

SMOOTHIES & SHAKES

Blendable protein, six ways. From lean sippers to mass-gainer shakes.

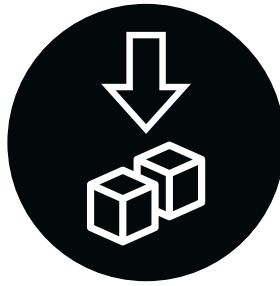
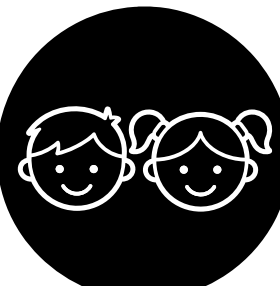


75 high-protein recipes using Naked Nutrition products.

HOW TO USE THIS GUIDE

This collection turns Naked products into 75 blendable, protein-forward smoothies and shakes - organized into six goals, from lean and low-sugar to mass and recovery. Each recipe is simple, repeatable, and built to blend in minutes.

WHAT'S INSIDE

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A NOTE ABOUT MACROS

Macros are estimates and may vary with the specific brands, quantities, and product flavors you use. Every Naked product is counted at the scoop level - based on its label serving size and scoops per serving - so a single scoop contributes a proportional share of that product's per-serving macros (for example, a 2-scoop Naked Whey serving means one scoop counts as half). Whole-food values are drawn from standard USDA reference data.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



01. LEAN GREEN MACHINE

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1/2 scoop Naked Greens

SERVES 1

PREP 4 MIN

CALORIES

210

PROTEIN

33.6G

CARBS

15.2G

FAT

1.5G

FIBER

4.3G

SUGAR

6.9G

- INGREDIENTS**
- 2 scoops Naked Whey Isolate (Unflavored)
 - 8 oz unsweetened almond milk
 - 1 cup baby spinach
 - 1/2 small green apple, cored
 - 1/2 cucumber, peeled
 - 1/2 scoop Naked Greens
 - Squeeze of fresh lime
 - 1/2 cup ice

- STEPS**
1. Add the almond milk to the blender first.
 2. Add the Naked Whey Isolate, Naked Greens, spinach, apple, and cucumber.
 3. Top with ice and a squeeze of lime.
 4. Blend on high for 45 seconds until completely smooth.

PRO TIP
Add the almond milk first so the greens and protein don't stick to the blade.



02. BERRY LEAN BOOST

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

240

PROTEIN

31.8G

CARBS

18.8G

FAT

2.9G

FIBER

2.8G

SUGAR

12.0G

- INGREDIENTS**
- 2 scoops Vanilla Naked Whey
 - 6 oz unsweetened almond milk
 - 1/4 cup non-fat plain Greek yogurt
 - 1/2 cup mixed frozen berries
 - 1/2 tsp vanilla extract
 - 1/2 cup ice

- STEPS**
1. Pour the almond milk into the blender, followed by the Greek yogurt.
 2. Add the Vanilla Naked Whey, frozen berries, and vanilla.
 3. Add ice and blend on high for 30-45 seconds until smooth and thick.
 4. Pour and serve immediately.

PRO TIP
Frozen berries keep it thick without adding ice-melt water.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



03. TROPICAL LEAN

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

210

PROTEIN

32.5G

CARBS

21.4G

FAT

0.2G

FIBER

1.9G

SUGAR

13.4G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 6 oz unsweetened coconut water
- 1/3 cup frozen pineapple chunks
- 1/2 cup baby spinach
- 1/4 frozen banana
- 1/4 tsp vanilla extract
- 1/3 cup ice

STEPS

1. Add the coconut water to the blender.
2. Add the Naked Whey Isolate, pineapple, spinach, banana, and vanilla.
3. Add ice and blend on high for 40 seconds until smooth.
4. Pour and enjoy.



PRO TIP
Coconut water keeps this light while adding natural electrolytes.



04. CINNAMON APPLE LEAN

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

225

PROTEIN

26.7G

CARBS

19.4G

FAT

3.7G

FIBER

2.7G

SUGAR

10.1G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 8 oz unsweetened almond milk
- 1/2 small apple, cored and chopped
- 1 tbsp rolled oats
- 1/2 tsp ground cinnamon
- Pinch of nutmeg
- 1/2 cup ice

STEPS

1. Add the almond milk to the blender.
2. Add the Vanilla Naked Whey, apple, oats, cinnamon, and nutmeg.
3. Add ice and blend on high for 45 seconds until smooth and frothy.
4. Pour and enjoy.



PRO TIP
A tablespoon of oats adds body and fiber without much sugar.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



05. CHOCOLATE CHERRY LEAN

Made with: 2 scoops Chocolate Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

245

PROTEIN

27.9G

CARBS

22.1G

FAT

3.8G

FIBER

4.8G

SUGAR

14.1G

INGREDIENTS

- 2 scoops Chocolate Naked Whey
- 8 oz unsweetened almond milk
- 1/2 cup frozen pitted cherries
- 1 cup baby spinach
- 1 tsp unsweetened cocoa powder
- 1/2 cup ice

STEPS

1. Add the almond milk to the blender first.
2. Add the Chocolate Naked Whey, cherries, spinach, and cocoa.
3. Top with ice and blend on high for 45 seconds.
4. Pour into a glass and enjoy.



PRO TIP
A cup of spinach disappears into the chocolate completely.



06. SKINNY VANILLA LATTE LEAN SHAKE

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

170

PROTEIN

25.6G

CARBS

8.5G

FAT

2.6G

FIBER

0.5G

SUGAR

5.0G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 4 oz cold brew coffee
- 4 oz unsweetened almond milk
- 1/2 tsp vanilla extract
- Pinch of cinnamon
- 1/2 cup ice

STEPS

1. Pour the cold brew and almond milk into the blender.
2. Add the Vanilla Naked Whey, vanilla, and cinnamon.
3. Add ice and blend on high for 30 seconds.
4. Pour into a tall glass.



PRO TIP
Use cold brew, not hot coffee, so the protein doesn't clump.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



07. CUCUMBER MINT LEAN COOLER

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

145

PROTEIN

30.6G

CARBS

6.4G

FAT

0.1G

FIBER

0.5G

SUGAR

4.5G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 1/2 cucumber, peeled and chopped
- 6 fresh mint leaves
- 1 tsp fresh lime juice
- Optional: 1/2 tsp honey
- 8 oz cold water
- 1/2 cup ice

STEPS

1. Add the water to the blender.
2. Add the Naked Whey Isolate, cucumber, mint, lime juice, and honey if using.
3. Add ice and blend on high for 30 seconds until very smooth.
4. Pour into a tall glass and enjoy.



PRO TIP
Peel the cucumber for the smoothest, most refreshing result.



08. STRAWBERRY BANANA LEAN

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

255

PROTEIN

29.7G

CARBS

24.9G

FAT

3.5G

FIBER

3.5G

SUGAR

14.6G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 8 oz unsweetened almond milk
- 1/2 cup frozen strawberries
- 1/3 frozen banana
- 1 tbsp non-fat Greek yogurt
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Greek yogurt, Vanilla Naked Whey, strawberries, and banana.
3. Add ice and blend on high for 40 seconds.
4. Pour and serve.



