



Hormone Balancing Shake Recipes

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

If you need a little more sweet you may use a little xylitol powder or stevia drops so have some on hand. Always try to add a little “green” to at least one smoothie a day. Here are some good green choices:

- cucumber
- zucchini
- kale
- spinach
- sprouts
- celery
- avocado
- raw carrot
- Be creative! raw beets are fabulous too.

Tropical Smoothie

Blend the following ingredients:

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbs ground flax seed
- ½ cup frozen mango
- ½ cup coconut milk + ½ cup water
- pinch of ground ginger

Raspberry Smoothie

Blend the following ingredients

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbs ground flax seed
- 1 cup frozen raspberries
- ½ small zucchini
- ½ cup unsweetened almond or coconut milk + ½ cup water
- pinch of cinnamon

Dark as Night Shake Blend

Blend the following ingredients

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)



- Fiber: 2 tbls ground flax seed
- Handful spinach
- ½ cup frozen blackberries
- 5 frozen cherries
- ½ cup unsweetened almond or coconut milk + ½ cup water
- 2 teaspoons freshly grated nutmeg

Go Green Smoothie

Blend the following ingredients

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbls ground flax seed
- Handful kale
- • ½ small avocado
- 1/3-1/2 cup cucumber
- 1 cup frozen blueberries
- ½ cup water + ½ cup coconut milk (full fat) OR almond milk unsweetened

Southern Style Smoothie

Blend the following ingredients:

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- 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
- pinch of cinnamon

Strawberry Dream

Blend the following ingredients:

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbls 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

Blend the following ingredients:

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbls ground flax seed
- Warm frozen or fresh strawberries in their own juice (no sugar added)
- 1 tablespoon organic unsweetened peanut butter
- A few drops stevia to sweeten if needed



Chocolate Pre-workout Smoothie

Cocoa is great for getting you ready to workout effectively.

Blend the following ingredients:

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbs ground flax seed
- 1 tbs almond butter (optional)
- 1 heaping tbs 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

Blend the following ingredients:

- Vegan Vanilla Protein Powder (2 scoops) (or 1 scoop PowerPaleo)
- Fiber: 2 tbs ground flax seed
- 1 cup unsweetened almond milk or coconut milk
- ½ cup unsweetened applesauce
- 1 tbs cinnamon
- ¼ pecans