



NUTRISH MISH

PROTEIN SHAKES



TABLE OF CONTENTS

Reese's Protein Shake.....	Page 1
Vanilla Latte Shake.....	Page 2
Blueberry Flax Superfood Shake.....	Page 3
Chocolate Cherry Shake.....	Page 4
Protein Acai Bowl.....	Page 5
Blueberry Anti-Inflammatory Shake.....	Page 6
Chocolate Avocado Shake.....	Page 7
Creamsicle Shake.....	Page 8
Coca Mocha Protein Shake.....	Page 9
Chunky Monkey Shake.....	Page 10
Cleansing Green Smoothie.....	Page 11



Reese's Protein Shake



WWW.NUTRISHMISH.COM

INGREDIENTS

- 1.5-2 cups unsweetened milk of choice
- 1 scoop NM Chocolate Protein
- 1.5 tbsp peanut butter
- handful of ice

2 reds, 1 yellow

VANILLA ALMOND LATTE SHAKE



INGREDIENTS

- 1/2 cup brewed coffee or 1-2 shots espresso
- 1/4-1/2 cup unsweetened non dairy milk
- 1 scoop NM Vanilla Protein
- 1 tbsp almond butter
- handful of ice

dash of cinnamon if desired

- blend & enjoy!



BLUEBERRY FLAX SUPERFOOD SMOOTHIE

Fights bloat, promotes
healthy digestion, packed
with nutrition!

INGREDIENTS

- 1 cup frozen blueberries
 - 1 tbsp ground flax seed
 - handful of spinach
 - 1 scoop NM Vanilla Protein
- 1 cup milk of choice
- Blend & Enjoy!

2 red, 1 yellow

CHOCOLATE CHERRY SHAKE

This shake contains just the right amount of sweet and tart, paired with delicious chocolate, and of course packed with protein!



INGREDIENTS

- 1.5 cup unsweetened almond milk
 - 1 scoop NM Chocolate Protein
 - 1 cup frozen cherries
- a few dark chocolate chips
- blend & enjoy!

1 red, 1 yellow, 2 green

PROTEIN ACAI BOWL



Forget buying acai bowls, they contain too much sugar for one meal and not enough protein to balance it out!

Making your own will make a much healthier, balanced meal

INGREDIENTS

- 1 packet frozen acai puree
- 1 scoop NM Protein Powder (any flavor)
- 1/2 cup frozen mixed berries
- 1/2 banana
- 1/4 - 1/2 cup milk of choice
- blend, and top with a little granola and a few pieces of fruit.

1 red, 1 yellow, 2 greens



SPICED BLUEBERRY ANTI-INFLAMMATORY SHAKE

NUTRISHMISH.COM 

PERKS:

- *fights inflammation
- *eases nausea
- *decreases bloating

INGREDIENTS

- 1 Scoop Nutrish Mish Chocolate Protein
- 2 cups unsweetened almond or cashew milk
- 1 cup frozen blueberries
- 1 tsp chopped ginger
- 1 tsp chopped turmeric with a pinch of black pepper to activate.

1 red, 1 yellow, 1 green

CHOCOLATE Avocado PROTEIN SHAKE

- 1/2 Hass Avocado
- 1/2 frozen banana
- 1 cup unsweetened almond milk
- 1 scoop NM chocolate protein
- stevia to taste



WWW.NUTRISHMISH.COM

This shake is made SUPER creamy with the addition of avocado. Paired with chocolate, it is as decadent as can be. Loaded with potassium, it's great for sore muscles!

1 red, 1.5 yellow, 1 green



CREAMSICLE SHAKE

A summertime classic, good
for any time of year!

This creamsicle shake will give you
a punch of immune boosting
nutrients and lots of protein to power
you through your day!

INGREDIENTS

- 1.5 cup unsweetened milk of choice
- 1 scoop NM Vanilla Protein
- 1 scoop NM Immunity
- 1 frozen banana

1 red, 1 yellow, 2 greens



COCA-MOCHA PROTEIN SHAKE

- 1/3 cup unsweetened nut milk
- 1/2 cup cold coffee
- 1 scoop NM Chocolate protein
- 2 tbsp shredded coconut
- handful of ice

WWW.NUTRISHMISH.COM

Coffee, chocolate, and coconut? How can you go wrong. This shake makes a perfect mid-day pick me up snack.

1 red, 1 yellow



CHUNKY MONKEY

Protein Shake

1 red, 1 yellow, 2 green

INGREDIENTS

- 1 scoop NM Chocolate Protein Powder
- 1 frozen banana
- 1 cup unsweetened milk of choice
- 1 tsp unsweetened cocoa powder
- 2 tbsp walnut halves
- 1 tsp vanilla extract
- handful of ice for thicker consistency

A photograph of two tall, clear glass glasses filled with a vibrant green smoothie. The smoothie has a slightly frothy top. The glasses are placed on a dark, speckled granite countertop. A light green circular overlay with a dashed border is positioned on the left side of the image, containing the text 'CLEANSING' in large, bold, black capital letters, and 'GREEN SMOOTHIE' in smaller, black capital letters below it.

CLEANSING

GREEN SMOOTHIE

INGREDIENTS

- 1 cup unsweetened almond milk
- 1 banana
- 1 tbsp chia seeds
- 2 cups greens (spinach, kale, chard, etc)
- 1 scoop NM Cleanse
- 1 scoop NM Vanilla Protein Powder
- blend!

1 red, 1 yellow, 2 green

HOW TO CHOOSE THE BEST PROTEIN POWDER:

In choosing a protein powder, it's important that you are getting a high quality powder that isn't puffed up with artificial sweeteners, fillers, and colors.

Our Protein Powder contains 26g in just ONE scoop (aka, no filler ingredients), sweetened naturally with stevia and NO sugar OR artificial sweeteners of any kind.

Just clean, delicious whey protein

PURCHASE FOR DELIVERY OR IN-STORE PICKUP
AT NUTRISHMISH.COM/STORE