PRO TIP
A spoonful of Greek yogurt adds creaminess without heavy calories.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



09. MATCHA PROTEIN SHAKE

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

165

PROTEIN

31.3G

CARBS

5.0G

FAT

1.3G

FIBER

1.5G

SUGAR

3.0G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 8 oz unsweetened almond milk
- 1 tsp ceremonial-grade matcha powder
- Optional: 1/2 tsp honey
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Sift the matcha into the blender to prevent clumps.
2. Add the almond milk, Naked Whey Isolate, vanilla, and honey if using.
3. Add ice and blend on high for 45 seconds until smooth and frothy.
4. Pour and enjoy.



PRO TIP
Sift the matcha into the blender first to prevent clumps.



10. LEMON GREEK YOGURT LEAN SMOOTHIE

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

260

PROTEIN

36.9G

CARBS

20.1G

FAT

2.9G

FIBER

0.8G

SUGAR

15.4G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 6 oz unsweetened almond milk
- 1/2 cup non-fat plain Greek yogurt
- 1 tbsp fresh lemon juice
- 1 tsp honey
- 1/2 tsp lemon zest
- 1/2 cup ice

STEPS

1. Pour the almond milk and Greek yogurt into the blender.
2. Add the Vanilla Naked Whey, lemon juice, zest, and honey.
3. Add ice and blend on high for 30 seconds until smooth.
4. Pour into a glass and enjoy.



PRO TIP
Fresh zest brightens the whole shake — don't skip it.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



11. GREEN TEA PROTEIN ELIXIR

Made with: 2 scoops Naked Whey (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

125

PROTEIN

25.0G

CARBS

3.4G

FAT

2G

FIBER

0.0G

SUGAR

2.1G

INGREDIENTS

- 2 scoops Naked Whey (Unflavored)
- 1 cup chilled green tea
- 1 tsp fresh lemon juice
- 1/2 cup ice

STEPS

1. Add the chilled green tea, lemon juice, and ice to a blender or shaker.
2. Add the Naked Whey.
3. Shake or blend vigorously until the powder is fully dissolved.
4. Pour over fresh ice and serve.



PRO TIP
Brew and fully chill the tea first – warm tea will clump the protein.



12. PEACH GOAT WHEY SHAKE

Made with: 2 scoops Naked Goat (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

140

PROTEIN

23.7G

CARBS

9.0G

FAT

0.6G

FIBER

1.2G

SUGAR

7.0G

INGREDIENTS

- 2 scoops Naked Goat (Unflavored)
- 1/2 cup frozen peach slices
- 3/4 cup cold water
- 1/4 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Add the water and frozen peaches to the blender.
2. Blend until the fruit is pureed and the liquid is chilled.
3. Add the Naked Goat and vanilla and blend 15 seconds until smooth.
4. Pour over ice and serve.



PRO TIP
Goat whey is gentle on sensitive stomachs and blends silky-smooth.

LEAN & LIGHT

Lower-calorie, plant-protein-forward shakes.



13. EGG WHITE PINEAPPLE LIME SHAKE

Made with: 2 scoops Naked Egg

SERVES 1

PREP 3 MIN

CALORIES

155

PROTEIN

25.5G

CARBS

14.3G

FAT

0.1G

FIBER

1.2G

SUGAR

8.1G

INGREDIENTS

- 2 scoops Naked Egg
- 1/2 cup frozen pineapple chunks
- 1 tbsp fresh lime juice
- 1 cup cold water
- 1/2 cup ice

STEPS

1. Blend the water and frozen pineapple until smooth.
2. Add the Naked Egg, lime juice, and ice.
3. Blend on low for 20 seconds to keep it light and avoid foaming.
4. Pour and serve immediately.



PRO TIP
Egg white protein is dairy-free and whips up impossibly light.



14. CHOCOLATE ZUCCHINI LEAN

Made with: 2 scoops Chocolate Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

205

PROTEIN

27.0G

CARBS

12.0G

FAT

3.5G

FIBER

3.3G

SUGAR

6.2G

INGREDIENTS

- 2 scoops Chocolate Naked Whey
- 1/2 cup frozen zucchini chunks
- 1 cup unsweetened almond milk
- 1 tsp unsweetened cocoa powder

STEPS

1. Add the almond milk and frozen zucchini to the blender.
2. Blend on high until the zucchini is completely pulverized.
3. Add the Chocolate Naked Whey and cocoa and blend until smooth.
4. Pour and enjoy.



PRO TIP
Frozen zucchini gives a creamy milkshake texture with almost no calories.

MASS GAINER

Calorie-dense gainer shakes built to pack on serious size.



15. CLASSIC MASS BUILDER

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES
1255

PROTEIN
49.9G

CARBS
202.0G

FAT
29.8G

FIBER
6.1G

SUGAR
43.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 12 oz whole milk
- 2 tbsp natural peanut butter
- 1 medium banana
- Optional: 1 tsp honey
- 1/2 cup ice

STEPS

1. Pour the whole milk into a large blender.
2. Add the Naked Mass, peanut butter, banana, and honey if using.
3. Add ice and blend on high for 60 seconds until thick and creamy.
4. Pour into a 24 oz glass and drink within 20 minutes.



PRO TIP
Drink within 20 minutes for the best texture – this one thickens fast.



16. CHOCOLATE PEANUT BUTTER MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1260

PROTEIN

51.9G

CARBS

202.0G

FAT

30.8G

FIBER

10.1G

SUGAR

37.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 12 oz whole milk
- 2 tbsp natural peanut butter
- 2 tbsp unsweetened cocoa powder
- 1 medium banana
- 1/2 cup ice

STEPS

1. Pour the whole milk into a large blender.
2. Add the Naked Mass, peanut butter, cocoa, and banana.
3. Top with ice and blend on high for 60 seconds.
4. Pour into a tall glass and serve.



PRO TIP
Cocoa plus banana does all the flavor work – no flavored powder needed.

MASS

GAINER

Calorie-dense gainer shakes built to pack on serious size.



17. TRIPLE THREAT MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1390

PROTEIN

53.9G

CARBS

222.0G

FAT

34.8G

FIBER

11.3G

SUGAR

37.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 12 oz whole milk
- 1/2 cup rolled oats
- 1 medium banana
- 2 tbsp natural almond butter
- 1 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Add the whole milk to the blender first.
2. Add the Naked Mass, oats, banana, almond butter, and vanilla.
3. Add ice and blend on high for 75 seconds until the oats are fully broken down.
4. Pour and drink immediately.



PRO TIP
Blend an extra 15 seconds so the oats break down completely.



18. COOKIES & CREAM MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1290

PROTEIN

45.0G

CARBS

210.0G

FAT

29.4G

FIBER

2.3G

SUGAR

54.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 12 oz whole milk
- 4 chocolate sandwich cookies, crushed
- 1/2 cup vanilla ice cream
- 1/2 tsp vanilla extract
- 1/4 cup ice

STEPS

1. Add the whole milk to the blender.
2. Add the Naked Mass, ice cream, 3 of the crushed cookies, and vanilla.
3. Add ice and blend on high for 45 seconds until thick.
4. Pour into a tall glass and top with the remaining crushed cookie.



PRO TIP
Save one crushed cookie to sprinkle on top for crunch.

MASS

GAINER

Calorie-dense gainer shakes built to pack on serious size.



