

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.

TROPICAL SHAKE



Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams [PowerPaleo or Vegan Vanilla](#)
- Fiber: 2 tbs 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 ginger

RASPBERRY SHAKE



Ingredients & Directions:

- Blend the ingredients with ice and water as needed.
- 20-30 grams [PowerPaleo or Vegan Vanilla](#)
- Fiber: 2 tbs 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)
- ½ cup frozen blackberries
- ½ 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 tbs ground flax seed
- Handful kale
- ½ small avocado
- 1/3-1/2 cup cucumber
- ½ 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 tbs 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

