

Protein/Detox Shake Recipes

Allow yourself to have FUN and EXPLORE NEW FLAVORS and TASTES - This means to let yourself fail as you discover what you like and don't like. It's only when you make things you have never tried will you really find the new flavors and textures you would never have considered. The creativity and variety is what makes breakfast shakes tasty and enjoyable.

TEXTURE - Blend drinks longer for creamier mixture. If it's too thick, dilute with either water or ice. Some people can't or won't drink a lot and will need less water. Experiment and have fun with the process.

Basic Recipe

1 cup water

1 cup FRUIT Fresh or Frozen

apples, kiwi, pears, berries the best antioxidants, lemons, bananas, peaches, pineapple, grapes, organic if possible; if not, peel or soak the fruit to get rid of toxins.

NutriClear 1 -2 scoops (use 2 scoops if a highly physical day is expected)

Isolated Whey Protein or (**Rice Protein Concentrate**) 1-2 scoops

NitroGreens 1 scoop - provides organic minerals, chlorophyll, sprouted enzymes, etc.

Potassium-HP with magnesium 1 teaspoon - Best alkalizing agent , keeps the bowels open

Handful of raw almonds - makes the shakes creamy and holds the ingredients in suspension.

ICE

Fibers are suggested but not necessary.

Consider 1 tablespoon chia seeds (grinding not needed) or flax seeds (grind fresh daily).

Essential Fatty Acids

This is an option for those that don't like taking pills or adding liquid oils to foods.

Each day try a different oil according to your taste and uses the one that seems to make you feel stronger: **Biomega-3 Liquid**, **Optimal EFAs**, **Mixed EFAs** or sesame seed oil.

Start with a teaspoon and work up to a tablespoon.

Raw Almond Alternatives to make creamier shakes

Use a handful of some other nut like Cashews

Coconut Milk - the organic coconut milk from cans is more concentrated.

Avocado's - add to taste start with 1/4 and increase or decrease.

Quick Preparation Tips- when in a time crunch try the following:

6-8 ounces

Almond Milk either plain, vanilla or chocolate

Hazel Nut Milk

Rice Milk

Oat Milk

Coconut Milk

Fun Things to experiment with:

1/4 avocado and handful of cilantro and a carrot (1/2 - 1 small sliced)

Raw egg for extra protein

4 - 6 oz coconut yogurt small cup

4-6 oz kefir

1 teaspoon cacao powder (unsweetened)

1 heaping tablespoon Nut butter- Peanut/Almond/Cashew/Macadamia/sunflower seeds

Additional Nutrients to add:

D-Ribose 1 teaspoon for energy;

L-Carnitene 1 teaspoon for fat burning,

IAG 1 tablespoon for immune support

Dismuzyme Plus Granules 1 tablespoon

ProBiotics ---**BioDoph-7 Plus** break open 2 capsules

BioDophilus Caps 1 teaspoon

Essential Fatty Acids

Mixed EFAs - antiviral /bacterial oils - 1 tablespoon

Optimal EFAs 1 tsp - 1 tablespoon

Biomega-3 Liquid 1 tsp -1 tablespoon

Aqueous Multi-Plus 2 tablespoons

C/Cal/Mag Powder 2 tsp give you 400 mg CA, 200 mg

Bio-D-Mulsion Forte 1-drop yields 2,000 iu

Bio-AE-Mulsion Forte 1 drop yields 12,500 iu

Breakfast, Exercise, Hormonal & Energy Drink Recipes

The following recipes can be used to start the detox process, increase mitochondrial function and provide healthy alternatives for the standard American breakfast. Be liberal with the berries as they are loaded with natural antioxidants and flavonoids.

Drink recipes can substitute rice for whey or vice versa. The rice is gritty and tends to sink to the bottom of the blender. It is the highest quality rice protein on the market but the grit factor makes it difficult for some people. My preference is always the isolated whey which is cool-filtered to remove casein. The whey tastes better and has additional immune and gut healing benefits.

Lecithin may be added to any of the above to make a creamier shake especially if it will not be drank right away it prevents separation of ingredients. Using bananas or coconut milk as a form of natural emulsifier will also reduce this dramatically. Almond milk, rice milk and some of the other nut milks can also add that creamy texture. Be creative and have fun. Try different things like organic apples with the skin for the pectin.

America is so fiber deficient anytime you can add ground flax seeds or other seeds for fiber use them liberally. 2 Tbsp of freshly ground flax seeds adds 6 grams of fiber to any drink. Use a coffee grinder and grind the seeds first to assure breakdown. Add the seeds to water and fruit blend and finally protein and oils blending for brief periods. Grinding flax seeds is also helpful to make the drink creamy, and reduces NF-Kappa B (inflammation) via flax seed oil, omega 3. Acidophilous can also be added by opening capsules adding at the end.