19. BANANA BREAD MASS SHAKE

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1180

PROTEIN

42.3G

CARBS

206.4G

FAT

20.9G

FIBER

5.7G

SUGAR

47.2G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 10 oz whole milk
- 1 large ripe banana
- 2 tbsp chopped walnuts
- 1 tbsp maple syrup
- 1/2 tsp cinnamon + 1/4 tsp nutmeg
- 1/2 cup ice

STEPS

1. Pour the whole milk into the blender.
2. Add the Naked Mass, banana, walnuts, cinnamon, nutmeg, and maple.
3. Add ice and blend on high for 60 seconds until the walnuts are ground.
4. Pour into a tall glass and dust with extra cinnamon.



PRO TIP
Blend long enough to fully grind the walnuts into the shake.



20. PEANUT BUTTER CUP MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1340

PROTEIN

49.6G

CARBS

223.0G

FAT

32.3G

FIBER

9.1G

SUGAR

60.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 10 oz whole milk
- 2 tbsp natural peanut butter
- 1 tbsp unsweetened cocoa powder
- 1 tbsp mini dark chocolate chips
- 1 medium banana
- 1 tbsp honey
- 1/2 cup ice

STEPS

1. Add the whole milk to the blender.
2. Add the Naked Mass, peanut butter, cocoa, banana, and honey.
3. Add ice and blend on high for 60 seconds.
4. Pour and stir in the mini chocolate chips before drinking.



PRO TIP
Stir the chocolate chips in at the end so they stay whole.

MASS

GAINER

Calorie-dense gainer shakes built to pack on serious size.



21. STRAWBERRY MASS SHAKE

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1125

PROTEIN

48.6G

CARBS

193.0G

FAT

16.7G

FIBER

4.1G

SUGAR

47.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 10 oz whole milk
- 1 cup frozen strawberries
- 1/2 cup full-fat Greek yogurt
- 1 tbsp honey
- 1/2 tsp vanilla extract

STEPS

1. Pour the whole milk and Greek yogurt into the blender.
2. Add the Naked Mass, strawberries, honey, and vanilla.
3. Blend on high for 60 seconds until smooth and very thick.
4. Pour into a 24 oz glass.



PRO TIP
Full-fat Greek yogurt makes this extra thick and adds protein.



22. MOCHA MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

995

PROTEIN

39.9G

CARBS

172.5G

FAT

17.1G

FIBER

6.2G

SUGAR

19.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 6 oz cold brew coffee
- 6 oz whole milk
- 1 tbsp unsweetened cocoa powder
- 1 tbsp natural almond butter
- 1/2 frozen banana
- 1/2 cup ice

STEPS

1. Pour the cold brew and whole milk into the blender.
2. Add the Naked Mass, cocoa, almond butter, and banana.
3. Add ice and blend on high for 60 seconds.
4. Pour and enjoy slowly given the caffeine load.



PRO TIP
Caffeine plus calories — sip this one slowly.

MASS

GAINER

Calorie-dense gainer shakes built to pack on serious size.



23. SWEET POTATO PIE MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 5 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
1045	40.6G	193.0G	11.5G	4.4G	36.4G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 10 oz whole milk
- 1/2 cup cooked, cooled sweet potato
- 1 tbsp maple syrup
- 1/2 tsp pumpkin pie spice
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Add the whole milk to the blender.
2. Add the Naked Mass, sweet potato, maple, pumpkin pie spice, and vanilla.
3. Add ice and blend on high for 60 seconds until silky smooth.
4. Pour into a tall glass and dust with extra spice.



PRO TIP
Cook and cool the sweet potato ahead so it blends silky.



24. ALMOND JOY MASS

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
1240	47.2G	188.4G	33.9G	8.1G	38.5G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 10 oz whole milk
- 2 tbsp natural almond butter
- 2 tbsp unsweetened shredded coconut
- 1 tbsp unsweetened cocoa powder
- 1 tbsp honey
- 1/2 cup ice

STEPS

1. Pour the whole milk into the blender.
2. Add the Naked Mass, almond butter, coconut, cocoa, and honey.
3. Add ice and blend on high for 60-75 seconds until the coconut breaks down.
4. Pour into a tall glass and serve.



PRO TIP
Blend an extra 15 seconds so the coconut breaks down fully.

MASS GAINER

Calorie-dense gainer shakes built to pack on serious size.



25. VANILLA DATE MASS SHAKE

Made with: 4 scoops Naked Mass (Unflavored)

SERVES 1

PREP 4 MIN

CALORIES

1070

PROTEIN

41.4G

CARBS

198.0G

FAT

13.4G

FIBER

4.3G

SUGAR

52.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 12 oz whole milk
- 2 medjool dates, pitted
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the whole milk into the blender and add the pitted dates.
2. Blend on high until the dates are completely broken down.
3. Add the Naked Mass, vanilla, and ice and blend 45 seconds until smooth.
4. Pour into a 24 oz glass and serve.



PRO TIP
Medjool dates melt in and add caramel-like natural sweetness.



26. LUMBERJACK MASS SHAKE

Made with: 4 scoops Naked Mass (Unflavored)



SERVES 1



PREP 4 MIN

CALORIES

1295

PROTEIN

45.6G

CARBS

241.0G

FAT

16.4G

FIBER

5.1G

SUGAR

69.9G

INGREDIENTS

- 4 scoops Naked Mass (Unflavored)
- 12 oz whole milk
- 1/2 cup rolled oats
- 1/4 cup pure maple syrup
- 1/2 cup ice

STEPS

1. Blend the whole milk and oats on high until smooth.
2. Add the maple syrup, Naked Mass, and ice.
3. Blend on high until perfectly uniform.
4. Pour into a large glass and drink immediately.



PRO TIP
Maximum energy density – built for hard-gainers and big training days.

RECOVERY & REFUEL

Post-workout blends to refuel, rehydrate, and rebuild muscle.



27. POST-WORKOUT TART CHERRY RECOVERY

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked BCAAs

SERVES 1

PREP 3 MIN

CALORIES

320

PROTEIN

31.6G

CARBS

43.5G

FAT

0.2G

FIBER

1.5G

SUGAR

33.0G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 8 oz unsweetened tart cherry juice
- 1 scoop Naked BCAAs
- 1/2 frozen banana
- 1/2 cup ice

STEPS

1. Pour the tart cherry juice into the blender.
2. Add the Naked Whey Isolate, Naked BCAAs, and frozen banana.
3. Add ice and blend on high for 30 seconds.
4. Drink within 30 minutes of training.



PRO TIP
Tart cherry helps with soreness — drink within 30 minutes of training.



28. CHOCOLATE RECOVERY SHAKE

Made with: 2 scoops Chocolate Naked Whey; 1 scoop (5 g) Naked Creatine

SERVES 1

PREP 3 MIN

CALORIES

485

PROTEIN

40.3G

CARBS

53.5G

FAT

13.5G

FIBER

5.0G

SUGAR

35.5G

INGREDIENTS

- 2 scoops Chocolate Naked Whey
- 10 oz low-fat milk
- 1 medium banana
- 1 scoop (5 g) Naked Creatine
- 1 tbsp natural peanut butter
- 1/2 cup ice

STEPS

1. Pour the milk into the blender.
2. Add the Chocolate Naked Whey, Naked Creatine, banana, and peanut butter.
3. Add ice and blend on high for 45 seconds.
4. Pour and drink immediately post-workout.



PRO TIP
Creatine has no taste here — it disappears into the chocolate.

RECOVERY & REFUEL

Post-workout blends to refuel, rehydrate, and rebuild muscle.



