

SPORTS NUTRITION SEMINAR



Cory's Morning Protein Shake Recipe

- 1 cup (250ml) freshly squeezed grapefruit juice
- 2 T. (30ml) omega-3 rich Sport Oil
- 50g whey protein isolate
- 1 tsp (5g) calcium ascorbate (Vitamin C)
- 1 tsp. (5g) Hawaiian Spirulina Pacifica
- 1 T. (15ml) unpasteurized liquid honey
- 1 tsp. (5g) L-Glutamine
- 1 tsp. (5g) MSM (Methylsulfonylmethane)
- ½ fresh papaya
- 4 ice cubes (filtered water)

