

Many people think it's important to chug a protein shake immediately after a workout. But, what are the actual benefits of consuming protein post-workout? And, what forms of protein should you be drinking? We answer all of these questions and more.



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When Should You Drink a Protein Shake? - GQ



The conventional wisdom around when to drink protein shakes—or bars, or beef jerky, or whatever—is

that you should do it as soon as possible after finishing a workout. As it turns out, this.

How to Make a Healthy Homemade Protein Shake



Should you be having protein shakes before and after working out? Maybe, yes. Table of Contents
Having A Protein Shake Before or After Working Out The Post-Workout Protein Shake The Pre-
Workout Protein Shake The Intra-Workout Protein Shake The Best Time to Have a Protein Shake When
Else Should You Have a Protein Shake? Conclusion

Ultimate Protein Shake Guide: How to Use Protein Powder 101 - Nerd Fitness



**NEED MORE CALORIES
AND PROTEIN? TRY
THE NERD FITNESS
POWERBOMB SHAKE!**

- Ice cold water: 16 oz
- Quaker Oats: 3 servings
- Whey Protein: 2 servings
- Frozen Spinach: 1.5 servings
- Frozen Berries: 1 serving

Total Calories: 800
Grams of Protein: 68

(Note: Want fewer calories? Simply reduce the servings of oats!)

Level up your life at
www.nerdfitness.com



NF NERDFITNESS

You probably don't need to worry about drinking your protein shake immediately after you exercise, though, as a 2020 review 2 in *Nutrients* and a 2018 review 3 in the *Journal of Orthopaedic and Sports Physical Therapy* both concluded that the period of time during which the body's muscle-building potential is increased (commonly referred to as the "anabolic window") lasts for a while, up .

When You Should Drink a Protein Shake - Cleveland Clinic Health Essentials



Yes, you should. The best way to drink a protein shake is to sip it slowly. Try not to take in large quantities and swallow a lot of air too. This way, the drink digests and absorbs into your body properly. Can you drink a protein shake every day? Yes, you can.

The Best Time to Have a Protein Shake



Look for short ingredients lists, and avoid artificial sweeteners, the food additive carrageenan and lactose, if you're sensitive to dairy, Godfrey says. 7. You Underestimate Calories. Even if you're creating a protein shake with fruits, vegetables, nuts and the best protein powder, calories can still add up fast.

Should you chug a protein shake? [Ultimate Guide!] - Wellbeing Port



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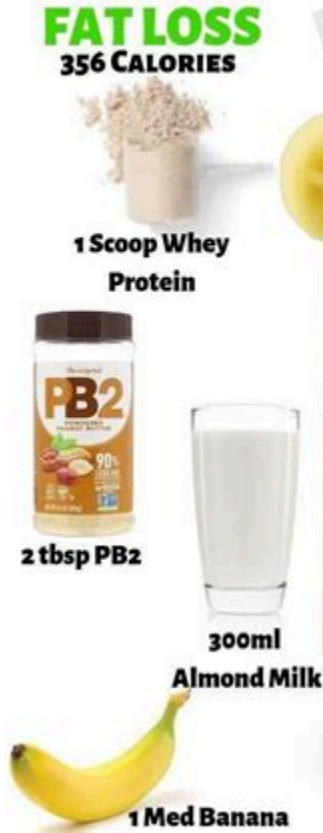
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Build Muscle. If your goal is to build muscle, consuming your protein shake after your workout may provide the best benefits. You can also choose to consume protein before your workout. Post-workout protein intake has been shown to increase muscle protein synthesis, which is crucial for building muscle mass.

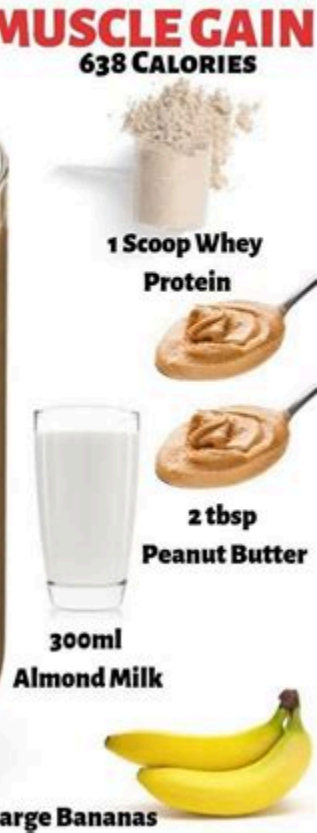
Should You Chug A Protein Shake At Once? - millenora

PROTEIN SHAKE

FAT LOSS
356 CALORIES



MUSCLE GAIN
638 CALORIES



Here's my "stay healthy while traveling" strategy for protein: Measure out 2 servings of protein powder and put them in a sealed plastic bag. Put your sealed plastic bag in an empty shaker bottle. When ready to consume, remove the plastic bag of protein, then add water to the bottle. THEN, add protein.

