

# Quick & Easy Critical Reload Shake Recipes

Use any of these recipes to start your day, fuel up before a workout, or replenish your muscles after you've finished training. In any of the shakes feel free to add 1 tablespoon of ground flaxseed and go with extra ice or no ice.

## 1. Critical Reload Quickie

- 6 ounces water, juice, or unsweetened almond milk
- 2-4 scoops Critical Reload®
- 6 ice cubes

Shake, stir, or blend, and enjoy!

## 2. Critical Reload Fat Burner

- 12 ounces water or unsweetened almond milk
- 2-4 scoops Critical Reload
- 8 strawberries
- 1 tablespoon raw almond butter or ground flaxseed
- 6 ice cubes

Mix in a blender for 30 seconds.

## 3. Critical Reload Pre-Workout Shake

- 8 to 12 ounces water
- 2-4 scoops Critical Reload
- 1 banana
- 6 ice cubes

Mix in a blender for 30 seconds.

## 4. Critical Reload Bewley Shake (My favorite!)

- 12 ounces fresh orange juice
- 2-4 scoops Critical Reload
- 1 banana
- 6 ice cubes

Shake, stir, or blend for 30 seconds.



## CRITICAL RELOAD PERFORMANCE & RECOVERY SHAKE

Critical Reload is great tasting, performance & recovery shake based on the latest sports nutrition research that demonstrates specific pairing of carbohydrates & proteins enhance muscle recovery and restores energy better than consuming each nutrient individually.



To learn more about Critical Reload visit [criticalreload.com](http://criticalreload.com)



## 6. Critical Reload Post-Game/Practice/Workout Recovery Shake

- 12 ounces water
- 4 scoops Critical Reload

Before your event or workout, fill an empty water bottle with Critical Reload. After your event, add water and shake vigorously for 30 seconds.

## 7. Critical Reload "Rise and Shine" Breakfast Shake

- 12 to 16 ounces fresh squeezed orange juice
- 2-4 scoops Critical Reload
- 1 banana
- 1/4 cup Greek yogurt
- 2 teaspoons organic vanilla extract
- 1 tablespoon ground flaxseed (optional)
- 1 tablespoon lecithin (optional)

Blend together for 30 seconds.

## 8. Critical Reload Blueberry Blast

- 1 cup unsweetened vanilla almond milk
- 1 frozen banana (peel before freezing)
- 1/2 cup blueberries
- 2-4 scoops Critical Reload

Mix in a blender for 30 seconds.

## 9. Critical Reload Tropical Breeze

- 1 cup unsweetened vanilla almond milk
- 1 cup frozen pineapple
- 1 teaspoon shredded coconut or coconut milk
- 1/2 cup frozen blueberries
- 2-4 scoops Critical Reload

Mix in a blender for 30 seconds.

## 10. Critical Reload Chocolate Chip "Ice Cream"

- 1 cup unsweetened chocolate almond milk
- 1 tablespoon natural almond or peanut butter
- 1 frozen banana (peel before freezing)
- 1 tablespoon cacao nibs
- 1 cup raw spinach 2-4 scoops Critical Reload

Mix in a blender for 30 seconds.

**Nutrient Timing Tip:** Within 30 to 60 minutes before and after you train, have either a Critical Reload shake or a meal.

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