29. TROPICAL RECOVERY

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked EAAs

SERVES 1

PREP 3 MIN

CALORIES
295

PROTEIN
33.1G

CARBS
32.5G

FAT
0.2G

FIBER
2.6G

SUGAR
25.0G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 8 oz coconut water
- 1/2 cup frozen pineapple
- 1/2 cup frozen mango
- 1 scoop Naked EAAs
- 1/2 cup ice

STEPS

1. Pour the coconut water into the blender.
2. Add the Naked Whey Isolate, Naked EAAs, pineapple, and mango.
3. Add ice and blend on high for 30 seconds.
4. Pour and enjoy within 30 minutes of finishing your workout.



PRO TIP
Coconut water replaces electrolytes lost to sweat.



30. BERRY ANTIOXIDANT RECOVERY

Made with: 2 scoops Vanilla Naked Whey; 1 scoop Naked EAAs

SERVES 1

PREP 3 MIN

CALORIES

290

PROTEIN

26.6G

CARBS

25.0G

FAT

3.5G

FIBER

3.0G

SUGAR

17.8G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 8 oz unsweetened almond milk
- 1/2 cup frozen mixed berries
- 1/4 cup pomegranate juice
- 1 scoop Naked EAAs
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the almond milk and pomegranate juice into the blender.
2. Add the Vanilla Naked Whey, Naked EAAs, frozen berries, and vanilla.
3. Add ice and blend on high for 45 seconds.
4. Drink within 30 minutes post-workout.



PRO TIP
Pomegranate juice piles on antioxidants for hard sessions.

RECOVERY & REFUEL

Post-workout blends to refuel, rehydrate, and rebuild muscle.



31. HYDRATION RECOVERY SHAKE

Made with: 2 scoops Vanilla Naked Whey; 1 stick Naked Hydration

SERVES 1

PREP 3 MIN

CALORIES

240

PROTEIN

25.5G

CARBS

31.3G

FAT

2.1G

FIBER

1.2G

SUGAR

18.1G

- INGREDIENTS
 - 2 scoops Vanilla Naked Whey
 - 1 stick Naked Hydration
 - 1/2 cup frozen pineapple
 - 1 tbsp fresh lime juice
 - 10 oz cold water
 - 1/2 cup ice
- STEPS
 1. Stir the Naked Hydration into the cold water until fully dissolved.
 2. Pour into the blender with the Vanilla Naked Whey, pineapple, and lime juice.
 3. Add ice and blend on high for 30 seconds.
 4. Sip slowly post-training.

PRO TIP
Built for hot-weather or long-duration training — replaces fluids fast.



32. RECOVERY MOCHA SHAKE

Made with: 2 scoops Vanilla Naked Whey; 1 scoop (5 g) Naked Creatine

SERVES 1

PREP 3 MIN

CALORIES

270

PROTEIN

30.9G

CARBS

30.5G

FAT

4G

FIBER

3.5G

SUGAR

18.0G

- INGREDIENTS
 - 2 scoops Vanilla Naked Whey
 - 6 oz cold brew coffee
 - 4 oz low-fat milk
 - 1 scoop (5 g) Naked Creatine
 - 1 tbsp unsweetened cocoa powder
 - 1/2 frozen banana
 - 1/2 cup ice
- STEPS
 1. Pour the cold brew and milk into the blender.
 2. Add the Vanilla Naked Whey, Naked Creatine, cocoa, and banana.
 3. Add ice and blend on high for 45 seconds.
 4. Pour and drink within 30 minutes of training.

PRO TIP
Caffeine and protein together — ideal for early-morning training.

RECOVERY & REFUEL

Post-workout blends to refuel, rehydrate, and rebuild muscle.



33. CHERRY ALMOND RECOVERY

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked BCAAs

SERVES 1

PREP 3 MIN

CALORIES
310

PROTEIN
35.2G

CARBS
15.0G

FAT
10.5G

FIBER
4.0G

SUGAR
10.0G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 8 oz unsweetened almond milk
- 1/2 cup frozen pitted cherries
- 1 tbsp natural almond butter
- 1 scoop Naked BCAAs
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Add the almond milk to the blender.
2. Add the Naked Whey Isolate, Naked BCAAs, cherries, almond butter, and vanilla.
3. Add ice and blend on high for 45 seconds.
4. Pour and drink within 30 minutes of training.



PRO TIP
Almond butter adds healthy fat to slow the post-workout crash.



34. STRAWBERRY BANANA RECOVERY

Made with: 2 scoops Vanilla Naked Whey; 1 scoop Naked BCAAs; 1 scoop (5 g) Naked Creatine

SERVES 1

PREP 3 MIN

CALORIES

370

PROTEIN

36.1G

CARBS

42.5G

FAT

5.5G

FIBER

3.0G

SUGAR

31.0G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 10 oz low-fat milk
- 1/2 cup frozen strawberries
- 1/2 frozen banana
- 1 scoop Naked BCAAs
- 1 scoop (5 g) Naked Creatine
- 1/2 cup ice

STEPS

1. Pour the milk into the blender.
2. Add the Vanilla Naked Whey, Naked BCAAs, Naked Creatine, strawberries, and banana.
3. Add ice and blend on high for 45 seconds.
4. Pour and enjoy post-workout.



PRO TIP
A full recovery stack — fast protein, carbs, BCAAs, and creatine.

RECOVERY & REFUEL

Post-workout blends to refuel, rehydrate, and rebuild muscle.



35. WATERMELON RECOVERY COOLER

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked EAAs

SERVES 1

PREP 3 MIN

CALORIES

265

PROTEIN

33.0G

CARBS

25.3G

FAT

0.3G

FIBER

0.9G

SUGAR

18.9G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 6 oz coconut water
- 1.5 cups frozen cubed watermelon
- 1 scoop Naked EAAs
- 1 tbsp fresh lime juice
- 4 fresh mint leaves
- 1/4 cup ice

STEPS

1. Pour the coconut water into the blender.
2. Add the Naked Whey Isolate, Naked EAAs, watermelon, lime juice, and mint.
3. Add ice and blend on high for 30 seconds until slushy.
4. Pour and sip post-training.

PRO TIP
Frozen watermelon makes this slushy and ultra-hydrating.



36. GLUTAMINE GREENS RECOVERY

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked Glutamine; 1/2 scoop Naked Greens

SERVES 1

PREP 3 MIN

CALORIES

250

PROTEIN

33.8G

CARBS

18.4G

FAT

1.9G

FIBER

4.5G

SUGAR

7.3G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 10 oz unsweetened almond milk
- 1 scoop Naked Glutamine
- 1/2 scoop Naked Greens
- 1/2 frozen banana
- 1 cup baby spinach
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Add the almond milk to the blender.
2. Add the Naked Whey Isolate, Naked Glutamine, Naked Greens, banana, spinach, and vanilla.
3. Add ice and blend on high for 45 seconds.
4. Pour and drink within 30 minutes post-training.

PRO TIP
Glutamine supports gut and muscle recovery after hard training.

RECOVERY & REFUEL

Post-workout blends to refuel, rehydrate, and rebuild muscle.



37. COLOSTRUM BANANA RECOVERY

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked Colostrum

SERVES 1

PREP 3 MIN

CALORIES

320

PROTEIN

45.6G

CARBS

28.5G

FAT

3.7G

FIBER

1.5G

SUGAR

20.0G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 1 scoop Naked Colostrum
- 8 oz low-fat milk
- 1/2 banana
- 1/2 cup ice

STEPS

1. Pour the milk into the blender.
2. Add the Naked Whey Isolate, Naked Colostrum, and banana.
3. Add ice and blend on high for 30 seconds until smooth.
4. Pour and drink post-training.



