Natural Hormone Solution

Shake Recipe Guide

HORMONE BALANCING SHAKE RECIPES

Enjoy Fresh (where possible), organic, locally grown foods (try your local farmer's market).

The shake is quick to make, easy to digest, and can be quite delicious! It provides the essential healthy proteins, fats, and carbohydrates to make a complete meal. The shake also contains specific nutrients to support detoxification, the fiber in the form of ground flax seeds for improved elimination, and omega 3 fats for anti-inflammatory support. This meal will help to even out your blood sugar and will get you off to a great start to your day. During the winter months, it is important not to make it too cold. Too much cold can be very disturbing for digestion. If you are using frozen fruit, pour some hot water over it in the blender to warm it up.

Note for all Shakes:

If you need a little more sweet you may use a little xylitol powder or stevia drops. Always try to add "green" to at least one smoothie a day. Here are some good options:

- cucumber
- zucchini
- kale
- spinach
- sprouts
- celery
- avocado
- raw carrot
- mixed greens
- Be creative! raw beets and beet leaves are fabulous too.

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TROPICAL SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbls ground flax seed
- ½ cup frozen mango
- ½ cup coconut milk + ½ cup water
- ½ cup of your favourite green (kale, spinach, sprouts, cucumber etc).
- Pinch of ground gingeral

RASPBERRY SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbls ground chia seeds
- 1 cup frozen raspberries
- ½ small zucchini
- ½ cup unsweetened almond or coconut milk + ½ cup water
- Pinch of cinnamon

DARK AS NIGHT SHAKE

Ingredients & Directions:

- 1-2 Tbsp Ground Flax Seed, Chia seeds, or fenugreek
- Generous Handful of Spinach (or other greens)
- ⅓ cup frozen blackberries
- ⅓ cup frozen cherries
- ½ cup unsweetened almond milk
- 2 tsp grated nutmeg

GO GREEN SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbls ground flax seed
- Handful kale
- ½ small avocado
- 1/3-1/2 cup cucumber
- ⅓ cup frozen blueberries
- ½ cup water + ½ cup coconut milk (full fat) OR almond milk unsweetened

SOUTHERN STYLE SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbls ground flax seed
- ½ cup frozen organic peaches
- ½ cup water + ½ cup coconut milk (full fat) OR almond milk unsweetened
- 2 teaspoons freshly grated ginger
- Handful of spinach
- Pinch of cinnamon

STRAWBERRY DREAM SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbsp. ground flax seed
- 1 cup fresh or frozen organic strawberries
- ½ cup water + ½ cup coconut milk (full fat) OR almond milk unsweetened

PB&J SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbls ground flax seed
- Warm frozen or fresh strawberries in their own juice (no sugar added)
- 1 tablespoon organic unsweetened peanut butter
- ½ cup unsweetened almond or coconut milk + water

Chocolate Pre-Workout Shake

Ingredients & Directions:

Cocoa is great for getting you ready to workout.

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbsp. ground flax seed
- 1 tbsp. almond butter (optional)
- 1 heaping tbsp. raw organic cocoa powder
- ½ cup unsweetened almond or coconut milk + ½ cup coconut water
- ½ cup raspberries or strawberries
- 1 tsp almond oil (optional)

NUTTY APPLE CINNAMON SHAKE

Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams PowerPaleo or Vegan Vanilla
- Fiber: 2 tbls ground flax seed
- 1 cup unsweetened almond milk or coconut milk
- ½ cup chopped apple
- 1 tbls cinnamon (try cloves too)
- ¼ pecans