



support@getstudiofit.com | 805 776 3676 | getstudiofit.com

THE SURF SHAKE: high quality protein, muscle-building fats, antioxidants, fiber, and some carbs. Good for both pre-session & post session

1. Start with frozen fruit. I use a 3 berry mix from Costco but any fruit you want is good apple, orange, banana, blueberries, strawberries, melon, mango..... whatever!
2. If you don't have frozen fruit use ice, 1-5 cubes for a cold shake, 6-10 for a thick shake
3. **Veggie** Yes a veggie in your shake. Fiber and antioxidants, and some extra vitamins. Opt for a carrot or two, or some spinach leaves. You could also use some of the greens powders that are getting popular.
4. **Protein** We recommend Prograde for your protein which we always have at the Studio for your to get. We just put it on your account. If you've got your own protein, use it, but read the label, and compare it with our Prograde. Remember, protein full of artificial flavors and ingredients isn't that great for you, and probably is just stressing out your liver.... no bueno.

For post surf sessions I use the Workout Protein from Prograde. This has higher grams of both protein and quality dense carbohydrates that greatly enhances muscle and energy recovery after such a high caloric output.

5. **FATS** - Nuts or Nut butter, or avocado: almonds, macadamia nuts, cashews, almond butter, peanut butter, avocado..... go organic if possible! As nuts/nut butters are a protein and fat source, go organic so you're getting some quality. Also, with the nuts, go for the raw nuts... as roasted nuts have some nasty stuff going on with their unsaturated fats due to the heating, and stay away from the salted nuts.
6. **Liquid:** water, organic Whole milk, almond/coconut milk, green tea. Just use some liquid! your choice, but stay away from the soy milk. Again, the soy is some nasty stuff.

7. **Options:** Coconut Oil, Coconut Milk (canned), molasses, cinnamon, vanilla extract, cacao powder, RAW honey... your call, be creative.
8. **Supplements:** BCAA's, glutamine, creatine..... your call on these, but they can definitely be beneficial for recovery and optimal performance