

# HOMEMADE SHAKES





# SITE DESCRIPTION

PROTEIN SHAKES ARE VERY EXPENSE, ALSO MANY PROTEIN COMPANIES THAT MAKE THESE SHAKES USE UNSAFE PRODUCTS THAT CAN HARM YOUR BODY. THIS TUTORIAL IS USEFUL BECAUSE THERE ARE MANY PEOPLE THAT ARE LOOKING FOR AN ALTERNATIVE WAY TO CONSUME PROTEIN WITHOUT HARMING THEMSELVES AND FOR A LOWER PRICE. THE IDEA IS THAT THERE'S TWO TYPES OF PEOPLE THAT USE PROTEIN SHAKES, SOME ARE HEALTHY EATERS OTHERS OR GYM PEOPLE. THE PROBLEM WE'RE FIXING IS THERE ARE TONS OF WAYS TO GET PROTEIN BUT THERE'S ONLY A HANDFUL OF THOSE, PEOPLE ARE USING.

THE GOAL OF THE DESIGN IS TO MAKE THE SITE AS SIMPLE AS POSSIBLE. WILL INCLUDE PHOTOS TO MAKE THE SITE EASY TO UNDERSTAND. SHOW PEOPLE HOW TO BE HEALTHY BY MAKING HOMEMADE PROTEIN SHAKES. EVERYTHING ON THIS SITE WILL BE EASY TO FOLLOW AND AFFORDABLE TO MAKE.

# SPIRATION/RESEARCH

## INSPIRATION



### The perfect homemade protein shake

By ROZEE BAYCHELAN | September 3, 2014 | In Dairy free, Healthy, Jamie's food team, Nutrition, Recipes, Special diets, Vegan



Athletes and exercise junkies have gone mad for protein shakes and supplements over the past few years, with sales expected to reach £1bn over the next five years worldwide.

DAILY BURN Life

daily burn fitness health lifestyle recipes tech

### 13 Quick and Easy Protein Shake Recipes

Recipes by Alex Orlov on 6/9/2014

23.6K 38.8K 61.6K



#### Most read this month

THE BEST EGNOG IN THE WORLD  
TIPS & TIMINGS FOR PERFECT  
TURKEY  
HOW TO COOK THE PERFECT  
ROAST HAM  
AWESOME RECIPES FOR A VERY  
VEGGIE CHRISTMAS  
JAMIE'S CHRISTMAS DAY - THE  
MASTERPLAN

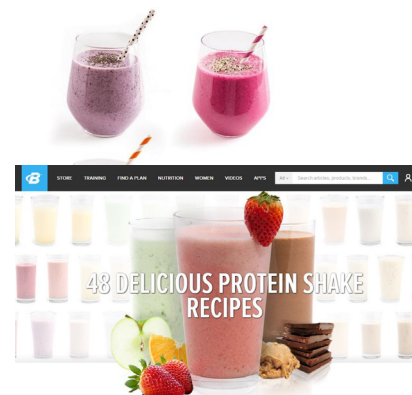
#### Categories

CROW YOUR OWN

JAMIE'S FOOD TEAM



### 5-Minute Homemade Protein Shakes



### 48 DELICIOUS PROTEIN SHAKE RECIPES

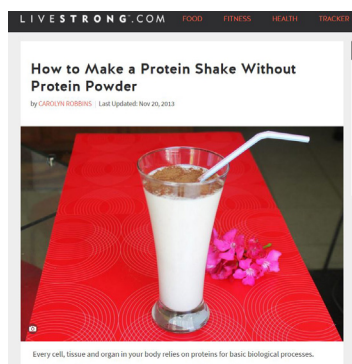
NOTES  
MEALS  
MEAL PLANNING  
DIET PLANS  
CALCULATORS  
NUTRITION TIPS  
SUPPLEMENTATION

#### 48 Delicious Protein Shake Recipes

by KristinHillman.com  
Last updated: Oct 18, 2016

86.1K SHAKES

## COMPETITION



### How to Make a Protein Shake Without Protein Powder

by CROZLYN ROBBINS | Last updated: Nov 20, 2013



Every cell, tissue and organ in your body relies on proteins for basic biological processes.

