

# THE ULTIMATE ANABOLIC SHAKE

*“Gain Up To **23 LBS in 90-Days**  
With This Secret Formula”*

**By Doberman Dan**

**[www.HyperMuscleGrowth.com](http://www.HyperMuscleGrowth.com)**

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# The Ultimate Anabolic Shake:

## What power lifters and cancer patients do when they need to gain weight fast

Fellow Bodybuilder,

After years of trial and error in trying to pack on muscle mass I finally stumbled onto a secret formula a power lifting friend of mine used to make weight when he needed to move up a weight class fast for his meets.

What was amazing about his weight gain is how fast and easy he was able to do it with this little trick.

His team mates would complain about the effort it would take to gain 10 lbs. to move up a weight class...while he was jumping 2 and 3 weight classes ahead of them with his 40-50 lbs. jumps in mass.

### This Secret Formula Was Confirmed By Scientific Studies

More proof on the power of this simple secret formula was what I discovered from a study on cancer patients who were trying to keep their weight up in the face of their disease.



According to a study revealed in the British Journal of Cancer, 20 patients with pancreatic cancer (who were losing weight fast) were put on a simple energy dense shake with fish oil and protein as the main ingredients.

Drinking these shakes 2 times a day for 7 weeks the patients gained an average of 6.6 pounds which body fat analysis confirmed was mostly muscle.

What's even more amazing is the fact that before going on this meal replacement the patients had been losing an average of 6.38 lbs. per month.

Imagine what effect a super charged (I'll reveal this version below) version of this formula would do to your muscle gains.

## The Secrets Behind This Powerful Muscle Gain Formula



The reason this supplement formula works so well is because:

- It's calorie dense (at least 300-700 calories a shake). You need lots of energy to build muscle.
- **Keeps your appetite up! Drinking your calories keeps your stomach from getting full.**
- It has all the ingredients of a good post workout drink...which has been proven to boost muscle gains.
- **Super convenient .**
- Little prep time.
- **Easy to adjust calorie intake--instantly.**

And too many more benefits to list in this short article!

Now, if you're ready to try out this supplement formula...here it is...

# The Instant Muscle Mass Booster Shake

**STEP 1:** Add 2 cups of skim milk (16 oz.)



**Total Calories=180**

**STEP 2:** Add 2 scoops of whey protein



**Total Calories=260**

**STEP 3:** Add 2-4 Yoplait yogurts (100 calories each)



**Total Calories = 300  
(3 yogurts)**

**STEP 4:** 1 tablespoon of Udo's Oil



**Total Calories = 125**

**Total Calories of This Shake**

**865**

As you can see each ingredient is healthy in its own right. When you combine them you get a synergistic muscle boosting effect.

### **3 Critical Factors To Make Sure You Get Results From Your Anabolic Shake**

1. Make sure each shake is taken within 45 minutes after your workout.
2. Make sure they are surplus calories and not part of your Maintenance calorie intake. This is the most important one! For this too work you need to be using the 5-step formula in the nutrition chapter. These critical nutrients will then be used to build NEW muscle tissue. Very quickly!
3. Don't stop with 1 shake. Up to 3 can be taken after your workout. Just spread them out over 15 minute intervals.

**For example:**

Shake 1: Immediately after your workout.

Shake 2: 30 minutes after your workout.

Shake 3: 45 minutes after your workout.

4. You can add or subtract the calories you need with the amount of yogurts you place in the shake. Also, switch up the flavors to keep the shakes from getting boring.

**Bonus Secret Trick & Muscle Gain Multiplier:** Wake up in the middle of the night and slam one of these shakes down for an extra 700 calories (at least). Just doing this one trick guarantees a 1 lb. gain every week.