One of the ways people have used the **Optinal EFAs Liquid** or the **NitroGreens** is to add them to one of the whey protein smoothies.

Dr. Peterson's Daily Breakfast Drink

"I personally use the following formula most days for either breakfast or lunch; I take an empty NutriClear container, mix this up every Sunday as I find it a time to prepare for the upcoming week whether I am traveling or not. I add the following:

2 scoops of NutriClear for every day	(14 scoops total)
1 scoop NitroGreens	(7 total)
1 tsp L-Glutamine	(7 total)
1 Potassium-HP	(7 total)
1tsp Mixed Ascorbate powder	(7 total)
1 Tbl Colon Plus	(7 total)
½ tsp Celtic Sea salt	(3½ tsp total)

I take 3 scoops of the above blend and mix it with water. I have patients add a little juice to flavor if they need. I have had GREAT success with this as a way to begin detox in really sick people. Then I might add **MCS-2**, **Caprin**, or **A.D.P.** depending on what I am trying to accomplish. I had a patient in the office that was EXTREMELY ill from chronic Lyme's, eosinophilic esophagitis, fatigue who was totally freaked about doing a detox; after 2 weeks she reports that she is MUCH better. It's a gentle formula and upregulates the detox pathways and really helps to alkalize the body."

Exercise Drink Recipe by Dr. Jeff Collins

Drink 15 minutes before a workout for increased strength and endurance.

1 cup almond milk
1 scoop **NitroGreens**
1 tsp-tbsp of **D-Ribose**
2 scoops of **Whey Protein Isolate**
1 packet of Stevia (if needed)
½ cup of frozen blueberries

(Optional--1 tsp of **L-Carnitine** for some people this adds too much energy)

Energy Stabilizing Cocktail

Great to use as a meal replacement or to drink ½ midmorning and ½ mid-afternoon to stabilize blood sugar. Use the magic bullet or blender

10 oz purified water
2 scoops of **NutriClear**
1-2 scoops of **Whey Protein Isolate or Rice Protein** (optional if you need more protein)
1 scoop **NitroGreens** (optional)
1-2 Tablespoons of the oil of your choice
 Mixed EFAs (no taste, antiviral properties)
 Optimal EFAs (slight fish taste, cell membrane, gut healer)
1 tsp of lecithin if not sensitive to soy, makes it creamier
½ to 1 cup of frozen berries, great source of antioxidants
½ banana
2 tbsp of flax seeds
½ tsp of **BioDophilous-FOS**
Ice as desired

Chocolate Almond Milk Smiler

Almond milk does have some natural sugars but if used in small amounts, this one can be great on the run or at work as a mini-meal

6 oz purified water
2-4 oz of chocolate flavored almond milk
2 scoops of **NutriClear**
1-2 scoops of **Whey Protein Isolate or Rice Protein** (optional if you need more protein)
1 scoop **NitroGreens**
1-2 Tablespoons of the oil of your choice
 Mixed EFAs (no taste, antiviral properties)
 Optimal EFAs (slight fish taste, cell membrane, gut healer)
Ice as desired

Carnitine Lemonade Energy Drink – Electrolyte –Fat Burner

1-2 tsp. **L-Carnitine powder**

(**L-Carnitine** carries fat into the mitochondria and helps the body use fat as a source of energy.)

Xylitol or Stevia natural sugar – sweeten to desired taste

Squeeze or blend sliced lemon wedges and add to drink

Aqueous Multi-Plus 1-2 Tbsp can be added for additional minerals and taste during summer workouts

Add ice and blend

GamOctaPro Drink: by Dr. Michelle Pouliot for Hormonal and Hot Flash Issues

8 oz. of organic vanilla soy milk

1 tablespoon of organic pure almond extract

1-2 tablespoons ground flaxseed

2 tablespoons of **GamOctaPro**

Mix in blender with ice and serve.

On the Run Mini-Detox Drink

1 scoop **NitroGreens**

2 scoops **NutriClear**

1-2 tbsp of ***Mixed EFAs** has antiviral properties, stabilizes blood sugar, cell membrane support and is virtually tasteless.

6-8 oz water

*Optional: can switch oil to **Optimal EFAs** (slight fish taste, cell membrane, gut healer)

Ice to preference, shake in a shaker cup and drink

TMG Smoothie: For heart & gall bladder health

Beets contain betaine which converts into trimethylglycine (TMG) for cardiovascular health & the gallbladder.