11 Most Common Protein Shakes Mistakes you Should Know - Men's Health



Should you chug a protein shake? August 20, 2022 by Sandra Heath Spread the love If you're having trouble hitting the upper limits of your protein targets, try gulping down some casein, a protein the body digests more slowly than whey, before bedtime.

7 Protein Shake Mistakes You Might Be Making and How to Fix Them



The result is 8 ounces (give or take) of a thin, proteinaceous liquid you can chug quickly before getting on with your workout. If you find the taste kind of gross, I recommend making it with less .

When Is the Best Time to Drink a Protein Shake? | livestrong



However, according to more recent research, drinking a protein shake right after exercise may not be as necessary as previously thought. A small 2017 study on 21 young men with more than one year .

Whey Protein Shakes: Everything You Need to Know | Art of Manliness



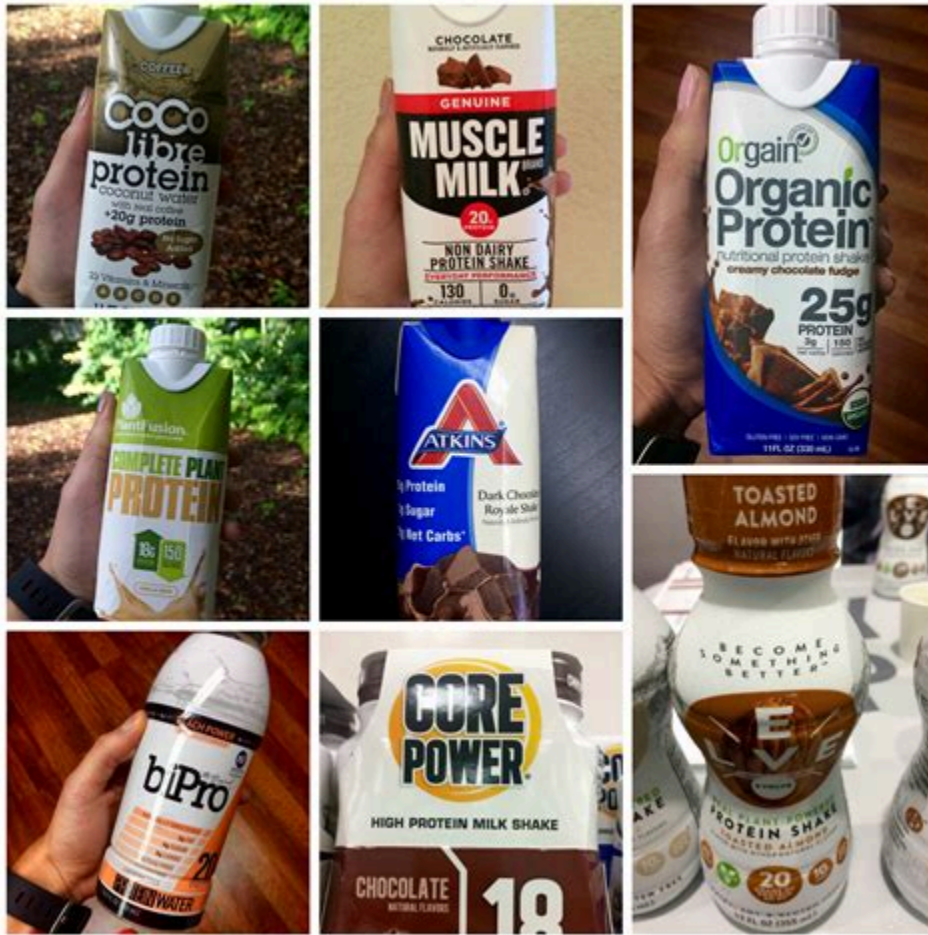
Weight loss: Protein Shakes can contribute to higher protein intake during an energy deficit and can aid muscle retention when weight loss is your goal. Muscle gain: Protein supplementation.

Should I drink my protein shake all at once? | Vivo Life



October 22, 2022 When You Should Drink a Protein Shake The best time is after your workout to help your body recover and refuel Protein is ideal for the repair and growth of your muscles. So whether you're focused on building muscle or losing weight, protein shakes can help supplement your diet and achieve your wellness goals. Advertisement

Protein Shakes Explained | Coach - coachmaguk



While you don't have to chug your protein shake within minutes of your workout, you probably shouldn't wait hours either if you want to build muscle. Your body will need more of the nutrient after exercise. But if your goals aren't gains, the best time to drink a protein shake is really up to you. "Protein should be spaced pretty evenly .