If you have any comments or questions you can email them to me at:

[hypermusclegrowth@gmail.com](mailto:hypermusclegrowth@gmail.com)

Thanks

More Anabolic Shakes - [Blender Magic](#)



Reprinted from the book, "MASS!" with permission of  
[Dennis B. Weis](#) the "Yukon Hercules"

## Banana Flip

(426 calories)

*1 1/3 cups cold whole milk  
1 medium banana  
1 tablespoon raw honey  
1 tablespoon whey protein powder  
1 cup crushed ice*

## Beatty Fruit Cocktail

(240 calories)

*Equal amounts apple juice, orange juice, and papaya juice to make 1 1/3 cups  
5 frozen strawberries  
1 cup crushed ice*

## Coconut Pro

(440 calories)

*2/3 cup apple juice  
2/3 cup pineapple coconut juice  
1 medium banana  
5 frozen strawberries  
1 cup crushed ice*

## Preworkout Drink

(520 calories)

*Equal amount orange juice, apple juice, and papaya juice to make 1 1/3 cups*

*1 tablespoon whey protein powder*

*1 tablespoon Hoffman's Energol*

*1 tablespoon lecithin powder*

*1 tablespoon raw honey*

*1 medium banana*

*5 frozen strawberries*

*1 cup crushed ice*

## Smoothie

(247 calories)

*2/3 cup orange juice*

*2/3 cup papaya juice*

*1/2 medium banana*

*1 tablespoon honey*

*1 cup crushed ice*

## Hawaiian Delight

(225 calories)

*2/3 cup papaya juice*  
*2/3 cup pineapple coconut juice*  
*1 medium banana*  
*1 cup crushed ice*

## Orange Sunrise

(430 calories)

*1 1/3 cups orange juice*  
*2 large scoops natural vanilla ice cream*

## Pina Colada

(228 calories)

*1 1/3 cups pineapple coconut juice*  
*1 medium banana*  
*1 tablespoon pure vanilla extract*  
*1 cup crushed ice*

## Diet Delight

(172 calories)

*8 ounces papaya juice*  
*1 tablespoon whey protein powder*  
*3 fresh or frozen strawberries*

## Strawberry Fruit Flip

(297 calories)

*1 1/3 cups papaya juice*  
*5 frozen strawberries*  
*1/2 medium banana*  
*1 tablespoon raw honey*  
*1 cup crushed ice*

## Instant Energizer

(328 calories)

*8 ounces natural fruit juice*  
*1 egg*  
*1 tablespoon whey protein powder*  
*1/2 banana*  
*1 teaspoon raw honey*

## **Kwik Gain Drink**

(658 calories)

*8 ounces half and half*  
*2 eggs*  
*2 tablespoons whey protein powder*  
*1/2 banana*  
*1 teaspoon honey*  
*1 scoop natural ice cream*

## **Postworkout Drink**

(780 calories)

*1 cup papaya juice*  
*1/3 cup cold whole milk*  
*1 tablespoon whey protein powder*  
*1 tablespoon lecithin powder*  
*1 tablespoon Hoffman's Energol*  
*1 tablespoon raw honey*  
*1 medium banana*  
*5 frozen strawberries*  
*1 cup crushed ice*  
*2 large scoops of natural ice cream*

# Citrus Energy Drink

(650 calories)

*1 whole orange  
1 whole lemon  
1 pint unsweetened pineapple juice  
1,000 IU vitamin E (d alpha)  
2 tablespoons Hoffman's Energol  
3 tablespoons malted milk powder  
Raw honey*

*Grate off the outer oily rind of the citrus fruits until there is no color left and discard colored rind. Chop pulp, removing seeds, and blend the fruits with pineapple juice. Then mix in vitamin E, Hoffman's Energol, malted milk powder, and enough raw honey to make this drink taste decent.*

*Drink one-third of this drink three times per day.*



# The Best Of The Rest Anabolic Shakes

Part of a Research Project Conducted With [Bodybuilding.com](http://Bodybuilding.com)

## Berries & Cream Shake

### Ingredients:

- 1 Scoop Of Vanilla [Whey Protein](#)
- 1 Scoop Of Ice
- 1 Lil Can Of Pineapple Juice (cook with boiling water)
- 1 Handful Of Mixed Berries

Blend and enjoy!

