

# Power Smoothie

---

## Easy and Effective for Weight Loss and Improving Body Composition

The science is clear: starting your day w/ the right fuel mix will help you stay lean and healthy. **More importantly, you can keep the fat off for the long haul. People who consume a substantial breakfast (20+ grams of protein and low or slow carbs) lose more weight than small breakfast eaters or skippers.**

A quality meal replacement shake gives you steady energy all morning, stabilizes your insulin (an aging hormone), and keeps you away from all the adult candy (muffins, double lattes, and bad habits that can keep that stubborn fat on you).

So, start the day with a shake. **If you are looking to bust through a fat loss plateau or jumpstart your program do 2 smoothies a day.** I do 2 shakes a day quite often when I am traveling as it is easier, I don't spend the big bucks on room service, and I know I am getting a healthy meal. I travel with a Magic Bullet (convenient blender), and the ingredients.

### **Basic Shake Recipe (Note: DFH = Designs for Health)**

2 scoops DFH PaleoMeal DF\* or PaleoMeal (an elite whey protein product)

1-2 tbsp. DFH PaleoFiber\* (fiber will help with weight loss, and is a key to health)

1 cup frozen organic berries (dark berries of any kind – blueberries, dark cherries, etc.)

1 cup Unsweetened Coconut Milk (notice – NO SUGAR ADDED)

Add other supplements as desired (powders, oils, vitamins, nuts, seeds, etc.)

Add ice and blend to desired thickness

**Note:** I do not recommend almond or rice milk, juice or regular milk as they have a big **calorie/sugar load** without adding nutrients. These spike your blood sugar and insulin, defeating the hormone stabilizing benefits. The only thing besides water to add is a pure green juice, aloe juice, or unsweetened coconut milk. I will add 1 TBSP of freshly ground flaxseed meal or Chia seeds to 1 TBSP of PaleoFiber.

### **Principles:**

1) Major research has proven this method's power for weight loss and preservation of lean body mass 2) This stabilizes your insulin, one of the most important hormonal necessities for weight loss and aging well. If you spike your insulin w/ a sugary breakfast, you are on a fat producing roller coaster all day 3) This keeps you away from the junk food that will make it impossible for you to reach your health goals.