PROTEIN SHAKE


SM **SCOTT MURRAY**
NUTRITION TRAINING LIFESTYLE

FOR BULKING

 +  +  +  = 

1 scoop 80g 30g 500ml 900kcal

FOR CUTTING

 +  +  +  = 

1 scoop 5 drops 30g 500ml 190kcal

Chugging Your Protein: It's Whey Easier Than You Think If you're serious about working out and weight training, you need to be serious about your protein consumption. Protein provides the amino acids your muscles need to rebuild and get stronger after a training session.

Protein Shakes: Is Before or After a Workout Best? - Verywell Fit

M
EDICAL

SHOULD YOU HAVE YOUR PROTEIN SHAKE
BEFORE OR AFTER
A WORKOUT?

BEFORE



PROS

HELPS BUILD MUSCLE

The amino acids in your body will help in muscle protein synthesis (MPS), serving as a signal to the body that it needs to build muscle and heal.

CONS

UPSET STOMACH

If your workout routine involves plenty of running, jumping, or bounding, taking a pre-workout protein shake may result in an upset stomach.

?

AFTER



PROS

EASIER TO DIGEST

Protein shakes are usually easier to digest than a full meal, and you might not have the appetite or time to make a meal after working out.

CONS

FORGET TO TAKE

It is also easy to forget to take a post-workout protein shake. Many athletes do not feel hungry until after several hours after exercise.

Great Times to Chug a Protein Shake. Some people don't feel like eating in the morning—a shake boosts muscle protein synthesis without filling your stomach. . The bottom line is that you can drink a protein shake at any time on rest days: in the morning when you wake up, before you go to bed, or with or between meals. .

Should You Drink a Protein Shake Before or After a Workout?

M
US

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Pros and Cons of Eating Before Bed Who Should Drink a Protein Shake Before Bed? 3 Pre-Bed Recipes for Muscle Growth The Bottom Line What Happens When You Drink a Protein Shake Before Bed? In recent years, numerous peer-reviewed studies have examined the effects of protein shakes before bed.

Should You Drink Protein Shakes on Rest Days? - StrengthLog

Why You Should Drink Protein Shakes on Rest Days

A rest day shake may not be vital in the same way as a post-workout recovery shake, but there are still plenty of good reasons to include extra protein on your non-workout days.

- Extra protein speeds up your metabolism**
Protein is known to increase the rate at which you digest and can help you burn more calories.
- Easy way to get your daily protein**
Protein shakes are a quick and cost-effective way to get enough protein on rest days.
- Protein can reduce muscle soreness**
Studies show that protein can speed up the muscle repair process, mitigating soreness from physical activity.

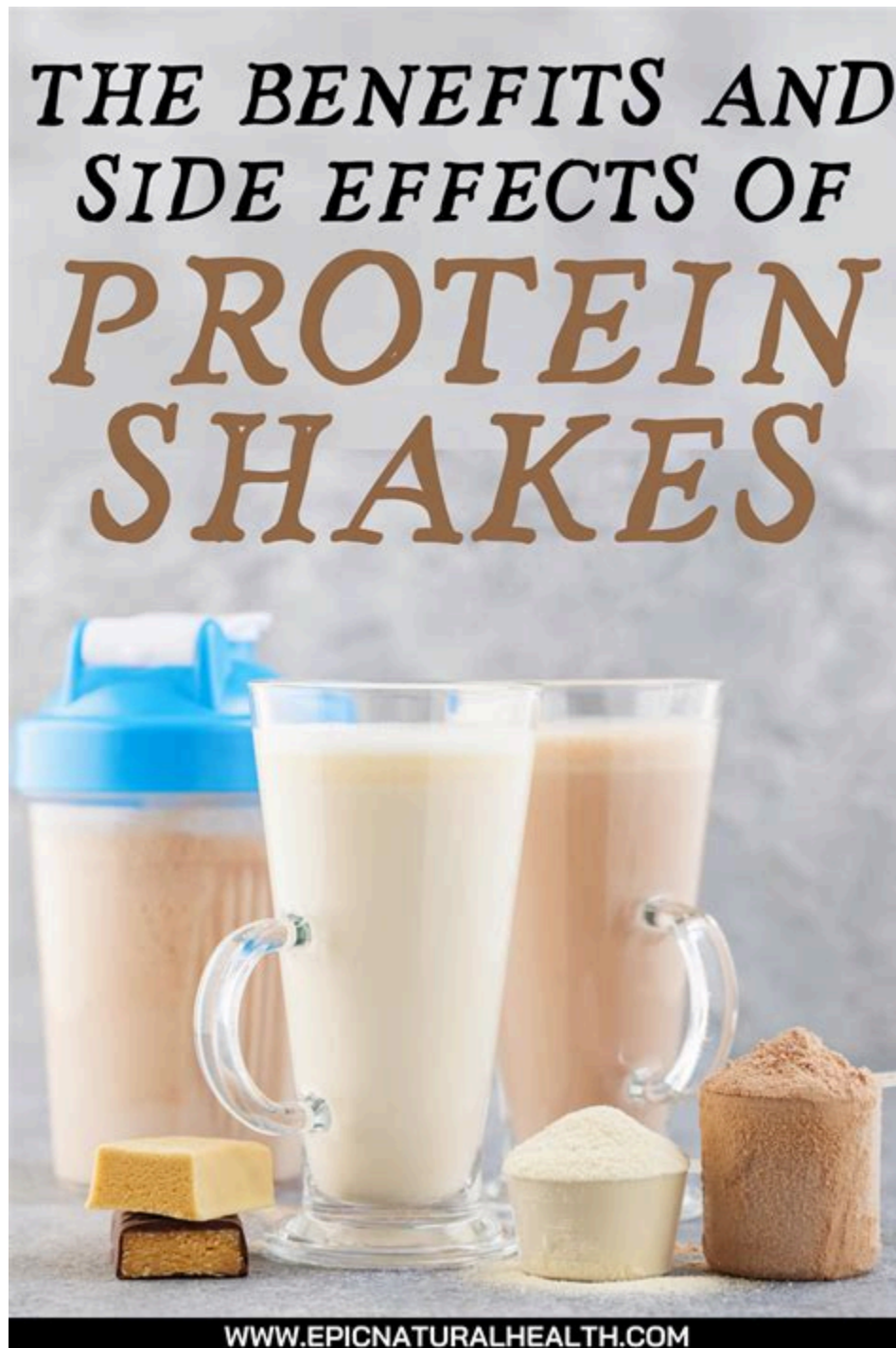
LEVELS
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Add a quarter of a cup per serving. Nut butter: Peanut butter, almond butter, or cashew butter add extra protein and healthy fats to smoothies. Aim for one to two tablespoons per serving. Collagen: Adding one or two scoops of collagen peptides to shakes and smoothies boosts their protein content further.