## Banana Bread Shake

### Ingredients:

- 2 scoops [Whey Protein](#)
- 1 Banana
- 1/2 Cup Quaker Oatmeal (cook with boiling water)
- 3/4 Cup Kellogg's Bran Flakes
- 1 Bottle of Water
- Sugar, Brown Sugar or Artificial Sweetener to taste

Blend and enjoy!

# Banana Protein Shake

## Ingredients:

- 30g Protein Powder (plain or vanilla)
- 1 medium to large banana
- 8 oz. light Soy Milk
- 1 TBSP Linseed, Soy and Almond Mixture
- 1 tsp Golden Syrup
- Few drops vanilla essence/extract
- 3-4 cubes ice
- 1 TBSP low fat natural yoghurt (optional depending on diet)

Throw into blender for several minutes. Solid filling shake with zero fat and PLENTY of energy. Great as a meal replacement or after workout snack.!

# Orange Vanilla Shake

## Ingredients:

- Mix 2 scoops of Vanilla Protein Powder
- 8 oz. Orange Juice
- 4-5 ice cubes
- 1 tsp. Vanilla Extract
- ½ banana
- 2-3 frozen strawberries
- 2 packets of sweetener

This will get your taste buds going!

# Berry Good Shake

## Ingredients:

- Mix 2 scoops of Raspberry Yogurt and protein powder
- 4 strawberries
- 15 blueberries
- 16 ounces of nonfat milk
- 1.2 cup of ice cubes.

It is so good that you should serve it with a little umbrella in it!

# Protein-Carb Almond Blast

## Ingredients:

- Mix 2 Scoops of Vanilla Econo Whey Meal or other protein with
- 10-12 oz of skim milk
- 1.2 cup of dry oatmeal
- 1.2 cup of raisins
- 12 shredded almonds
- 1 tbsp of peanut butter.

It's like pudding!

# Strawberry Nut Shake

## Ingredients:

- Mix 2 Scoops of Vanilla Isolean or other protein with
- 1 cup of fat-free strawberry yogurt
- 6 shredded macadamia nuts.

# Plum Ice Shake

## Ingredients:

- Mix 2 scoops of Vanilla ON 100% Whey or other protein with
- 1 ripe plum (pitted) juice of 1 lemon
- 16 ounces of ice water
- 1.2 cup of ice cubes.

# Peppermint Oatmeal Shake

## Ingredients:

- Mix 2 scoops of Alpine Milk Chocolate Protein Delite or other protein with
- 1 cup sugar free vanilla ice cream
- 1 cup oatmeal
- 2 cups non-fat milk
- 1.2 cup water
- a splash of peppermint extract!
- 

# Chocolate Coffee Shake

## Ingredients:

- Mix 2 scoops of Alpine Milk Chocolate Protein Delite or other protein with:
- 1 cup of skim milk
- 5 ice cubes
- 1 cup of water
- 1 spoonful of instant coffee!

Tastes like a gourmet concoction!

# Plum-Lemon Cooler

## Ingredients:

- 2 scoops vanilla flavor [whey protein](#) powder (Whey Best, Scipro)
- 1 ripe plum, pitted
- juice of 1 lemon
- 1 tablespoon multi-vitamin powder
- 16 ounces ice water
- 1/2 cup ice cubes
- 

# Wild Berry Boost

## Ingredients:

- 2 scoops vanilla flavor whey protein powder (Whey Best, Scipro)
- 8 raspberries
- 4 strawberries
- 15 blueberries
- 16 ounces nonfat milk
- 1/2 cup ice cubes

# Peanut Butter Chocolate Truffle

## Ingredients:

- 2 scoops chocolate flavor whey protein powder (Whey Best, Scipro)
- 1 teaspoon creamy peanut butter
- 16 ounces nonfat milk
- 1/2 cup ice cubes

# Creatine Catalyst

## Ingredients:

- 2 scoops vanilla flavor whey protein powder (Whey Best, Scipro)
- 5 Granny Smith apples
- 5 grams (one teaspoon) creatine powder
- 1/2 cup ice cubes

Special Thanks To Reformmag.com For These Recipes!