Combine the following in a blender or Vita Mix:

12 to 16 oz. (1.5 to 2 cups) of COLD, PURE water

*2 small organic, uncooked RAW beets, well washed with skins intact

1-3 teaspoons of ground flax seeds

1 Scoops **NitroGreens**

2 scoops **NutriClear** powder

1 TBS of **Mixed EFAs** (optional)

2 scoops **Whey or Rice Protein** powder

Heart health cascade:

TMG->Methyl Group->Homocysteine->Methionine->SAME or S-Adenosylmethionine

Known to benefit the gall bladder also as in **Beta-TCP**.

"BACK TO HEALTH" Cherry-Nitro Suprise

Combine the following in a blender or Vita Mix:

12 oz (1.5 cups) cold, pure water

1-3 Tablespoons ground flax seeds

1/3 to 1/2 cup frozen organic, sweet red cherries

2 scoops **NutriClear**

1 scoop **Nitro Greens**

1 Teaspoon **D-Ribose**

1 Teaspoon **L-Carnitine** powder (optional)

1 Tablespoon **Mixed EFA's Liquid** (optional) You may choose to take the Optimal EFA capsules instead.

2 scoops **Whey or Rice Protein** powder

1 Teaspoon or more to taste of Xylitol or Agave nectar, (Optional)

Blend well & enjoy.

Power Oatmeal

1 cup steel cut oats or other long cooking whole grain cereal

After cooking add:

¼ cup blueberries

2 scoops **Whey Protein Isolate**

Top with 1 tbsp. raw chopped nuts

Berry Compote

Warm up 1 cup frozen berries

Top with:

2 scoops **Whey Protein Isolate**

1 tbsp. raw chopped nuts

Yogurt Enhancer

¼ cup raw almonds

¼ cup organic granola

½ cup organic flavored or non flavored yogurt

1/3 cup berries

2 scoops **Whey Protein Isolate**

Whey Protein Smoothies – Per (2) scoops

Pina Colada Blend by Lorraine Denoncourt

1/3 cup pineapple in natural juices or freshly cut

1/4 cup coconut milk (Coconut milk is high in medium chain triglycerides and immune modulating oils)

1 banana

1/2 cup water, ice as needed (always better to have chilled)

2 scoops **Whey Protein Isolate** (filtered to remove casein)

* Option add 1 tbsp of **Mixed EFAs™** - promotes cell membrane health and has natural antiviral components and will naturally decrease glycemic index.

Blend

Berry Blend

1/3 cup blueberries fresh or frozen

1 banana

1/2 cup water

Ice

1/3 cup raspberries/strawberries fresh or frozen

1/4 cup pineapple

2 scoops **Whey Protein Isolate**

Blend

Nitro Greens Drink Options

1 scoop **NitroGreens** with:

8-10 oz cold, PURE water

your choice of 1 organic apple, pear or 1/4 to 1/3 cup of organic, frozen, sweet cherries

Blend well & enjoy. No additional sweeteners are needed!

Cold and Flu Cocktail

1 Tbsp of **IAG**,

1 Tbsp of **C/CAL/Mag** in water and a small amount of juice.

Use about 4 oz favorite juice (Oswalla's tangerine juice is excellent),

8 ounces of water and ice if desired.

After letting the combo sit in the fluid for 5 minutes, sip the mixture throughout the day.

Adults can drink 6-9 drinks per day if they are really sick. Most people find 3 is enough to get their immune system in gear.

C/CAL/Mag stands for vitamin C, calcium and magnesium. Vitamin C is another component known to stimulate natural killer cells, the calcium will help to reduce fever and chills and the magnesium helps with the body aches normally associated with the flu.

Low WBCs, Immune Cocktail

1 tbsp of IAG,

1 tbsp of **Dismuzyme Granules** mixed with 3-4 ounces of your favorite juice and 6 ounces of water and ice.

Drink 3 times per day.

Dismuzme is a trade name for the enzyme super oxide dismutase. This is an enzyme that is highly protective of healthy cells and has been really effective for stubborn viruses and raising low WBC counts. The dose is generally 3 times per day although it may be taken more often as physicians recommends. **Dismuzyme Granules** may also be added to salad or food as long as the food is not too hot to eat. If it is cool enough for you to eat, the temperature of the food will not destroy the enzymes. An increased dose will not cause problems; the only side effect is taste, convenience and cost. Additional iodine and vitamin A may also be added to the cocktail dictated by the condition for more chronic conditions.

Rule out B12 or folic acid deficiencies by looking at MCV (if over 89.9) and MCH (if over 31.9), if one is over optimal range consider a possibility if both are over the optimal range it is a probability.

Eliminate the factors that weaken the immune system like sugar, dairy and grain products. Heavy metals can be a major factor in auto-immune disorders.