



# Testoshake: Nutrient-Dense Protein Shake

**Not your typical protein shake**



**(See ingredients and recipe on back)**

Here's an ideal protein shake recipe for anyone who's looking to increase their testosterone levels and boost both physical and mental performance.

**Unlike most protein shake recipes, a protein powder is entirely optional for this shake.** This is also a good option for people who are sensitive to processed whey or plant-based protein powders. In place of protein powder, we recommend using raw egg yolks. If you're sensitive to chicken eggs, quail eggs can also work for this shake too. (Quail eggs don't have ovomucoid, so their egg whites are easier to digest for some people).

Here's the ingredients:

### **Eggs**

- Pasture-raised egg yolks only (4-8 yolks)
- Quail eggs (5-10 eggs)

### **Milk (1-1½ cups)**

- Grass-fed, full-fat milk (raw or pasteurized)
- A2 milk (Jersey cows, goats, sheep)
- Organic coconut milk

### **Sweetener (optional)**

- Organic raw honey (1 tbsp)
- Organic maple syrup (1 tbsp)
- Stevia, monk fruit, or another natural sweetener

### **Other things you can add**

- Cocoa powder
- Ceylon cinnamon
- Berries (strawberries, blueberries, wildberries)
  - We recommend low sugar fruit (especially if using sweetener)
- MCT oil

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Pick and choose your ingredients. **The real stars of this shake are the milk and raw egg yolks.** This is where you'll be getting your fat-soluble vitamins (A, D, E, and K) from full-fat milk and egg yolks. Egg yolks contain all nine of the essential amino acids. Have fun with this recipe. Use this shake as a meal replacement or as a post-workout.