

# MAXIMUM

# ROBERT KENNEDY'S FITNESS

NO B.S. JUST RESULTS.

FOR MEN

## MUSCLE FUEL

Sports dietitian Nancy Clark, MS, RD, is used to working with guys who want muscle: her clients have included Olympians, elite athletes and members of the Boston Red Sox and Celtics. Exclusively for readers of *Maximum Fitness* and [maxfitmag.com](http://maxfitmag.com), she created pre- and post-exercise shake recipes, along with some other tasty smoothie ideas.

### PRE-EXERCISE THICK AND FROSTY MILK SHAKE

Because this shake is low in fat, it is easily digested—perfect for a light pre-workout energizer. Just blend it up, pour it into a travel mug, and sip it as you drive to the gym. The thick texture comes from instant pudding; the frostiness from the frozen berries. It's a healthful alternative to shakes made thick with ice cream—and a great way to boost your protein and calcium intake.

The shake thickens when left standing; you can add more (or less) pudding mix, depending on how thick you like it.

1 serving

#### Ingredients:

- 1 1/2 cup milk, skim or soy
- 1/4 cup vanilla instant pudding mix
- 1/4 cup dried milk powder (or other protein powder of your choice)
- 1 cup frozen strawberries
- up to 1 tbsp sugar or other sweetener (optional)

#### Instructions:

Place the milk, pudding mix and dry milk powder in the blender jar. Blend a few seconds, then drop in the berries a few at a time, blending continuously, covering after each addition. If there are pieces of berries remaining in the shake, they'll just keep the beverage cool.

#### Nutrients per serving:

340 calories (without optional sugar), 65 g carbs, 20 g protein, trace fat.

### ORANGE PINEAPPLE RECOVERY MEAL

This post-workout shake will refuel your muscles with the right balance of carbs and protein. It's thick and hearty enough to fight off your hunger without putting a beating on your wallet, and provides loads of vitamins, fiber, calcium and health-protective phytochemicals.

1 serving

#### Ingredients:

- 1 cup orange juice, preferably calcium-fortified
- 1/2 cup uncooked oats (either instant or old-fashioned)
- 6 to 8 baby carrots
- 1 cup fresh or canned pineapple
- 1 scoop protein powder or 1/2 cup dried milk powder
- 2 dashes ground nutmeg
- 1 to 2 tablespoons wheat germ (optional)
- 1 to 2 tablespoons whole flax seed or ground flax seed meal (optional)
- up to 1 tablespoon brown sugar, honey or other sweetener (optional)

#### Instructions:

Blend all ingredients until smooth.

#### Nutrients per serving:

500 calories (without optional ingredients), 83 g carbs, 31 g protein (depending on brand of protein powder), 3 g fat (from the oatmeal).

### OTHER SMOOTHIE IDEAS

To spur your creativity, here are a few smoothie suggestions. If you don't have frozen fruit handy, you can add ice cubes make it frosty.

- Frozen strawberries + banana + milk powder + orange juice
- Vanilla yogurt + instant coffee powder + ice cubes
- Frozen raspberries + silken tofu + cranberry juice + honey
- Frozen banana chunks + orange juice + pineapple juice + protein powder
- Soy milk + peaches + vanilla low-fat frozen yogurt