# Peanut Brittle Protein Shake

This is a delicious favorite I discovered quite by accident as I sat staring at my "boring" vanilla protein powder and wanting something sweet. This mimics peanut brittle only in taste. It won't send your blood sugar soaring and it's a fun way to get in some healthy unsaturated fat.

## Ingredients:

- 2 scoops vanilla protein
- 1 tbsp sugar-free instant butterscotch pudding mix, dry
- 1 tbsp natural peanut butter, chunky
- 8 oz. cold water or lowfat milk.
- 3-6 ice cubes

## Directions:

Add all ingredients to blender, blend, and serve. I like to add the peanut butter in last so it stays a little chunky, just like the peanut brittle it is replacing.

## Nutritional Information for added ingredients (excludes milk & protein powder):

*Per Serving:*

Calories - 108

Carbs - 6 g

Protein - 4g

Fat - 8 g

Fiber - 1g

# The Hulk

This is a pistachio flavored shake that I came up with one busy morning for my son. He loved it because it was green and walked around the rest of the day doing lat spreads that "ripped" his shirt. I loved it because it only added 19 calories to my protein shake.

## Ingredients:

- 2 scoops vanilla protein
- 1/2 tbsp sugar-free pistachio pudding mix
- 1 mint leaf or a few drops peppermint extract (optional)
- 1 few drops green food coloring (optional)
- 8 oz. cold water or low-fat milk
- 3-5 ice cubes

## Directions:

Add all ingredients to blender, blend, and pour into cup. This tastes great without the mint so don't worry if you don't have it around. The shake is a light green even without the food coloring but if you want it green (like The Hulk!), you'll need a few drops.

## Nutritional Information for added ingredients (excludes milk & protein powder):

*Per Serving:*

Calories - 19

Carbs - 5g

Protein - 0g

Fat - 0g

Fiber - 0g

# Oatmeal Meal Replacement Shake

This is a homemade meal replacement that contains all the nutrition of a hearty bowl of oatmeal. It's got complex carbs, protein, and a little good fat to extend its contribution to your energy stores. If you expect the rest of the day to be hectic, why not double it up and take half of the shake to work to ensure you don't skip a meal just because you'll be stuck in a meeting.

## Ingredients:

- 1 cup dry measure oatmeal, cooked in water and cooled
- 2 scoops vanilla protein
- 3 dashes cinnamon
- 1/8 c sugar free maple syrup or equivalent amount brown sugar replacement
- 1 tbsp chopped almonds (or flaxseed oil or natural peanut butter)
- 12 oz. water or low-fat milk

## Directions:

Add all ingredients to blender, blend, and pour into cup. If your short on time, just use dry oatmeal or oat flour.

## Nutritional Information for added ingredients (excludes milk & protein powder):

*Per Serving:*  
Calories - 215  
Carbs - 33g  
Protein - 7g  
Fat - 7g  
Fiber - 5g

# Cinnamon Roll Protein Shake

## Ingredients:

- 2 scoops vanilla protein powder
- 1 tbsp sugar-free instant vanilla pudding
- 1/4 tsp cinnamon
- 1/2 tsp imitation vanilla (or 1/4 tsp extract)
- 1 packet artificial sweetener
- a few dashes butter flavor sprinkles or butter-flavor extract
- 8 oz. water (or low-fat milk)
- 3 ice cubes

## Directions:

Add all ingredients to blender, whip, and serve.

## Nutritional Information:

Aor added ingredients (excludes protein powder & use of milk)

Calories - 25

Carbohydrates - 5g

Protein - 0g

Fat - 0 g

Fiber - 0 g

# Nada Colada Protein Shake

## Ingredients:

- 2 scoops vanilla protein powder
- 1/2 c pineapple-orange juice\*
- 1/4 tsp rum extract
- 1/4 tsp coconut extract (or 2 tbsp shredded coconut)
- 1 packet artificial sweetener
- 4 oz. water (or low-fat milk)
- 3-6 ice cubes

Low-carb version: Omit juice and use 1/2 tsp sugar-free pineapple-orange drink mix (dry). Increase water or milk to 8 oz.

