

# The "MEGA" Shake Template

[www.agymlife.com](http://www.agymlife.com)

## 1. Include A Bunch Of Healthy Fat (2-6+ tbsp):

- [Coconut oil](#) - (Link)  
or [MCT oil](#) - (Link)

(Bulletproof MCT oil is perfect for this)

- [Grass-fed butter](#)
- [Grass-fed cream](#)

(use gradually and test how you feel afterwards)

- [Raw nuts/seeds butter](#)

(use raw/organic and not roasted)

- [Coconut milk](#) - (Link)
- [Coconut flesh](#) - (Link)
- [Liquid fish oil/cod liver oil](#) - (Link)
- [Raw chocolate](#)  
or [Cocoa Powder](#) - (Link)

## 2. Use A High-Quality Grass-Fed Whey (40-60g):

- [Bulletproof Whey](#) - (Link)
- [Progenex](#)
- [Choice protein](#)

## 3. Add 1-2 Cups Organic Frozen Fruit

(Always Keep This In Your Freezer):

- [Bananas](#)
- [Berries](#)
- [Mango](#)
- [Etc.](#)

## 4. Use 4-16oz Water, Coffee, Unsweet Organic Almond Milk, Coconut Water Or Milk As A Base:

- You need a liquid to help it blend and provide a drinkable consistency. My favorite protein shake is made with Bulletproof coffee, whey, coconut milk and a touch of cream (sweetened with Xilitol).

## 5. Add In Random Ingredients To Taste:

- [Yogurt from grass-fed milk](#)
- [Raw honey](#)
- [Raw eggs](#)
- [Avocado](#)
- [Cooked sweet potato](#)
- [Mint leaves](#)
- [Spinach](#)
- [Maple syrup](#)
- [Cashews](#)
- [Almonds](#)
- [Macadamia Nuts](#)
- [Nut butter](#)

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