatine
- + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 392 calories**

**Protein: 51g**

**Carbs: 47g**

**Fat: 0g**



# ***Mean Turtle Shake***

## **Ingredients:**

- 1 scoop Chocolate Whey Protein
- 1 Cup of Egg Whites (Pasteurized)
- 1/2 oz Chopped Pecan Halves
- 1 Tablespoon Natural Peanut Butter
- 1/2 Cup of Ice + 100ml of Water
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 550 calories**

**Protein: 52g**

**Carbs: 45g**

**Fat: 18g**





# ***Muscleberry Blast Shake***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 1.5 Cup of Frozen Berries Mix (Strawberries, Raspberries, Blueberries, Blackberries...)
- 4 Tablespoons of fat-Free Yogurt
- 200ml of Water
- 25g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 380 calories**

**Protein: 54g**

**Carbs: 51g**

**Fat: 0g**



# ***French Vanillabolic***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 1 Teaspoon of ground coffee
- 3 Tablespoons of Fat-Free Yogurt
- 200ml of Water
- 50g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 424 calories**

**Protein: 54g**

**Carbs: 52g**

**Fat: 0g**



# *Ultimate PBJ Shake*

## Ingredients:

- 2 scoops Vanilla Whey Protein
- 1 Big Tablespoon of Natural Peanut Butter
- 2 Tablespoons of Low-Sugar Jam
- 250ml of Water
- 40g of Dextrose
- 10g of Creatine + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 522 calories**

**Protein: 56g**

**Carbs: 52g**

**Fat: 10g**



# ***Jacked Apple Pie***

## **Ingredients:**

- 2 scoops Vanilla Whey Protein
- 1 Apple (Cut in Pieces and Microwave for 2 mins)
- 1/2 Tablespoon Cinnamon
- 1/2 Tablespoon Nutmeg
- 100ml of Water
- 100ml Fat-Free Milk
- 30g of Dextrose
- 10g of Creatine
- + 10g of Glutamine

## **Blend and Enjoy!**

**Calories: 416 calories**

**Protein: 55g**

**Carbs: 49g**

**Fat: 0g**

# Want More Anabolicious Muscle Building Recipes?

## Anabolic Cooking

### *The Cookbook And Complete Nutrition Guide For Bodybuilding & Fitness*

After years of development, it's finally here! The Muscle Cook's Top Muscle Building Recipes all in the same book! With over 200 "Anabolicious" Muscle Building Recipes, you will never be bored with your diet again.

Full of Cooking tricks, Nutritional Tips, Dieting strategies, and step-by-step, easy to make recipes, you will become a chef in no time, and will keep your family and friends healthy along the way.

In Anabolic Cooking, "The Muscle Cook" Dave Ruel will show you how to cook tasty meals for your muscle building and fitness goals no matter what they may be. You will learn every aspect of cooking for healthy living and reaching physique goals.

Go check it out at:

<http://www.AnabolicCooking.com>