## Directions:

Add all ingredients to blender, whip, and serve.

## Nutritional Information:

for added ingredients (excludes protein powder & use of milk)

Calories - 61

Carbohydrates - 15g

Protein - 0g

Fat - 1g

Fiber - 0g

# Banana Delight

## Ingredients:

- 8 oz. pure water
- 1/2 banana (frozen)
- 2 oz. protein of choice
- 2 tsp. [flax seed oil](#)

# Strawberry Cheesecake

## Ingredients:

- 10 oz pure water
- 8 frozen strawberries
- 4 tbs. low fat sour cream
- 10-15 drops [liquid stevia](#) (optional)
- 1.5 oz. protein of choice

# Blueberry Dream

## Ingredients:

- 10 oz. Pure water
- 1/2 cup fresh or frozen blueberries
- 1.5 oz. protein of choice
- 2 tsp. flax seed oil
- 15 drops liquid stevia (optional)

# Fat Burning Peaches and Cream

## Ingredients:

- 8 oz. pure water
- 1 ripe peach
- 2 tbs. low fat sour cream
- 8 drops liquid stevia (optional)
- 1.5 oz protein of choice

# Quick Start

## Ingredients:

- 3 oranges (fresh juiced only, NOT canned or bottled)
- 6 drops liquid stevia (optional)
- 1 oz. protein of choice

# Tropical Treat

## Ingredients:

- 8 oz. pure water
- 1/2 banana (frozen)
- 2 tbs. low fat sour cream
- 1 tsp. coconut extract
- 10-15 drops liquid stevia (optional)
- 1.5 oz. protein of choice (vanilla flavor)

# Tropical Pleasure

## Ingredients:

- 8 oz. pure water
- 1/2 tsp. pineapple extract
- 1/2 tsp. coconut extract
- 1 tbs heavy cream
- 1/2 frozen banana
- 1 heaping scoop (1 oz) of Egg Protein
- Stevia or Agave to taste (optional)
- 2-3 ice cubes (optional)

# Chocolate Almond Delight

## Ingredients:

- 10-12 oz. pure water
- 15 raw almonds
- 1/2 tsp. coconut extract
- 1.5 oz protein of choice (chocolate flavor)
- Stevia to taste (optional)
- 3-5 ice cubes (optional)

(first, blend the almonds until creamy smooth in 1/2 the water, then add the rest of the ingredients)

# Chocolate Lovers

## Ingredients:

- 12 oz pure water
- 1 tsp. pure cocoa powder
- 2 tbs. low fat sour cream
- 10-15 drops liquid stevia
- 2 oz. protein of choice (chocolate flavor)
- 2 tsp. flax seed oil

# High Energy Shake!

## Ingredients:

- 10 oz pure water
- 10 strawberries (Fresh or Frozen)
- 1 tbs. flax seed oil
- 1/2 tsp vanilla extract
- 1 heaping scoop (1 oz) of protein of choice
- Stevia to taste (optional)
- 2-3 ice cubes (optional)

# Super Slimmer

## Ingredients:

- 8 oz. pure water
- 1 tbs. flax seed oil
- 1/2 ripe peach (peeled)
- 6 frozen strawberries
- 1 heaping scoop (1 oz) of protein of choice
- Stevia to taste (optional)

# Heavy Gainer

## Ingredients:

- 10-14 oz. pure water
- 1/2 cup raw almonds - blend with water only until creamy smooth then add...
- 1/2 large frozen banana
- 2 level scoops (2 oz) of protein of choice
- Stevia to taste (optional)

# Weight Gainer

## Ingredients:

- 14 oz. pure water
- 2 bananas or 2 scoops YAM Power
- 3 tbs. peanut butter
- 6 drops liquid stevia (optional)
- 2 oz. protein of choice

# Mineral Power

## Ingredients:

- 10 oz. pure water
- 1 oz. liquid ionic plant source minerals
- 1 packet Knox gelatin
- 1 tbs. flax seed oil
- 1 heaping scoop (1 oz) of protein of choice
- Stevia or to taste (optional)

Special Thanks To Jay Robb For His Protein Shake Recipes! Be Sure To Check Out His Website, <http://www.jayrobb.com>!