Drinking a Protein Shake Before Bed: Pros & Cons (Plus 3 Recipes)



The nutrition profile of protein powder used to make protein shakes will differ among brands. Most protein powder supplements contain between 10 and 30 grams of protein per serving. The fat and carbohydrate components will vary depending on the source of the protein. These Dietitian-Approved Collagen & Protein Powders Are Up to 75% Off Right .



Even if you are sedentary you should be eating 0.8-1g of protein per kg of bodyweight per day, and once you start working out with the aim of building muscle you need to increase that considerably. "To build muscle, an overall daily protein intake of 1.4-2g protein per kg of bodyweight per day is recommended," says Sampson.

When Do You Actually Need a Protein Shake? | Lifehacker

M
Lifehacker

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Here are some of the reasons why chugging your protein shake might be preventing an optimal digestive experience, and what you can do to improve it. Digestion When you work out, your body places a priority on getting blood to your muscles, especially during a heavier session.

Protein Shakes (also, to chug or not to chug?) - MyFitnessPal

NEW LOOK



PURE PROTEIN[®] SHAKE

FROSTY CHOCOLATE
NATURALLY & ARTIFICIALLY FLAVORED

35g
PROTEIN

4g
CARBS

170
CALORIES

Low Fat

*Supports Lean Muscle & Strength
Excellent Source of Calcium*

NOTICE:
*Use this product as a food supplement only.
Do not use for weight reduction.*

11 fl. oz. (325 mL)



1 2 3 » Replies islaybower Posts: 57 May 2012 I make my own shakes (no powder, just cottage cheese, yoghurt, milk, nut butter with fruit or whatever), but I'm definitely a slow drinker, not a chugger! Because they're made with proper yummy ingredients they taste nice enough not to chug. I imagine I would chug something if it tasted gross.

Should You Drink A Protein Shake Before Or After A Workout?

The infographic is set against a black background. At the top center is a white 'M' logo with 'LIVE' in red below it. Below the logo is the title 'SHOULD YOU HAVE YOUR PROTEIN SHAKE BEFORE OR AFTER A WORKOUT?' in white. A vertical white line with a question mark at the top separates the 'BEFORE' and 'AFTER' sections. Each section features a protein shaker icon, a 'PROS' section with a red heading and white text, and a 'CONS' section with a red heading and white text.

M LIVE

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When part of a balanced diet, protein shakes may offer some health benefits. They also can help you maintain and build muscle mass, recover from your workout, and meet your nutritional needs. Keep in mind that individual protein needs vary and depend on many factors, such as age, sex, and activity level. Consult with a registered dietitian to .

- <https://publiclab.org/notes/print/46507>
- <https://publiclab.org/notes/print/42707>

- <https://publiclab.org/notes/print/41970>