

Shake Recipe with Creatine Option



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Sports Medicine, Orthopedic Physical Therapy & Movement Pathology
Osteopathic Principles of Wellness & Performance

1 to 2 cups
ice.



1 cup nut milk



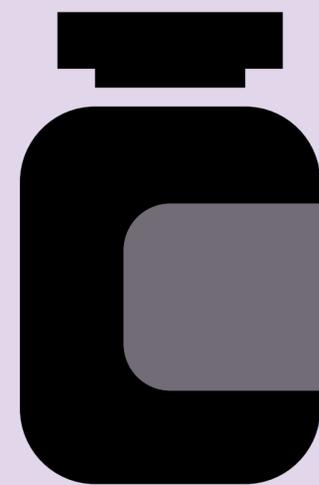
2 g / kg of body weight
protein supplement

[Click here for protein
supplement conversion
chart](#)



3-7 g of creatine
supplement

[Click here for creatine
supplement conversion
chart](#)



2 Tbsp nut butter
& or flax/chia
seed



2 to 4 cups of
Water

to desired shake
thickness



Fruit of choice is
optional



Source <https://iamcreaturescience.com/>