**Recipes Sent In By Bodybuilding.com Visitors**

# Super Healthy Honey Banana Shake

Super healthy shake that tastes pretty damn good - the flax seed oil helps the nutrients digest gradually so you get a steady supply of protein, I always put some honey in, cause it's healthier than sugar, and after a workout it will feed your body's need for simple sugar.

## Ingredients:

- 1 cup of pure water
- 1 big scoop of vanilla whey protein powder
- 3/4 cup of natural yoghurt
- 1 banana
- 1 tsp of flax-seed oil
- 2 tsp of honey
- 1 tsp spirulina

The spirulina definitely changes the color and flavor of this shake alot! So if you cant get used to the taste simply leave it out. The shake provides carbs, protein and plenty of vitamins/minerals, so you can easily use it as a meal replacement.

# Rock N' Roll Protein Shake

Here is my favorite protein smoothie I have for breakfast a few times a week! If you are close to a show, knock out the banana and essence! This shake gives you a good start to the day with high protein, good fats, good carbs giving [potassium](#).

## Ingredients:

- 1 cup of pure water
- 1 big scoop of vanilla whey protein powder
- 3/4 cup of natural yoghurt
- 1 banana
- 1 tsp of flax-seed oil
- 2 tsp of honey
- 1 tsp spirulina

# Banana Almond Creme

## Ingredients:

- 1 Banana
- 12 Cup Milk
- 10 Almonds
- 1 Serving Protein
- 5 Ice Cubes

# Fruit Smoothie

## Ingredients:

- 2 scoops Designer Whey Strawberry
- 4 large strawberries
- blueberries ( a small handful)
- water (just a few drops)
- 1/2 C ice
- Splenda

Start off by crushing the ice in the blender and then gradually add the fruit and enough water to get it smooth. Finish off with the two scoops of whey and enough Splenda to make it sweet.

# Pineapple Power

## Ingredients:

- 1 cup of pineapple juice
- 3 strawberries
- 1 banana
- 1 teaspoon of yogurt
- 1 scoop of your choice of protein

## Orange And Cream Delight

### Ingredients:

- 1 Bottle of Orange Gatorade
- 1 Packet Vanilla myoplex

Simple, yet tasty!

## Strawberry Savior

### Ingredients:

- 4 scoops vanilla designer whey
- 8 fluid ounces water
- 1 colombo strawberry yogurt
- 3 frozen strawberries
- 1 teaspoon creatine
- 1 teaspoon flax seed oil

Tastes great and is an awesome mass gaining combination!

## Vanilla Coffee Delight

### Ingredients:

- 10-12 oz. low-fat milk
- 2 scoops vanilla protein powder
- 1/2 cup low-fat coffee flavored ice cream

Add all ingredients in blender. Blend and enjoy.

# Iso-Egg Heavy Gainer

## Ingredients:

- 3 scoops Isopure Whey Protein (Vanilla/Chocolate)
- 4 egg whites
- 1 tbls. Peanut Butter
- 8 oz. cold water
- 2 cups ice

Put all in blender, and mix, mix, mix!

# Egg-cellent Shake

## Ingredients:

- 3 eggs
- 1/2 cup milk or 3-4 scoops vanilla ice cream

Add all ingredients in blender. Blend and enjoy.

# The Best Protein Shake Ever

## Ingredients:

- 2 scoops chocolate [protein](#)
- 10 Ice Cubes
- 12 oz. fat free milk
- 2 tblsp fat free vanilla yogurt
- 1 tblsp reduced fat peanut butter
- 2 tblsp hazelnut coffee
- 1/8 cup caramel ice cream topping

You can add more or less caramel topping, depending on how sweet you want your shake.

