

Flexible
GUIDE

THE PERFECT SYMPHONY
OF TRAINING AND NUTRITION

A hand is shown adding sliced bananas to a clear blender jar. The jar already contains several strawberries and a thick, pinkish-red smoothie. The background is a soft-focus bokeh of purple and blue lights.

NUTRIENT-PACKED SUPER
SHAKES

WORKOUT | DIET | SUPPLEMENTS

Mass Gainer Shakes

Avocado with powdered milk, dulce de leche, and whey protein

269kcal

- . 300 ml coconut water
- . 200 g frozen strawberries, blackberries, raspberries, or blueberries
- . 45 g whey protein (strawberry or vanilla flavor)



Carbs: 25g Fats: 2g Protein: 37g

Papaya with coconut

510kcal

- . 200 g papaya
- . 30 g shredded coconut
- . 30 g whey protein
- . 400 ml whole milk or skim milk



Carbs: 50g Fats: 18g Protein: 39g

Apple with papaya

560kcal

- . 100 g apple
- . 200 g papaya
- . 50 g oats
- . 25 g Ninho powdered milk
- . 300 ml whole milk or skim milk



Carbs: 77g Fats: 14g Protein: 37g

Mass Gainer Shakes

Strawberry with banana

400kcal

- . 100 g frozen strawberries
- . 30 g oats
- . 1 whole frozen banana (100 g)
- . 300 ml cold whole milk
- . Sweetener to taste

Carbs: 61g Fats: 11g Protein: 11g

Blend all the ingredients in a blender until smooth.



Banana with peanut butter

600kcal

- . 1 and 1/2 frozen bananas (150 g)
- . 50 g oats
- . 30 g peanut butter
- . 300 ml cold whole milk
- . Sweetener to taste

Carbs: 72g Fats: 25g Protein: 23g

Blend all the ingredients in a blender until smooth.



Avocado with powdered milk

624kcal

- . 150 g avocado
- . 50 g powdered milk (Ninho)
- . 30 g vanilla-flavored whey protein concentrate
- . 300 l water

Carbs: 37g Fats: 39g Protein: 41g

Mass Gainer Shakes

Creamy chocolate with peanut butter

560kcal

- . 300 ml whole milk
- . 30 g whey protein
- . 100 g banana (half a banana)
- . 1 tablespoon cocoa powder
- . 30 g peanut butter
- . 1 tablespoon honey

Carbs: 65g Fats: 16g Protein: 43g



Protein coffee

325kcal

- . 150 ml brewed coffee or cappuccino
- . 200 ml milk
- . 30 g whey protein
- . 100 g banana 1 tablespoon ground cinnamon

Carbs: 36g Fats: 8g Protein: 30g



Banana with peanuts

536kcal

- . 300 ml milk
- . 30 g coconut milk
- . 24 g shredded coconut
- . 1 tablespoon cocoa powder
- . 30 g vanilla-flavored whey protein

Carbs: 30g Fats: 30g Protein: 36g



Mass Gainer Shakes

Banana with peanut butter and dulce de leche

1060kcal

- . 2 and a half bananas (250 g)
- . 45 g peanut butter
- . 100 g oats
- . 300 ml cold skim milk
- . 40 g dulce de leche

Carbs: 168g Fats: 30g Protein: 36g



Strawberry with banana and peanuts

1000kcal

- . 250 g frozen strawberries
- . 100 g oats
- . 2.5 whole frozen bananas (250 g)
- . 300 ml skim milk
- . 45 g peanut butter Sweetener to taste

Carbs: 158g Fats: 31g Protein: 37g

Blend all the ingredients in a blender until you get a smooth mixture (add water if necessary).



Abacate com leite ninho, doce de leite e whey

1020kcal

- . 200 g avocado
- . 40 g dulce de leche
- . 50 g powdered milk (Ninho)
- . 60 g oats 30 g vanilla-flavored whey protein
- . 400 ml water

Carbs: 102g Fats: 51g Protein: 50g



Mass Gainer Shakes

Protein coffee with peanuts

- . 200 ml brewed coffee or cappuccino
- . 200 ml skim milk
- . 50 g powdered milk (Ninho)
- . 30 g whey protein
- . 60 g peanut butter
- . 100 g banana
- . 40 g dulce de leche
- . 1 tablespoon ground cinnamon

Carbs: 91g Fats: 44g Protein: 61g



1015kcal

Creamy chocolate with peanuts

- . 400 ml whole milk
- . 45 g whey protein
- . 200 g banana (half mashed)
- . 1 tablespoon cocoa powder
- . 60 g peanut butter
- . 2 tablespoons honey

Carbs: 118g Fats: 31g Protein: 68g



1000kcal

Banana with peanuts

- . 300 ml whole milk
- . 100 g oats
- . 200 g banana
- . 100 g strawberry
- . 30 g peanut butter
- . 30 g whey protein

Carbs: 133g Fats: 33g Protein: 57g



1020kcal