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# Protein shake recipes for weight loss



One of the best methods for losing weight is through meal replacement. One of the best methods of meal replacements is drinking **protein shakes for weight loss**.

We've all seen the weight loss shakes on the shelves of our local grocery store, but let's face it, most of us can't really afford to pay a fortune for these things... especially when it's just as easy to make them at home (and probably healthier).

So how do you make protein shake recipes?

Do you remember the 1976 movie 'Rocky' starring Sylvester Stallone playing inexperienced prize fighter 'Rocky Balboa'. And specifically, do you remember what he had for breakfast every morning? He would crack three eggs into a glass and drink them without even beating them. While that seems gross, the principle is sound. Protein is the building block of our muscles and also provides long lasting energy. When used in conjunction with a weight loss diet it also has an additional benefit... carbohydrates are more readily converted to energy than protein and therefore are more likely to be converted to fat also. Whereas protein requires more energy to digest. This translates to less excess calories to be converted to fat.

Have you ever heard that statistic that egg white is 99% protein... this is true. So to turn change normal diet shake recipes into protein shake recipes... all you have to do is add one or two eggs to the mix. The amount of protein contained in that shake will then stop the hunger pains for several hours.

So whip up an egg nog and enjoy these simple protein shake recipes for weight loss.

Note: The calorie count of these recipes can be reduced by 55 calories if you use the egg whites only. If you want to increase the protein content simply add another egg and add 71 calories for a whole large egg or 16 calories for egg whites alone.

Chocanana protein shake recipe.

- 2 teaspoons of unsweetened cocoa powder
- 1 medium banana
- 1 sachet Splenda (or other artificial sweetener)
- 1 large egg
- 4oz (1/2 container) of plain, low fat yoghurt

- 1 cup of crushed ice cubes (can be crushed in blender)

Approximate calorie count for this recipe is 288 calories

#### Tropical mangopine protein shake recipe

- Half of a fresh mango or 1/4 cup pure unsweetened mango nectar
- Half a cup of fresh pineapple (or unsweetened canned pineapple)
- 1 large egg
- 4oz (1/2 container) of plain, low fat yoghurt
- 1 cup of crushed ice cubes (can be crushed in blender)

Approximate calorie count for this recipe is 248 calories

#### Indulgent choc coffee protein shake recipe

- 2 teaspoons unsweetened cocoa powder
- 1 heaped teaspoon of decaffeinated coffee
- 2 sachets of splenda (or other artificial sweetener)
- 1 large egg
- 4oz (1/2 container) of plain, low fat yoghurt
- 1 cup of crushed ice cubes (can be crushed in blender)

Approximate calorie count for this recipe is 191 calories

#### Berry blitz protein shake recipe.

- 1/4 cup of fresh strawberries
- 1/4 cup of fresh blueberries
- 1/4 cup of fresh raspberries
- 1 large egg
- 4oz (1/2 container) of plain, low fat yoghurt
- 1 cup of crushed ice cubes (can be crushed in blender)

If fresh berries are unavailable you can use 3/4 of a cup of unsweetened frozen mixed berries in this recipe. Approximate calorie count for this recipe is 191 calories.

To prepare all of these recipes simply add all ingredients to a blender and blend until the shake reaches the thickness you desire. For a thinner shake simply add some water. For more shake recipes visit [diet shake recipes to help you lose weight](#). To turn these into protein shakes simply add a whole egg or an egg white.

You can also find this article published on [Protein shake recipes for weight loss](#)