# The Best Overall Tasting Homemade Protein Shake

This recipe includes cottage cheese - the king of all cheap, easy, high BV protein sources ! Don't worry, you can't taste it and the blender eliminates the texture.

## Ingredients:

- 16 oz. skim milk
- 2 cups no-fat cottage cheese
- 3 scoops Optimum Nutrition Whey Protein Powder (vanilla)
- 1/2 cup non-fat, reduced-sugar vanilla yogurt scoop of your favorite fruit (I like frozen strawberries & banana)
- Splenda or Sweet-n-Low to taste (about 2 packets)
- Handful of Ice

## Directions:

Blend together and chill. Makes 3 two-cup servings.

Guzzle for an awesome post-workout shake. The high-glycemic-value carbs spike insulin to deliver protein to your muscles. Add dry oats for more complex carbs, and add more cottage cheese to boost the protein! Add more milk if the mix is too thick.

## Nutritional Information for 1 Serving:

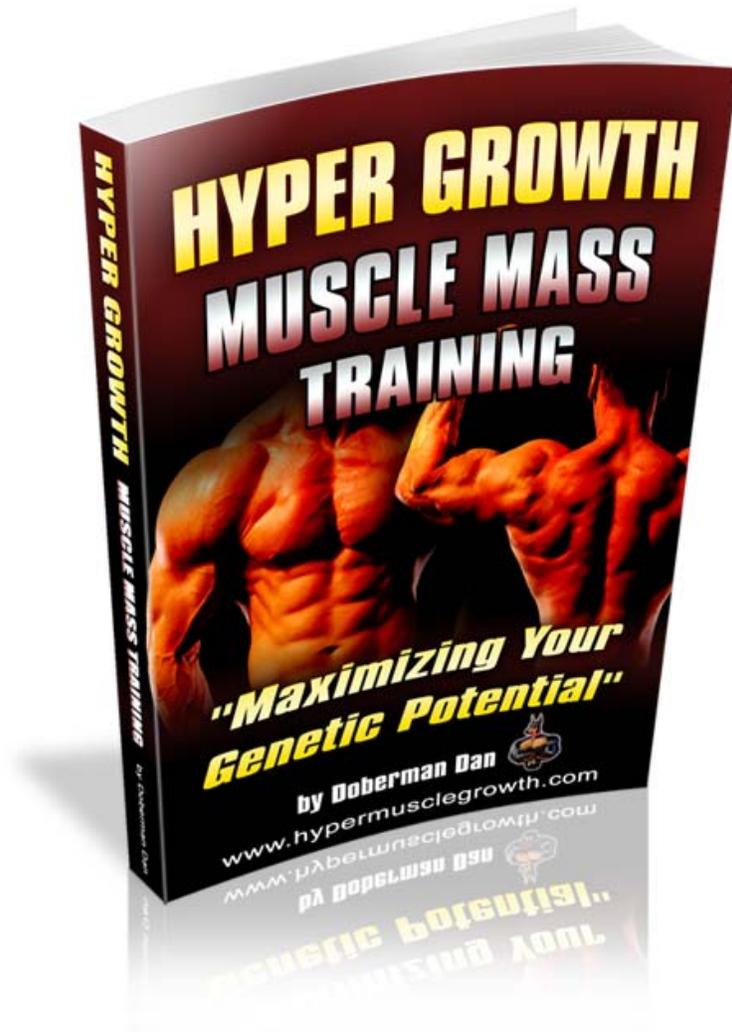
*Calories = 414*

*Protein = 40 grams*

*Carbs = 26 grams*

*Fat = 2 gram*

"The "[Hyper-Growth Muscle Mass Training](#)" system is a step-by-step guide that teaches you the secrets, tips, and techniques you need to know to build a chiseled, muscular, ripped, head-turning physique...FASTER than you ever thought possible!"



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