

Therapeutic Super Shake Recipe

HIGH PROTEIN / LOW GLYCEMIC

BENEFITS:

- ✓ Insurance policy for high daily protein needs
- ✓ High density of phytochemicals, antioxidants and fiber
- ✓ Stable glycemic control and sustained energy
- ✓ Preservation of muscle mass
- ✓ Fast, easy, and cost-effective

FOUNDATION NUTRIENT DENSE THERAPEUTIC SHAKE

(1-2 SHAKES PER DAY)

1. PROTEIN

20-40 grams protein from non-heat treated, undenatured whey powder (dairy) or pure pea or rice protein powder (vegan and dairy free)

2. FIBER

Fiber powder with both soluble and insoluble fibers or high lignin flaxseed meal

3. PHYTOCHEMICALS & ANTIOXIDANTS

1 heaping teaspoon concentrated greens and/or reds powders

4. CARNITINE TARTRATE POWDER (1,000-3,000MG L-CARNITINE AMINO ACID)

Promote preservation of muscle mass and support mitochondrial function

5. MIX WITH

Low allergenic non-dairy liquid, such as unsweetened coconut, almond, flax/cashew milk, coconut water, filtered water

TIPS:

- Vary amount of liquid to achieve desired thickness of shake
- Take with digestive and proteolytic enzyme capsules to enhance digestion, absorption and utilization of nutrients ingested in liquid form

OPTIONAL SHAKE ADDITIONS:

Organic fresh or frozen berries or mango
 Fresh organic greens: spinach, kale, parsley
 Medium Chain Triglycerides
 Milk thistle powder
 Maca powder
 Green tea
 Resveratrol
 Coriolus, Ganoderma, Cordyceps, Maitake, Poria powders
 Chia seeds
 Unsweetened almond/cashew butter (no peanut butter)
 Avocado

Omega 3 Fish Oil
 Omega 7 Sea Buckthorn Oil
 Omega 3-6-9 High Lignan Flax Oil
 Phosphatidyl Choline
 Phosphatidyl Serine
 Goat Yoghurt or Kefir
 Raw coconut cream and/or cacao nibs
 Fresh mint leaves, lavender leaves and flowers
 Ginger, nutmeg, turmeric, cinnamon, cardamom
 No sugar extracts: vanilla, almond, orange, hazelnut
 Lemon, lime or orange zest