PRO TIP
Colostrum adds immune and gut support on top of fast protein.



38. CITRUS CREATINE COOLER

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop (5 g) Naked Creatine

SERVES 1

PREP 3 MIN

CALORIES

210

PROTEIN

31.6G

CARBS

20.8G

FAT

0G

FIBER

0.4G

SUGAR

15.8G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 1 scoop (5 g) Naked Creatine
- 6 oz 100% orange juice
- 1 tbsp fresh lime juice
- 1/2 cup cold water
- 1/2 cup ice

STEPS

1. Add the orange juice, lime juice, and water to a shaker or blender.
2. Add the Naked Whey Isolate and Naked Creatine.
3. Shake or blend until fully dissolved, then add ice.
4. Pour and drink within 30 minutes of training.



PRO TIP
Fast carbs from juice help shuttle creatine into the muscle.

LOW-SUGAR & KETO

Minimal sugar, maximum protein - keto-friendly and crave-worthy.



39. AVOCADO CHOCOLATE SHAKE

Made with: 2 scoops Chocolate Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

290

PROTEIN

28.2G

CARBS

16.2G

FAT

9.5G

FIBER

7.7G

SUGAR

5.3G

INGREDIENTS

- 2 scoops Chocolate Naked Whey
- 10 oz unsweetened almond milk
- 1/4 medium ripe avocado
- 1 tbsp unsweetened cocoa powder
- 1/2 tsp vanilla extract
- Pinch of sea salt
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Chocolate Naked Whey, avocado, cocoa, vanilla, and salt.
3. Add ice and blend on high for 60 seconds until creamy and silky.
4. Pour and enjoy.



PRO TIP
Avocado does the heavy lifting – rich and thick with almost no sugar.



40. LOW-SUGAR CINNAMON ROLL SHAKE

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

240

PROTEIN

27.2G

CARBS

10.2G

FAT

8.6G

FIBER

1.2G

SUGAR

5.5G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 10 oz unsweetened almond milk
- 1 tbsp cream cheese (for frosting flavor)
- 1 tsp ground cinnamon
- 1/2 tsp vanilla extract + 1/4 tsp nutmeg
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Vanilla Naked Whey, cinnamon, vanilla, nutmeg, and cream cheese.
3. Add ice and blend on high for 30 seconds.
4. Pour and dust with extra cinnamon.



PRO TIP
A spoon of cream cheese gives that frosting flavor with no added sugar.

LOW-SUGAR & KETO

Minimal sugar, maximum protein - keto-friendly and crave-worthy.



41. COCONUT ALMOND LOW-SUGAR SHAKE

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

300

PROTEIN

34.3G

CARBS

5.5G

FAT

15G

FIBER

3.0G

SUGAR

1.3G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 6 oz unsweetened coconut milk (carton)
- 4 oz unsweetened almond milk
- 1 tbsp natural almond butter
- 1 tbsp unsweetened shredded coconut
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the coconut milk and almond milk into the blender.
2. Add the Naked Whey Isolate, almond butter, shredded coconut, and vanilla.
3. Add ice and blend on high for 45 seconds.
4. Pour into a glass and serve.



PRO TIP
Use carton coconut milk, not canned, to keep calories in check.



42. PB & GREENS (NO BANANA)

Made with: 2 scoops Naked Whey Isolate (Unflavored); 1 scoop Naked PB; 1/2 scoop Naked Greens

SERVES 1

PREP 3 MIN

CALORIES

230

PROTEIN

39.1G

CARBS

8.8G

FAT

3.2G

FIBER

4.0G

SUGAR

2.4G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 10 oz unsweetened almond milk
- 1 scoop Naked PB
- 1 cup baby spinach
- 1/2 scoop Naked Greens
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Naked Whey Isolate, Naked PB, Naked Greens, spinach, and vanilla.
3. Add ice and blend on high for 45 seconds.
4. Pour into a glass.



PRO TIP
Naked PB adds peanut flavor and protein for a fraction of the fat.

LOW-SUGAR

& KETO

Minimal sugar, maximum protein - keto-friendly and crave-worthy.



43. BIRTHDAY CAKE LOW-SUGAR SHAKE

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

205

PROTEIN

26.2G

CARBS

12.8G

FAT

3.7G

FIBER

1.2G

SUGAR

6.5G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 10 oz unsweetened almond milk
- 1 tbsp sugar-free cheesecake pudding mix (dry)
- Optional: 1/2 tsp rainbow sprinkles
- 1/2 tsp vanilla + 1/4 tsp almond extract
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Vanilla Naked Whey, pudding mix, vanilla, and almond extract.
3. Add ice and blend on high for 30 seconds.
4. Pour and top with sprinkles if using.

PRO TIP
Sugar-free pudding mix brings the cake-batter flavor without the sugar.



44. VANILLA CHAI LOW-SUGAR SHAKE

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

190

PROTEIN

26.2G

CARBS

9.2G

FAT

3.6G

FIBER

1.2G

SUGAR

5.0G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 10 oz unsweetened almond milk
- 1/2 tsp cardamom + 1/4 tsp cinnamon
- 1/4 tsp ginger + pinch black pepper
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Vanilla Naked Whey, cardamom, cinnamon, ginger, pepper, and vanilla.
3. Add ice and blend on high for 30 seconds.
4. Pour into a glass.

PRO TIP
A pinch of black pepper wakes up all the chai spices.

LOW-SUGAR & KETO

Minimal sugar, maximum protein - keto-friendly and crave-worthy.



45. COCONUT VANILLA LOW-SUGAR SHAKE

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

200

PROTEIN

30.8G

CARBS

2.5G

FAT

6G

FIBER

1.4G

SUGAR

0.3G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 6 oz unsweetened coconut milk (carton)
- 4 oz unsweetened almond milk
- 1 tbsp unsweetened shredded coconut
- 1/2 tsp vanilla + 1/4 tsp almond extract
- 1/2 cup ice

STEPS

1. Pour both milks into the blender.
2. Add the Naked Whey Isolate, shredded coconut, vanilla, and almond extract.
3. Add ice and blend on high for 45 seconds.
4. Pour and enjoy.



PRO TIP
Almond extract amplifies the coconut without any extra sugar.



46. AVOCADO SPINACH WHEY

Made with: 2 scoops Naked Whey (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

250

PROTEIN

28.4G

CARBS

9.6G

FAT

9.4G

FIBER

5.6G

SUGAR

2.4G

INGREDIENTS

- 2 scoops Naked Whey (Unflavored)
- 1/4 ripe avocado
- 1 cup fresh spinach
- 12 oz unsweetened almond milk

STEPS

1. Add the almond milk, avocado, and spinach to the blender.
2. Blend on high until the greens fully dissolve into the lipid base.
3. Add the Naked Whey and blend for 15 seconds.
4. Pour and serve.



PRO TIP
Blend the greens fully into the avocado base before adding protein.

LOW-SUGAR

& KETO

Minimal sugar, maximum protein - keto-friendly and crave-worthy.



47. COCOA CAULIFLOWER SHAKE

Made with: 2 scoops Chocolate Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

175

PROTEIN

26.3G

CARBS

11.5G

FAT

2.3G

FIBER

2.9G

SUGAR

6.0G

INGREDIENTS

- 2 scoops Chocolate Naked Whey
- 1/2 cup steamed, frozen cauliflower
- 1 tsp unsweetened cocoa powder
- 1 cup cold water

STEPS

1. Blend the water and frozen cauliflower on high until completely smooth.
2. Add the Chocolate Naked Whey and co-coa.
3. Blend briefly until incorporated.
4. Pour and enjoy.



