



Protein 101: Shake It Up

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WHAT PROTEIN DOES FOR YOUR BODY



Provides building blocks for hormones and happy brain chemicals



Helps build lean muscle



Assists in injury recovery, tissue building, and repair



Helps keep blood sugar more stable



Supports weight loss



Supports the building and repairing of immune cells



Provides building blocks for collagen and elastin, which help maintain your skin's elasticity and structure

Protein isn't just for athletes or bodybuilders—it's essential for every woman, especially as we age. From balanced hormones to stronger muscles, protein plays a key role in helping you feel vibrant, energetic, and in control of your wellness.

Shake Basics: Your Protein Power Formula

1. Pick a Base (1–1.5 cups):

Almond milk, oat milk, water, or dairy milk

2. Choose Your Protein (20–30g):

Whey, Soy, or Plant Based Protein

$\frac{3}{4}$ cup plain Greek yogurt = ~15g

2–3 egg whites (pasteurized) = ~10g

3. Add Fiber & Healthy Fats:

1 tbsp chia, flax, or hemp seeds

$\frac{1}{4}$ avocado or 1 tbsp nut butter

$\frac{1}{2}$ cup frozen fruit (berries, banana, mango)

4. Superfood Boosters (Optional):

Handful of spinach or kale

Greens powder or lemon juice

Cinnamon, cacao, vanilla, turmeric

5. Add a Beauty Boost:

Collagen



Recipes

Tropical Protein Smoothie

Serves 1

INGREDIENTS

- 2 scoops French Vanilla Life Shake™
- ¼ cup mango chunks, frozen
- ¼ cup pineapple
- ½ cup banana
- 1 cup coconut water

DIRECTIONS

1. Add ingredients to a blender.
2. Blend until smooth. If too thick, blend in a little more liquid to desired consistency.

Calories 292
Fat 4 g
Protein 23 g
Carbs 42 g



Banana Nut Protein Shake

Serves 1

INGREDIENTS

- 2 scoops French Vanilla Life Shake™
- 1 tsp almond butter
- ½ banana
- 1 cup water

DIRECTIONS

1. Add ingredients to a blender.
2. Blend until smooth. If too thick, blend in a little more liquid to desired consistency.

Calories 257
Fat 6 g
Protein 21 g
Carbs 29 g



Berry Cacao Protein Smoothie

Serves 1

INGREDIENTS

- 2 scoops French Vanilla Life Shake™
- 1 scoop Organic Greens Booster
- 1 cup mixed berries
- 1 tsp cacao powder
- 1 cup water

DIRECTIONS

1. Add ingredients to a blender.
2. Blend until smooth. If too thick, blend in a little more liquid to desired consistency.

Calories 207
Fat 3.25 g
Protein 21 g
Carbs 24 g



Vanilla Oats Protein Shake

Serves 1

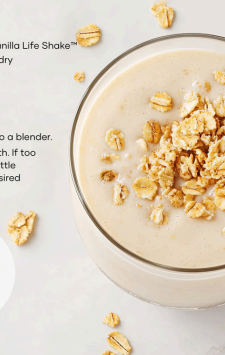
INGREDIENTS

- 2 scoops French Vanilla Life Shake™
- 2 Tbsp rolled oats, dry
- 1 tsp honey
- 1 cup water

DIRECTIONS

1. Add ingredients to a blender.
2. Blend until smooth. If too thick, blend in a little more liquid to desired consistency.

Calories 210
Fat 4 g
Protein 21 g
Carbs 27 g



Granola Protein Smoothie

Serves 1

INGREDIENTS

- 2 scoops French Vanilla Life Shake™
- ½ banana
- 2 Tbsp rolled oats, dry
- 1 Tbsp almonds
- ½ cup baby spinach
- 1 tsp maple syrup
- 1 cup water

DIRECTIONS

1. Add ingredients to a blender.
2. Blend until smooth. If too thick, blend in a little more liquid to desired consistency.

Calories 325
Fat 7 g
Protein 24 g
Carbs 42 g



How to Choose a Protein Powder

When choosing a protein powder, look for a clean, high-quality option that aligns with your wellness goals and dietary needs. Check the ingredient list—ideally, it should be free from artificial sweeteners, fillers, and unnecessary additives. Look for at least 15–25g of protein per serving, and consider the source: plant-based, soy, or whey. Bonus if it includes fiber, digestive enzymes, or added nutrients like leucine for muscle support. If you're unsure where to start, Shaklee Life Shake is a great choice—it's non-GMO, gluten-free, and packed with complete protein and essential nutrients to fuel your day.

What Is Leucine?

Leucine is one of the nine essential amino acids and is classified a branched-chain amino acid (BCAA). It helps build and preserve muscle mass and boost metabolism. Our bodies can't make leucine, so we have to get it from our diet.

WHY DO YOU NEED IT?



Leucine helps you build and preserve lean muscle.



Lean muscle is metabolically active, meaning it burns more calories, even at rest.



Burning more calories helps you lose the right kind of weight: body fat.

Protein Mix Comparison

	WHEY	SOY	PEA
SOURCE	By-product of milk, when cheese is made	Soybeans	Yellow peas
COMPLETE PROTEIN?	Yes	Yes	Yes
DIETARY PREFERENCES	Dairy-based, not suitable for vegans or those with lactose intolerance	Plant-based, vegan-friendly, non-dairy, but may not be suitable for those with soy allergies	Plant-based, vegan-friendly, non-dairy
TASTE*	Light milky taste	Nutty undertones	Leads a creamy texture to shakes and smoothies. Slightly beany flavour on its own
SHAKLEE PROTEIN OPTIONS	Shaklee 180™ Whey Smoothies Mix, Advanced Physique™ Whey Shake, Green Fuel Source	Life Shake™ Soy Protein, Energizing Formula™ with Soy Protein	Life Shake™ Plant Protein

*May vary based on product ingredients.

Why Add Collagen to Your Smoothie?

Adding collagen to your smoothie is a simple way to boost your overall health from the inside out. Collagen is the most abundant protein in your body and plays a key role in supporting healthy skin, hair, nails, joints, and connective tissue. As we age, our natural collagen production declines, which can lead to wrinkles, joint stiffness, and reduced skin elasticity. Supplementing with a high-quality collagen—like Shaklee Collagen, which contains all nine essential amino acids—can help replenish what your body needs to stay strong and vibrant. It's tasteless, dissolves easily, and pairs perfectly with your daily shake for an easy wellness upgrade.

Did You Know?

Collagen is the most abundant naturally occurring protein found in the human body



Want to learn more?



I help busy moms move well, think well, eat well, and sleep well using the Pillars of Wellness. Check out my website to Simplify your Wellness.



Looking for more? I invite you to take a look at [THE VIBRANT WOMAN PROJECT](#) . This 12 week coaching program is designed to take you from frustrated to fabulous as you transform your life with the Pillars of Wellness Roadmap.