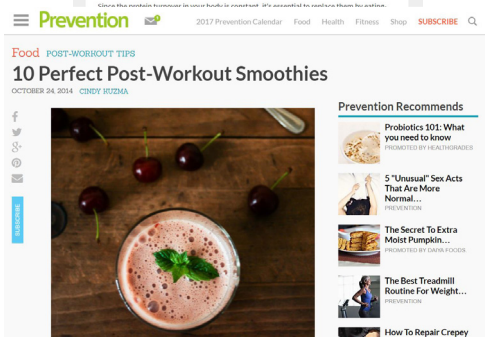
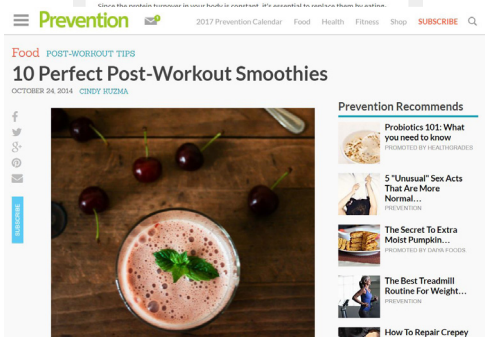
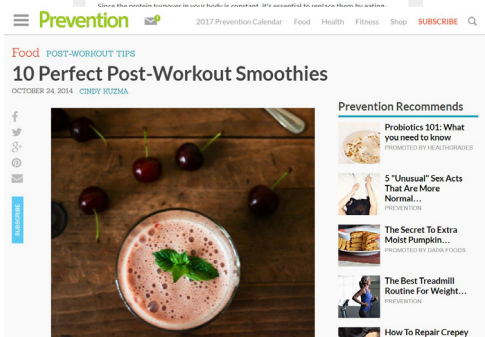
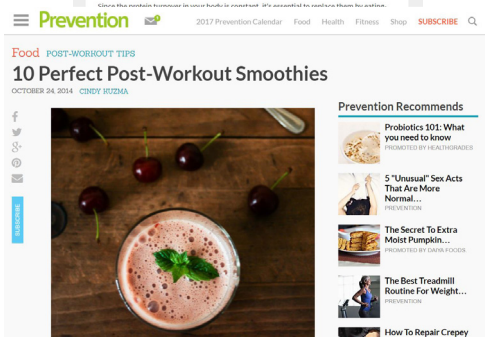
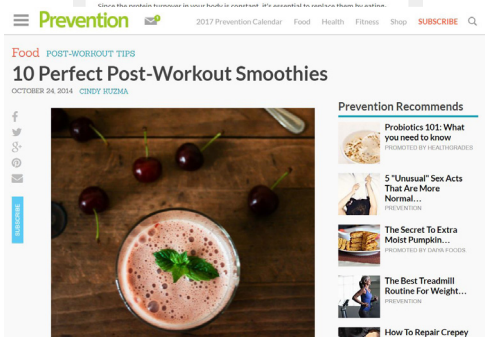
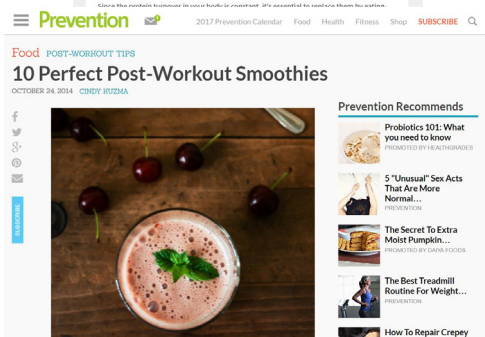
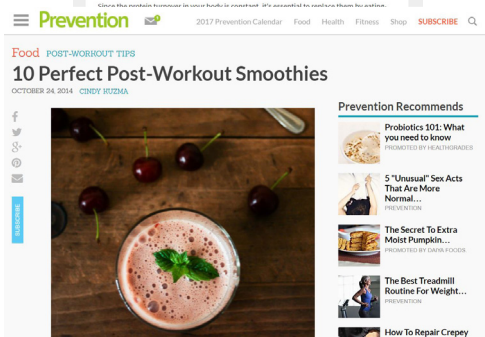
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Gain Health.  
Gain Energy.  
Gain Life.

Our Products:

Original Kids 25g Protein Shake Vegan Almond Milk Protein Powder Meal Powder



# DESIGN MOTIFS

## COLORS



C=28 M=64  
Y=100 K=16

C=5 M=8  
Y=17 K=0

C=63 M=62  
Y=63 K=52

## DESIGN MOTIFS/ TYPOGRAPHY

Sans Serif

Georgia

## ADJECTIVES

HAPPY

MOTIVATING

POWERFUL

UPBEAT

KICKED BACK

EXCITING

SIMPLE

ORGANIC

NATURAL

CLEAR



# PIN UP SHOT



# DESIGNS FOR MOBILE