PRO TIP
Steamed-then-frozen cauliflower gives a creamy shake with no carb load.



48. ALMOND BUTTER KETO-FRIENDLY

Made with: 2 scoops Naked Whey (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

330

PROTEIN

33.0G

CARBS

12.0G

FAT

20.5G

FIBER

5.2G

SUGAR

4.0G

INGREDIENTS

- 2 scoops Naked Whey (Unflavored)
- 2 tbsp natural almond butter
- 1 tbsp unsweetened cocoa powder
- 1.5 cups cold water

STEPS

1. Blend the water, almond butter, and cocoa until smooth and rich.
2. Add the Naked Whey.
3. Blend for 20 seconds until fully combined.
4. Pour and serve.



PRO TIP
The fat from almond butter slows digestion for lasting satiety.

LOW-SUGAR & KETO

Minimal sugar, maximum protein - keto-friendly and crave-worthy.



49. CUCUMBER LIME PROTEIN WATER

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

140

PROTEIN

30.9G

CARBS

5.3G

FAT

0.2G

FIBER

0.6G

SUGAR

2.1G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 1 cup cucumber, peeled and seeded
- 1 tbsp fresh lime juice
- 1/2 cup cold water
- 1/2 cup ice

STEPS

1. Blend the cucumber, water, and lime juice until fully liquefied.
2. Add the Naked Whey Isolate and ice.
3. Blend for 15 seconds until refreshing and smooth.
4. Pour and serve.



PRO TIP
A near-zero-carb refresher – great between meals on low-carb days.



50. EGG WHITE VANILLA BEAN SHAKE

Made with: 2 scoops Naked Egg

SERVES 1

PREP 3 MIN

CALORIES

140

PROTEIN

26.0G

CARBS

3.0G

FAT

1.3G

FIBER

1.0G

SUGAR

0.0G

INGREDIENTS

- 2 scoops Naked Egg
- 1 cup unsweetened almond milk
- 1/2 tsp vanilla bean paste
- Pinch of cinnamon
- 1/2 cup ice

STEPS

1. Pour the almond milk into the blender.
2. Add the Naked Egg, vanilla bean paste, and cinnamon.
3. Add ice and blend on low for 20 seconds to keep it light.
4. Pour and serve.



PRO TIP
Dairy-free and naturally low-sugar – clean vanilla protein in a glass.

KID-FRIENDLY

SHAKES

Sneaky-healthy shakes kids actually ask for by name.



51. CHOCOLATE BANANA SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
250

PROTEIN
14.6G

CARBS
47.0G

FAT
3.3G

FIBER
5.0G

SUGAR
30.2G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 6 oz low-fat milk
- 1 ripe banana
- 1 tbsp unsweetened cocoa powder
- 1 tsp honey
- 1/3 cup ice

STEPS

1. Pour the milk into the blender.
2. Add the Vanilla Naked Whey, banana, co-coa, and honey.
3. Add ice and blend on high for 30 seconds.
4. Pour into a favorite cup with a fun straw.



PRO TIP
Half a scoop is plenty for kids — a full scoop is a lot of protein for small bodies.



52. STRAWBERRY MILKSHAKE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
210

PROTEIN
13.9G

CARBS
25.0G

FAT
6G

FIBER
1.5G

SUGAR
21.2G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 6 oz low-fat milk
- 1/2 cup frozen strawberries
- 1/4 cup vanilla ice cream
- 1/2 tsp vanilla extract
- 1/4 cup ice

STEPS

1. Pour the milk into the blender.
2. Add the Vanilla Naked Whey, strawberries, ice cream, and vanilla.
3. Add ice and blend on high for 30 seconds.
4. Pour into a fun glass and add a straw.



PRO TIP
Tastes like a treat, sneaks in protein and real fruit.

KID-FRIENDLY

SHAKES

Sneaky-healthy shakes kids actually ask for by name.



53. PB&J SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey; 1 scoop Naked PB

SERVES 1 KID

PREP 3 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
195	18.8G	23.5G	4.1G	2.6G	17.8G

- INGREDIENTS
 - 1/2 scoop Vanilla Naked Whey
 - 6 oz low-fat milk
 - 1 scoop Naked PB
 - 1/4 cup frozen strawberries
 - 1/4 cup frozen blueberries
 - 1/4 cup ice
- STEPS
 1. Pour the milk into the blender.
 2. Add the Vanilla Naked Whey, Naked PB, strawberries, and blueberries.
 3. Add ice and blend on high for 30 seconds.
 4. Pour into a glass and serve.

PRO TIP
Looks just like grape jelly swirled with peanut butter.



54. VANILLA COOKIES & MILK SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES	PROTEIN	CARBS	FAT	FIBER	SUGAR
225	15.3G	33.5G	4G	1.5G	23.2G

- INGREDIENTS
 - 1/2 scoop Vanilla Naked Whey
 - 8 oz low-fat milk
 - 2 vanilla wafer cookies
 - 1/2 frozen banana
 - 1/2 tsp vanilla extract
 - 1/3 cup ice
- STEPS
 1. Pour the milk into the blender.
 2. Add the Vanilla Naked Whey, 1 cookie, banana, and vanilla.
 3. Add ice and blend on high for 30 seconds.
 4. Pour and crumble the second cookie on top.

PRO TIP
Crumble the second cookie on top to make it feel extra special.

KID-FRIENDLY

SHAKES

Sneaky-healthy shakes kids actually ask for by name.



55. BERRY BURST SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
270

PROTEIN
14.6G

CARBS
48.2G

FAT
2.9G

FIBER
2.8G

SUGAR
39.8G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 6 oz vanilla yogurt
- 1/2 cup frozen mixed berries
- 1/4 frozen banana
- 1 tsp honey
- 1/4 cup ice

STEPS

1. Pour the yogurt into the blender.
2. Add the Vanilla Naked Whey, frozen berries, banana, and honey.
3. Add ice and blend on high for 30 seconds.
4. Pour into a colorful cup.



PRO TIP
Pour into a colorful cup – the bright purple makes it fun to drink.



56. CHOCOLATE MILKSHAKE

Made with: 1/2 scoop Chocolate Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
260

PROTEIN
15.8G

CARBS
32.5G

FAT
7.8G

FIBER
1.1G

SUGAR
29.9G

INGREDIENTS

- 1/2 scoop Chocolate Naked Whey
- 8 oz low-fat milk
- 1/4 cup chocolate ice cream
- 1 tsp honey
- 1 tsp mini chocolate chips
- 1/4 cup ice

STEPS

1. Pour the milk into the blender.
2. Add the Chocolate Naked Whey, ice cream, and honey.
3. Add ice and blend on high for 30 seconds.
4. Pour and top with mini chocolate chips.



PRO TIP
Top with mini chocolate chips for an extra-special finish.

KID-FRIENDLY

SHAKES

Sneaky-healthy shakes kids actually ask for by name.



