

# 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 WERE 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

**Jamie Oliver** RECIPES LEARN CHRISTMAS FAMILY HEALTH MORE SIGN UP

### The perfect homemade protein shake

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



Most read this month

- THE BEST EGGNOG 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

**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

2.3.6K 38.0K 61.6K



**kitchn**

EVERYDAY COOKING HOW TO LIVING ORGANIZING & CLEANING GATHER TRAVEL SHOPPING RECIPES VIDEOS

RECIPE TEMPLATES FROM THE KITCHN

### 5-Minute Homemade Protein Shakes

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48 DELICIOUS PROTEIN SHAKE RECIPES

48 Delicious Protein Shake Recipes

86.1K SHARES

## COMPETITION

**LIVESTRONG.COM** FOOD FITNESS HEALTH TRACKERS

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

by CHRISTY ROSSINI | Last updated: Nov 20, 2013



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

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Our Products: Original Kids 25g Protein Shake Vegan Almond Milk Protein Powder Meal Powder

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### 10 Perfect Post-Workout Smoothies

OCTOBER 24, 2014 CINDY WITZKA



Prevention Recommends

- Probiotics 101: What you need to know
- 5 "Unusual" Sex Acts That Are More Normal...
- The Secret To Extra Moist Pumpkin...
- The Best Treadmill Routine For Weight...
- How To Repair Crepey Skin - The Essential...

**Pass The Protein Shake: Digging Into Pre- And Post-Workout Nutrition**

Peter Ducio Guest



Back in 1998, way before I had any inclination to make nutrition a career, I was an overweight college student. When I finally saw fit to get into the gym, I fell into a routine consisting of daily 6:00 AM workouts for an entire summer. Each morning I would walk 10 minutes to the gym, lift weights for about 45 minutes, hit the stairmaster for 30 minutes, and walk home.

Once I arrived back at my apartment, my post-workout meal consisted of a can of tuna fish and a can of green beans. EVERY DAY. For six months. The result? I lost 50 pounds. No big deal.

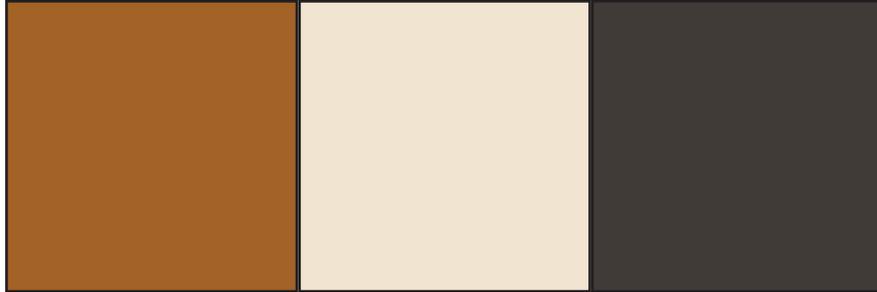
To this day I have no idea what I used to eat before my workouts, only that when I got home it was a can of tuna and a can of green beans. Considering the

Transform Your Fitness. Take The Challenge. Get Results. Start Today

No Machines. No B.S. Just You. Learn More

# 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

