



### **3NB's "Ultimate" Protein Shake/Smoothie**

1 serving. Ready in 5 min.

#### Ingredients

- 1 1/2 cups unsweetened vanilla almond milk, 12 oz
- 1 tsp kelp, raw, 0.1 oz
- 2 tsp nutritional yeast, 0.2 oz
- 1 tsp bee pollen, 0.1 oz
- 1 tsp maca root powder, gelatinized, 0.1 oz
- 1 tbsp whole psyllium husk, 0.5 oz
- 1 tsp chlorella, 0.1 oz
- 1 tsp spirulina, 0.1 oz
- 1 tsp chia seeds, 0.1 oz
- 1 tsp flax seeds, ground, 0.1 oz
- 1 tbsp cacao nibs or powder, raw, 0.5 oz
- 1 tsp maqui berry powder, 0.1 oz
- 1/2 cup microgreens, 0.6 oz
- 1 tsp cinnamon, 0.1 oz
- 20-25g whey protein isolate or plant protein or bone both protein powder, 0.8 oz
- 10g T.A.G. Trans Alanyl Glutamine (non-free form), unflavored, .4 oz

#### Instructions/Preparation

Place ALL ingredients in a blender, with 4-6 cubes of ice, and blend thoroughly.

Tastes great!

#### Extra comments/notes

(Optional) - ADD 1 sccop / 40g / 1.4 oz of NOW SORTS Waxy Maize for the addition of the "perfect carbohydrate"..... glycogen carbohydrates.

Glycogen carbohydrates are stored carbohydrates that serve as a sustained pool of glucose that your muscles and body readily needs. Glycogen carbohydrates are the form of carbohydrates that your muscles and body use for energy production during exercise. Waxy maize also supports glycogen resynthesis well after you're finished working out, sustaining energy levels throughout the day and optimizing your recovery.



<b>Food</b>	<b>Energy/ rec</b>	<b>Protein /rec</b>	<b>Fat/r ec</b>	<b>Carbs/ rec</b>
1 1/2 cups unsweetened vanilla almond milk, 12 oz	40.3 kcal	1.4 g	3.5 g	1.4 g
1 tsp kelp, raw, 0.1 oz	1.2 kcal	0 g	0 g	0.3 g
2 tsp nutritional yeast, 0.2 oz	21.2 kcal	2.8 g	0.2 g	2.4 g
1 tsp bee pollen, 0.1 oz	11.2 kcal	0.6 g	0 g	2 g
1 tsp maca root powder, gelatinized, 0.1 oz	8.4 kcal	0.6 g	0 g	1.7 g
1 tbsp whole psyllium husk, 0.5 oz	52.5 kcal	0.7 g	0.9 g	10.5 g
1 tsp chlorella, 0.1 oz	10 kcal	2 g	0 g	1 g
1 tsp spirulina, 0.1 oz	10 kcal	2 g	0 g	1 g
1 tsp chia seeds, 0.1 oz	13.4 kcal	0.5 g	0.8 g	1.2 g
1 tsp flax seeds, ground, 0.1 oz	15.4 kcal	0.4 g	1.1 g	0.9 g
1 tbsp cacao nibs or powder, raw, 0.5 oz	84.6 kcal	1.9 g	6.1 g	5.2 g
1 tsp maqui berry powder, 0.1 oz	11.2 kcal	0 g	0 g	2.2 g
1/2 cup microgreens, 0.6 oz	4.9 kcal	0 g	0 g	0 g
1 tsp cinnamon, 0.1 oz	7.4 kcal	0.1 g	0 g	2.4 g
20-25g whey protein isolate or plant protein or bone both protein powder, 0.8 oz	83.7 kcal	18.6 g	0 g	0.9 g
10g T.A.G. Trans Alanine Glutamine (non-free form), unflavored, .4 oz	0 kcal	0 g	0 g	0 g
<b>TOTAL</b>	<b>375.32 kcal</b>	<b>31.6 g</b>	<b>12.7 3 g</b>	<b>32.97 g</b>

"/srv" indicates *per serving*, and "/rec" indicates *total in recipe*.