57. TROPICAL SUNSHINE SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey



SERVES 1 KID



PREP 3 MIN

CALORIES

220

PROTEIN

9.0G

CARBS

46.2G

FAT

0.6G

FIBER

3.1G

SUGAR

35.5G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 6 oz orange juice
- 1/2 cup frozen mango
- 1/4 cup frozen pineapple
- 1/4 frozen banana
- 1/4 cup ice

STEPS

1. Pour the orange juice into the blender.
2. Add the Vanilla Naked Whey, mango, pineapple, and banana.
3. Add ice and blend on high for 30 seconds.
4. Pour into a clear glass to show off the color.



PRO TIP
The bright yellow color makes it extra fun — swap in coconut water for less sugar.



58. CHOCOLATE HIDDEN SPINACH SMOOTHIE

Made with: 1/2 scoop Chocolate Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
300

PROTEIN
16.0G

CARBS
41.5G

FAT
9G

FIBER
3.6G

SUGAR
27.3G

INGREDIENTS

- 1/2 scoop Chocolate Naked Whey
- 1/2 cup spinach
- 1 ripe banana
- 8 oz whole milk

STEPS

1. Blend the milk and spinach on high until no green flecks remain.
2. Add the banana and Chocolate Naked Whey.
3. Blend until it turns a rich chocolate color, hiding the spinach.
4. Pour and serve.



PRO TIP
Blend the spinach into the milk first so the green disappears completely.

KID-FRIENDLY SHAKES

Sneaky-healthy shakes kids actually ask for by name.



59. VANILLA SWEET POTATO PIE SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 4 MIN

CALORIES
205

PROTEIN
15.2G

CARBS
24.5G

FAT
5.6G

FIBER
1.6G

SUGAR
16.5G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 1/4 cup cooked, mashed sweet potato
- 8 oz milk
- Dash of cinnamon

STEPS

1. Blend the milk, sweet potato, and cinnamon until completely smooth.
2. Add the Vanilla Naked Whey.
3. Blend for 20 seconds until creamy.
4. Pour and serve.



PRO TIP
Sweet potato adds natural sweetness and a hit of vitamin A.



60. MANGO CARROT SUNRISE SMOOTHIE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
110

PROTEIN
7.5G

CARBS
20.0G

FAT
0.6G

FIBER
1.8G

SUGAR
14.6G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 1/4 cup pure carrot juice
- 1/2 cup frozen mango
- 1/2 cup cold water

STEPS

1. Blend the water, carrot juice, and mango until perfectly smooth.
2. Add the Vanilla Naked Whey.
3. Blend for 15 seconds.
4. Pour into a fun glass and serve.



PRO TIP
Sweet mango completely masks the carrot – they'll never taste the veggies.

KID-FRIENDLY

SHAKES

Sneaky-healthy shakes kids actually ask for by name.



61. OAT & HONEY BEAR SHAKE

Made with: 1/2 scoop Vanilla Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES

255

PROTEIN

16.8G

CARBS

33.5G

FAT

7G

FIBER

2.0G

SUGAR

19.8G

INGREDIENTS

- 1/2 scoop Vanilla Naked Whey
- 1/4 cup rolled oats
- 8 oz milk
- 1 tsp honey

STEPS

1. Blend the milk and oats on high until the oats are fully pulverized.
2. Add the honey and Vanilla Naked Whey.
3. Blend until smooth.
4. Pour and serve.



PRO TIP
Blend until the oats are silky so little ones don't notice the texture.



62. COCOA COTTAGE CLOUD SHAKE

Made with: 1/2 scoop Chocolate Naked Whey

SERVES 1 KID

PREP 3 MIN

CALORIES
250

PROTEIN
18.9G

CARBS
33.0G

FAT
5.1G

FIBER
1.8G

SUGAR
25.2G

INGREDIENTS

- 1/2 scoop Chocolate Naked Whey
- 1/4 cup low-fat cottage cheese
- 6 oz milk
- 1/2 frozen banana
- 1 tsp honey

STEPS

1. Add the milk and cottage cheese to the blender and blend until smooth.
2. Add the Chocolate Naked Whey, banana, and honey.
3. Blend on high for 30 seconds until creamy.
4. Pour into a fun cup and serve.



PRO TIP
Cottage cheese blends in invisibly and adds creamy protein.

COFFEE

& ESPRESSO

Protein and caffeine in one smooth, energizing pour.



63. ICED VANILLA LATTE PROTEIN SHAKE

Made with: 2 scoops Vanilla Naked Protein Coffee

SERVES 1

PREP 3 MIN

CALORIES

190

PROTEIN

21.5G

CARBS

17.0G

FAT

4.3G

FIBER

1.0G

SUGAR

7.0G

INGREDIENTS

- 2 scoops Vanilla Naked Protein Coffee
- 4 oz unsweetened oat milk
- 6 oz cold water
- 1 tsp vanilla extract
- 1/2 cup ice

STEPS

1. In a shaker bottle, combine the cold water and Naked Protein Coffee.
2. Shake hard for 20 seconds, then fill a tall glass with ice.
3. Pour the protein coffee over the ice.
4. Top with oat milk and stir in the vanilla.



PRO TIP
Shake the protein coffee hard before pouring over ice for a frothy top.



64. MOCHA FRAPPE

Made with: 2 scoops Vanilla Naked Protein Coffee



SERVES 1



PREP 3 MIN

CALORIES

240

PROTEIN

25.0G

CARBS

25.5G

FAT

5.6G

FIBER

2.0G

SUGAR

17.5G

INGREDIENTS

- 2 scoops Vanilla Naked Protein Coffee
- 4 oz low-fat milk
- 1 tbsp unsweetened cocoa powder
- 1 tsp honey
- Optional: 1 tbsp whipped cream
- 6 oz cold water + 1 cup ice

STEPS

1. Pour the cold water and milk into the blender.
2. Add the Naked Protein Coffee, cocoa, and honey.
3. Add ice and blend on high for 45 seconds until thick and slushy.
4. Pour into a tall glass and top with whipped cream if using.



PRO TIP
Blend with a full cup of ice for that thick, slushy frappe texture.

COFFEE & ESPRESSO

Protein and caffeine in one smooth, energizing pour.



65. CARAMEL MACCHIATO PROTEIN COFFEE

Made with: 2 scoops Caramel Naked Protein Coffee

SERVES 1

PREP 3 MIN

CALORIES

210

PROTEIN

24.0G

CARBS

20.0G

FAT

4.3G

FIBER

0.0G

SUGAR

11.0G

INGREDIENTS

- 2 scoops Caramel Naked Protein Coffee
- 4 oz low-fat milk
- 2 tsp sugar-free caramel syrup
- 6 oz cold water
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. In a shaker bottle, combine the cold water and Naked Protein Coffee. Shake 20 seconds.
2. Fill a glass with ice and drizzle 1 tsp caramel syrup down the sides.
3. Pour the protein coffee over the ice.
4. Top with milk and the remaining caramel syrup.



PRO TIP
Drizzle the syrup down the sides of the glass for a coffee-shop look.



66. CINNAMON ROLL COFFEE SHAKE

Made with: 2 scoops Vanilla Naked Protein Coffee

SERVES 1

PREP 3 MIN

CALORIES

245

PROTEIN

23.0G

CARBS

28.3G

FAT

5.5G

FIBER

2.0G

SUGAR

13.0G

INGREDIENTS

- 2 scoops Vanilla Naked Protein Coffee
- 8 oz unsweetened oat milk
- 1 tsp maple syrup
- 1 tsp cinnamon + 1/4 tsp nutmeg
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the oat milk into the blender.
2. Add the Naked Protein Coffee, cinnamon, nutmeg, maple, and vanilla.
3. Add ice and blend on high for 30 seconds.
4. Pour into a tall glass and dust with extra cinnamon.



