



Protein Beet Drink, Pre-Workout

1 serving

5 minutes

Ingredients

- 1/2 cup Beetroot Juice (Sub: tart cherry/pomegranate/pineapple juice)
- 1/2 cup Coconut Water
- 1 cup Water
- 1 Banana
- 1 scoop Vanilla Protein Powder (whey isolate)
- 1/8 tsp Sea Salt (just a dash)
- 1 tsp Lemon Juice

Nutrition

Amount per serving	
Calories	288
Fat	1g
Saturated	0g
Carbs	48g
Fiber	10g
Sugar	18g
Protein	27g
Cholesterol	0mg
Sodium	464mg

Directions

- 1 For the beetroot juice: either use a storebought or pressed beetroot juice OR make yourself at home simply by blending up cooked beets with a little water. It'll be thicker & have pulp. You can strain it if you like. Blend all ingredients up together, adjusting the water added for desired consistency.

Notes

Improved digestion: Optional: add 1/2 cup of pineapple juice or chunks for added flavor & carbs. **BONUS:** contains bromelain, a naturally occurring digestive enzyme that'll help you optimally break down and absorb your pre-workout drink. Lemon juice also supports digestion.

Add honey: For additional natural sugar energy, flavour, and electrolytes: add 1 tbsp honey

The perfect pre-workout: Natural sugar carbs for energy (beets, honey, fruit). Electrolytes (coconut water, banana, honey, sea salt). Quick digest, highest absorbability protein (whey isolate). Natural nitrates for improved vasodilation/improved oxygen exchange) in the beetroot. Antioxidant-rich to regulate inflammatory responses for improved recovery (honey, fruit)

CAUTION: If you've never used beet juice before, start with a small amount & adjust to bowel tolerance. Consuming beets or their juices will make your urine and poop red-tinged. Don't panic, it's not blood!

Why no fat?: Fats can slow down digestion and/or contribute to digestive upset during intense training when blood is shunted away from digestive organs and directed to our working muscles. Fats are typically avoided immediately pre-workout, with the exception of a little coconut oil (up to 1 tbsp) because as a medium-chained triglyceride, coconut oil bypasses the normal fat breakdown in the body, and instead can be utilized immediately by the liver for energy.

BONUS: Add 1 tsp medical mushroom powder and/or ashwaganda or other adaptagen powder to support stress responses in the body, in turn improves recovery and performance. Always consult care provider before using adaptogens, contraindications are many.