

AGING STRONG FITNESS

The Aging Strong Protein Shake Guide

This guide outlines the protein shake used within the Aging Strong Nutrition System. The goal is simple: support muscle retention, recovery, satiety, and long term consistency.

Why This Shake Works

Many people struggle because they overcomplicate nutrition. This shake provides high quality protein, fruit, probiotics, and convenience in one simple recipe that can be used during weight loss, maintenance, or general fitness.

The Recipe

- 1 1 scoop BPN protein powder
- 2 Frozen dark cherries
- 3 Frozen blueberries
- 4 Frozen strawberries
- 5 1/2 cup plain Greek yogurt
- 6 Small amount of 2% milk
- 7 Ice (optional)

Estimated Benefits

- 1 Supports muscle recovery and growth
- 2 Helps reduce unhealthy snacking
- 3 Provides antioxidants from berries and cherries
- 4 Adds additional protein through Greek yogurt
- 5 Easy to prepare in minutes
- 6 Fits both weight loss and maintenance goals

When To Use The Shake

Most Days: One shake per day is recommended.

Two Shakes Per Day: Appropriate when protein intake is low, schedules become hectic, hunger is elevated, or you are using the shake to avoid poor snack choices.

Weight Loss Strategy

Use the shake as a protein anchor within a structured nutrition plan. Prioritize protein at meals, vegetables regularly, and maintain consistent training.

Maintenance Strategy

Once goal weight is achieved, keep the same structure. Increase food portions gradually rather than abandoning the system. Consistency beats perfection.

Sample Day

11:00 AM – Protein focused meal

3:00 PM – Aging Strong Protein Shake

7:00 PM – Protein centered dinner with vegetables

Optional – Greek yogurt or second shake if protein intake is low

The Aging Strong Philosophy

The best nutrition plan is not the most restrictive plan. The best nutrition plan is the one you can follow consistently for years. This shake is a tool that supports a sustainable lifestyle rather than a temporary diet.

Move Consistently.

Train Smart.

Eat With Structure.

Stay Active.

Age Strong.

Aging Strong Fitness

<https://agingstrongfitness.com/>

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