PRO TIP
Dust with extra cinnamon on top for that bakery aroma.

COFFEE & ESPRESSO

Protein and caffeine in one smooth, energizing pour.



67. PUMPKIN SPICE PROTEIN COFFEE

Made with: 2 scoops Vanilla Naked Protein Coffee

SERVES 1

PREP 3 MIN

CALORIES

225

PROTEIN

22.1G

CARBS

26.3G

FAT

4.3G

FIBER

3.4G

SUGAR

13.0G

INGREDIENTS

- 2 scoops Vanilla Naked Protein Coffee
- 4 oz unsweetened oat milk
- 2 tbsp canned pumpkin puree
- 1 tsp maple syrup
- 6 oz cold water + 1/2 tsp pumpkin pie spice
- 1/2 cup ice

STEPS

1. Pour the cold water and oat milk into the blender.
2. Add the Naked Protein Coffee, pumpkin puree, pumpkin pie spice, and maple.
3. Add ice and blend on high for 45 seconds.
4. Pour into a tall glass and dust with extra spice.



PRO TIP
Real pumpkin puree adds fiber and that fall-spice flavor.



68. COCONUT COFFEE PROTEIN SHAKE

Made with: 2 scoops Vanilla Naked Protein Coffee

SERVES 1

PREP 3 MIN

CALORIES

205

PROTEIN

20.3G

CARBS

11.7G

FAT

7.3G

FIBER

0.9G

SUGAR

5.3G

INGREDIENTS

- 2 scoops Vanilla Naked Protein Coffee
- 4 oz unsweetened coconut milk (carton)
- 1 tbsp unsweetened shredded coconut
- 6 oz cold water
- 1/2 tsp vanilla extract
- 1/2 cup ice

STEPS

1. Pour the cold water and coconut milk into the blender.
2. Add the Naked Protein Coffee, shredded coconut, and vanilla.
3. Add ice and blend on high for 45 seconds until the coconut breaks down.
4. Pour into a tall glass.



PRO TIP
Blend until the shredded coconut breaks down for the smoothest sip.

COFFEE & ESPRESSO

Protein and caffeine in one smooth, energizing pour.



69. COLD BREW VANILLA WHEY

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

215

PROTEIN

29.3G

CARBS

14.0G

FAT

4.5G

FIBER

0.0G

SUGAR

11.0G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 1 cup cold brew coffee
- 4 oz milk
- 1 cup ice

STEPS

1. Combine the cold brew, milk, and ice in the blender.
2. Add the Vanilla Naked Whey.
3. Blend on high until the ice is crushed into a thick frappe.
4. Pour and serve.



PRO TIP
Cold brew keeps it smooth and low-acid — never heat the protein.



70. ESPRESSO MOCHA PROTEIN SHAKE

Made with: 2 scoops Chocolate Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

285

PROTEIN

33.1G

CARBS

20.0G

FAT

7G

FIBER

1.0G

SUGAR

17.0G

INGREDIENTS

- 2 scoops Chocolate Naked Whey
- 1 shot chilled espresso
- 8 oz milk
- 1/2 cup ice

STEPS

1. Combine the milk, chilled espresso, and ice in the blender.
2. Add the Chocolate Naked Whey.
3. Blend for 30 seconds until the chocolate and coffee emulsify.
4. Pour and serve.



PRO TIP
Pull the espresso fresh, then chill it so the protein stays smooth.

COFFEE & ESPRESSO

Protein and caffeine in one smooth, energizing pour.



71. PEANUT BUTTER COFFEE

Made with: 2 scoops Naked Whey (Unflavored); 1 scoop Naked PB

SERVES 1

PREP 3 MIN

CALORIES

235

PROTEIN

35.3G

CARBS

13.0G

FAT

6G

FIBER

1.0G

SUGAR

10.0G

INGREDIENTS

- 2 scoops Naked Whey (Unflavored)
- 1 cup cold brew coffee
- 1 scoop Naked PB
- 4 oz milk

STEPS

1. Add the cold brew, milk, and Naked PB to a shaker bottle.
2. Add the Naked Whey.
3. Shake until thoroughly combined and the PB is reconstituted.
4. Pour over ice and serve.



PRO TIP
Naked PB reconstitutes right into the coffee — no oily mess.



72. BANANA ESPRESSO SHAKE

Made with: 2 scoops Vanilla Naked Whey

SERVES 1

PREP 3 MIN

CALORIES

350

PROTEIN

32.4G

CARBS

44.0G

FAT

6.2G

FIBER

3.0G

SUGAR

28.0G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 1 shot chilled espresso
- 1 banana
- 6 oz milk

STEPS

1. Blend the milk, chilled espresso, and banana until smooth.
2. Add the Vanilla Naked Whey.
3. Blend for 15 seconds.
4. Pour and serve.



PRO TIP
A potent pre-workout meal — caffeine, carbs, and protein in one.

COFFEE & ESPRESSO

Protein and caffeine in one smooth, energizing pour.



73. HAZELNUT COFFEE WHEY

Made with: 2 scoops Naked Whey Isolate (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

185

PROTEIN

34.3G

CARBS

6.0G

FAT

2.5G

FIBER

0.0G

SUGAR

6.0G

INGREDIENTS

- 2 scoops Naked Whey Isolate (Unflavored)
- 1 cup chilled coffee
- 4 oz milk
- 1/4 tsp hazelnut extract
- 1/2 cup ice

STEPS

1. Add the chilled coffee, milk, and hazelnut extract to a shaker bottle.
2. Add the Naked Whey Isolate.
3. Shake vigorously for 30 seconds, then pour over ice.
4. Serve immediately.



PRO TIP
A few drops of hazelnut extract make it taste like a coffee-shop latte.



74. CASEIN CAPPUCINO NIGHT SHIFT

Made with: 2 scoops Naked Casein (Unflavored)

SERVES 1

PREP 3 MIN

CALORIES

150

PROTEIN

28.3G

CARBS

3.0G

FAT

2.5G

FIBER

0.0G

SUGAR

3.0G

INGREDIENTS

- 2 scoops Naked Casein (Unflavored)
- 1 cup cold brew coffee
- 1/4 cup whole milk

STEPS

1. Pour the cold brew and milk into a blender.
2. Add the Naked Casein.
3. Blend on low until just combined.
4. Pour and drink immediately — micellar casein thickens fast.



PRO TIP
Slow-digesting casein keeps you full through a long shift — drink right away as it thickens.

COFFEE & ESPRESSO

Protein and caffeine in one smooth, energizing pour.



75. COLLAGEN COLD BREW CREAM SHAKE

Made with: 2 scoops Vanilla Naked Whey; 1 scoop Naked Collagen

SERVES 1

PREP 3 MIN

CALORIES

220

PROTEIN

36.3G

CARBS

11.0G

FAT

3.3G

FIBER

0.0G

SUGAR

8.0G

INGREDIENTS

- 2 scoops Vanilla Naked Whey
- 1 scoop Naked Collagen
- 1 cup cold brew coffee
- 2 oz milk
- 1/2 cup ice

STEPS

1. Add the cold brew, milk, and ice to a blender.
2. Add the Vanilla Naked Whey and Naked Collagen.
3. Blend for 20 seconds until smooth and creamy.
4. Pour over ice and serve.



PRO TIP
Collagen adds an extra protein boost and a silky, creamy body.

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