



ANABOLIC SLEEPING

Shakes and Smoothie Recipes

By **Alain Gonzalez**
With **Joe LoGalbo**

Instructions: First, add the milk to the blender. Next, throw in all other ingredients. Blend and enjoy!
Want to make it a smoothie instead? Add 5-10 ice cubes to the mix!

THE ANABOLIC SLEEP SHAKE



2 oz. Tart Cherry Juice Concentrate
1 Whole Banana
1 Kiwi Fruit
½ cup Oats
1 cup Milk
2 Tbsp. Peanut Butter
1 Tsp. Honey
1 scoop Casein Protein

THE ANABOLIC SLEEP SHAKE



1 Whole Banana
½ cup of Oats
1 cup Almond Milk
2 Tbsp. Almond Butter
1 Tsp. Honey
1 scoop Casein Protein

Instructions: First, add the milk to the blender. Next, throw in all other ingredients. Blend and enjoy!
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BERRY BLAST



- 2 oz. Tart Cherry Juice Concentrate
- 1 Whole Banana
- 1 Kiwi Fruit
- ½ cup Oats
- 1 cup Milk
- 2 Tbsp. Peanut Butter
- 1 Tsp. Honey
- 1 scoop Casein Protein

BANANA BREAD



- 1 Whole Banana
- ½ cup Corn Flakes
- 1 cup of Milk
- 2 Tbsp. Peanut Butter
- 1 Tbsp. Maple Syrup
- 1/2 Tsp. Vanilla Extract
- 1 scoop Casein Protein

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CINNAMON OATMEAL



1 Apple, Cored and Chopped
1 cup Oats
1 Tsp. Cinnamon
1 cup of Almond Milk
1 Tbsp. Butter
1 Tbsp. Maple Syrup
1 scoop Casein Protein

ALMOND BLAST



½ cup Raisins
½ cup Oats
1 cup Almond Milk
2 Tbsp. Almond Butter
1 Tsp. Maple Syrup
1 Tsp. Cinnamon
1 scoop Casein Protein

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REESE'S SHAKE



½ cup Oats
½ cup Greek Yogurt
1 cup Milk
2 Tbsp. Peanut Butter
1 Tsp. Chocolate Syrup
1 Tsp. Dark Chocolate Chips
1 scoop Casein Protein

CARAMEL APPLE



1 Apple, Cored and Chopped
½ cup Oats
1 cup Almond Milk
2 Tbsp. Caramel Ice Cream Topping
1 Tbsp. Cinnamon
1 scoop Casein Protein

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KALE-KIWI



1 Kiwi
1 cup Kale Leaves
1 cup Greek Yogurt
1 cup Milk
1 Tbsp. Almond Butter
2 Tsp. Ground Flax Seeds
1 scoop Casein Protein

VITAMIN AND MINERAL BLAST



1 Banana
1 Apple, Cored and Chopped
1 cup Kale Leaves
1 cup Spinach
1 cup Almond Milk
1 Tsp. Honey
1 Tsp. Ground Flax Seed
1 scoop Casein Protein