## Micronutrients Analysis

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Lactose	n/a	n/a	n/a	n/a
Maltose	n/a	n/a	n/a	n/a
Water	2.76 g	n/a	n/a	n/a
Sugars, total	6.53 g	n/a	n/a	n/a
Galactose	n/a	n/a	n/a	n/a
Fiber, total dietary	13.8 g	n/a	n/a	n/a
Calcium, Ca	844.6 mg	n/a	n/a	n/a
Iron, Fe	11.33 mg	n/a	n/a	n/a
Magnesium, Mg	37.96 mg	n/a	n/a	n/a
Phosphorus, P	53.72 mg	n/a	n/a	n/a
Potassium, K	436.7 mg	n/a	n/a	n/a
Sodium, Na	405.14 mg	n/a	n/a	n/a
Zinc, Zn	0.21 mg	n/a	n/a	n/a
Copper, Cu	0.1 mg	n/a	n/a	n/a
Fluoride, F	n/a	n/a	n/a	n/a
Manganese, Mn	0.61 mg	n/a	n/a	n/a
Selenium, Se	1.63 µg	n/a	n/a	n/a
Vitamin A, IU	10712.46 IU	n/a	n/a	n/a
Retinol	n/a	n/a	n/a	n/a
Vitamin A, RAE	0.62 µg	n/a	n/a	n/a
Carotene, beta	5.32 µg	n/a	n/a	n/a
Carotene, alpha	0.03 µg	n/a	n/a	n/a
Vitamin E (alphatocopherol)	0.1 mg	n/a	n/a	n/a
Vitamin D	141.12 IU	n/a	n/a	n/a
Vitamin D2 (ergocalciferol)	n/a	n/a	n/a	n/a
Vitamin D3 (cholecalciferol)	n/a	n/a	n/a	n/a
Vitamin D (D2 + D3)	n/a	n/a	n/a	n/a
Cryptoxanthin, beta	3.87 µg	n/a	n/a	n/a
Lycopene	0.45 µg	n/a	n/a	n/a
Lutein + zeaxanthin	6.66 µg	n/a	n/a	n/a
Tocopherol, beta	n/a	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Tocopherol, gamma	0.31 mg	n/a	n/a	n/a
Tocopherol, delta	0.01 mg	n/a	n/a	n/a
Tocotrienol, alpha	n/a	n/a	n/a	n/a
Tocotrienol, beta	n/a	n/a	n/a	n/a
Tocotrienol, gamma	n/a	n/a	n/a	n/a
Tocotrienol, delta	n/a	n/a	n/a	n/a
Vitamin C, total ascorbic acid	78.9 mg	n/a	n/a	n/a
Thiamin	3.57 mg	n/a	n/a	n/a
Riboflavin	0.05 mg	n/a	n/a	n/a
Niacin	0.29 mg	n/a	n/a	n/a
Pantothenic acid	0.03 mg	n/a	n/a	n/a
Vitamin B6	n/a	n/a	n/a	n/a
Folate, total	6.57 µg	n/a	n/a	n/a
Vitamin B12	7.35 µg	n/a	n/a	n/a
Choline, total	0.69 mg	n/a	n/a	n/a
Menaquinone-4	n/a	n/a	n/a	n/a
Dihydrophyloquinone	n/a	n/a	n/a	n/a
Vitamin K (phyloquinone)	2.79 µg	n/a	n/a	n/a
Folic acid	n/a	n/a	n/a	n/a
Folate, food	6.57 µg	n/a	n/a	n/a
Folate, DFE	5.22 µg	n/a	n/a	n/a
Betaine	0.12 mg	n/a	n/a	n/a
Tryptophan	0.31 g	n/a	n/a	n/a
Threonine	1.27 g	n/a	n/a	n/a
Isoleucine	1.04 g	n/a	n/a	n/a
Leucine	1.98 g	n/a	n/a	n/a
Lysine	1.73 g	n/a	n/a	n/a
Methionine	0.43 g	n/a	n/a	n/a
Cystine	0.38 g	n/a	n/a	n/a
Phenylalanine	0.59 g	n/a	n/a	n/a
Tyrosine	0.54 g	n/a	n/a	n/a
Vitamin E, added	n/a	n/a	n/a	n/a
Vitamin B12, added	n/a	n/a	n/a	n/a
Cholesterol	9.37 mg	n/a	n/a	n/a

<b>Micronutrient</b>	<b>Amount per day in plan</b>	<b>Dietary Reference Intake</b>	<b>Tolerable Upper Level</b>	<b>DRI %</b>
Fatty acids, total trans	n/a	n/a	n/a	n/a
Fatty acids, total saturated	4.22 g	n/a	n/a	n/a
Phytosterols	0.78 mg	n/a	n/a	n/a
Stigmasterol	n/a	n/a	n/a	n/a
Beta-sitosterol	n/a	n/a	n/a	n/a
Fatty acids, total monounsaturated	2.37 g	n/a	n/a	n/a
Fatty acids, total polyunsaturated	2.13 g	n/a	n/a	n/a
Fatty acids, total transmonoenoic	n/a	n/a	n/a	n/a
Fatty acids, total transpolyenoic	n/a	n/a	n/a	n/a
Net Carbs (carbs - fiber)	19.17 g	n/a	n/a	n/a

\* The tolerable upper level for Magnesium represents intake from a pharmacologic agent only and does not include intake from food and water.

Rows in **yellow** indicate micronutrients where the DRI % is below **50%**. Rows in **red** indicate micronutrients where the intake is above the tolerable upper level.

For information about references used on this table, please check

<https://nutriadmin.com/docs/reference-for-nutritional-information-and-formulas-in-nutriadmin>