

Meal:	Meal or snack – based on serving size
Category:	Couldn't be easier!
Time:	2-3 min

Lib's Tropical Victory Boost Shake

Ingredients

- 1.2 cup coconut water
- 1 cup water
- ½ banana
- ½ cup crushed ice
- 1 scoop “my Victory” protein boost
- (optional) ¼ c pineapple



Directions

I use this as a recovery or snack – I don't like taking protein powder just with water! I may also use as more of a meal but then increase to 2 scoops of protein boost and add either a full banana, some mango, raspberries or another fruit of some sort. I also shake it up – pun intended – and use chocolate coconut or almond milk.

Blend all in a Magic Bullet or blender...ready in 1-3 minutes!

Nutritional Information

1 cup serving – (1 scoop of protein and no pineapple)

- Cal = 171
- Protein = 14.1 g
- Carbohydrates = 25.5 g
- Total Fat = 1.2 g
- Fibre = 4.5 g
- Sugar = 16.7
- Cholesterol = 0 mg (yes...0)
- Sodium = 64 mg

Victory Boost Breakdown

1 scoop = 18 g

- Cal = 60
- Protein = 12 g
- Carbohydrates = 4 g
- Fibre = 1 g
- Sugars = 3 g

I found and love this particular protein powder because it is plant protein/vegetarian and gluten, soy and lactose free.

Keys to choosing Protein Powder:

Protein powders can be as confusing as vitamins to choose when you're standing in the grocery, health food or drug store. Here are a few key things to note on the nutrient breakdown:

Protein source:

Be aware if you have any sensitivities and/or preferences. There are lots of options out there now including:

- whey – derived from dairy
- casein – derived from dairy
- soy – made from defatted soy flour
- plant based options – be aware if they are free of gluten, lactose, soy
 - o brown rice and yellow pea – gluten and lactose free, not a complete protein
 - o hemp and chia – easily digested, gluten and lactose free, complete

Breakdown:

Remember, you're primarily using protein powder as a convenient option as part of the "Nutritional Timing" strategy. When using for recovery, you're shooting for around that 2:1 ratio (carbs to protein) or 1:1 and you only need about 100-150 calories, so you don't always have to choose the powder that has THE MOST grams per serving.

For example: if a recovery drink is 120 calories:

- ✓ at 2:1 = 80 cal from carb + 40 cal from protein = 10 g of protein
- ✓ at 1:1 = 60 cal from carb + 60 cal from protein = 15 g of protein

Serving size:

Like many supplements, bars and snacks, you have to pay close attention to serving sizes as a quick glance can be deceiving!

Container size:

This is my dig against both a bad marketing and environmental choice. I HATE when you buy what seems to be the jumbo option of great value only to find less than HALF of the container full. I can't help but feel I've been fooled but worse, that the company has done so at the cost of unnecessary bulk to our landfills!

Buy Smart

Before you buy a container of protein powder you're hard-pressed to fit in your car, use these smart buy tips

- **short list your options** to 1-3 based on nutrient breakdown – based on protein source, size and other essentials (carbs, sugars, etc.)
- **buy a smaller container** to make sure you like the taste and texture
- **opt for original or vanilla first** so you can vary the taste with other ingredients
- **buy online if you can** – once you find one that fits for you as it can be a lot less expensive (but always make sure you factor in shipping costs!)
- **avoid monster containers** – if you can...definitely for the environment but it's also annoying when you can't fit it conveniently in a cupboard in your kitchen. You don't want to have to store it in a special storage unit in the garage!