



## Purpose

A 21-day shake challenge typically involves replacing one or two meals per day with a protein-rich smoothie or shake for 21 days, focusing on nutrient-dense ingredients like fruits, vegetables, protein powder, and healthy fats to support weight management and overall health; remember to consult a healthcare professional before starting any drastic dietary change. The goal is to change habits, and the challenge is based on the idea that it takes about 21 days to do so. Avoid alcohol and caffeine.



## Disclaimer

Pastor Washington advises all members to consider their personal health conditions and consult with their physician or a healthcare professional before starting this fast or any new diet plan. This is especially important if you have any underlying health conditions. SEEK GOD'S GUIDANCE.

- **Consult a healthcare professional:** Ensure that your participation in this Challenge is safe and suitable for you by speaking with your doctor or a registered dietitian.
- **Listen to your body:** If you experience any adverse effects, adjust your approach or stop the Challenge and consult a healthcare professional.

## More Info

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# 21 Day Shake Challenge



February 3-26, 2025  
Excluding Sundays





## Important Considerations:



### Variety is key:

Rotate different fruits, vegetables, and protein sources to ensure a diverse nutrient intake.

### Portion control:

Stick to the recommended serving size for protein powder and other ingredients.

### Hydration:

Drink plenty of water throughout the day.

### Whole food meals:

On days when you are not having a shake, prioritize whole, unprocessed foods like lean protein, whole grains, and vegetables.

## Sample 21-day shake challenge plan:

### Week 1

**Day 1-3:** Green Power Shake (spinach, banana, pineapple, protein powder, almond milk)

**Day 4-7:** Berry Blast Shake (mixed berries, Greek yogurt, protein powder, water)

**Day 8-10:** Tropical Twist Shake (mango, papaya, coconut milk, protein powder)

### Week 2

**Day 11-14:** Chocolate Protein Shake (cocoa powder, banana, almond milk, protein powder)

**Day 15-18:** Power Berry Shake (blueberries, raspberries, protein powder, water)

**Day 19-21:** Orange Dream Shake (orange, banana, protein powder, yogurt)



## Key aspects of a 21-day shake challenge:

### Meal Replacement

Choose to replace either breakfast, lunch, or dinner with a shake each day.

### Shake Recipe Base

**Protein powder:** opt for a high-quality protein powder with minimal added sugar.

**Liquid base:** Use unsweetened almond milk, water, or low-fat milk.

**Fruits and vegetables:** Include a variety of fruits like berries, spinach, kale, banana, mango, and leafy greens.

**Healthy fats:** Add a small amount of avocado, nut butter, or chia seeds for added satiety.

