

“Be Sure” Nutrition Drink

Quickie Version

In a cup or glass, mix:

- some liquid (almond milk, coconut water or other)
- scoop of protein powder (Teras Whey or Orgain Plant based or other high quality, organic powder)
- Optional: scoop of green powder-Amazing Grass Green Superfood or other high quality, organic superfood blend

Blender Version

Ingredients

- Some liquid—about ½ cup almond milk or coconut milk or other liquid
- Some protein: 1 cup organic, plain, whole milk Greek yogurt or kefir or 1 scoop protein powder: whey (grass fed, organic) or plant based, (organic)
- Some fruit: 1 cup berries, and/or ½ banana, and/or ½ c mango chunks
- Some organic greens: 1-2 cups spinach or baby kale, chard, or other

Instructions

- In a VitaMix or other strong blender, add ingredients and blend well.
- Note: If using a whey powder, add it in last, after all other ingredients have been blended. Mix on gentle. The immune compounds in whey are fragile.

Optional Add-ins

- For the liquid: coconut water, aloe vera juice, any nut milk, or pre brewed green tea (steep 4 tea bags or 2 tsp loose tea in 1 qt hot water, 3 min)
- 1 tsp ginger powder
- 1 tsp turmeric powder
- Green powder blend (Amazing Grass or other organic blend)
- NutriOne multi vitamin powder, by Natura Health Products, (online)
- 1 bottle Bio-K probiotic food (regular or dairy-free) or ½ tsp probiotic powder
- Coconut oil or coconut butter—1-2 Tbsp.
- 2-3 raw Brazil nuts
- 2 Tbsp. raw nuts/seeds: walnuts, almonds, others, pumpkin or sunflower seeds
- 1 Tbsp. ground flax seeds
- 1-2 Tbsp. almond or peanut butter
- ½ pitted avocado
- ½ tsp Matcha green tea powder
- Other foods, as desired

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Check with your MD before making any dietary changes

Whey is an excellent choice for highly absorbable protein. It is important to get high-quality whey that is from grass fed cows, is unheated and unsweetened.

Superfood powder blends provide easy to absorb nutrients that can help balance acid/base status. Choose high quality, organic blends.

NutriOne (by Natura Health Products, get online) is a high-quality, food-based combo multi-vitamin and mineral/superfood blend that provides an abundance of easy to absorb vitamins, minerals and plant nutrients. Supports general health, makes up for nutrient deficiencies, and supports energy levels.

Yogurt, Kefir, “BioK” or a probiotic powder will provide probiotics or beneficial bacteria that support digestion, elimination and immunity. 2/3 of the immune system is in the GI (gastrointestinal tract). A strong and balanced immune system depends on strong digestion and a balanced amount of beneficial, probiotic bacteria.

Berries are bursting with powerful anti-cancer compounds such as proanthocyanidins and ellagic acid.

Brazil nuts have high amounts of the anti-cancer mineral, selenium.

Ground flax provides soluble fiber for intestinal health, omega 3 fatty acids for anti-inflammatory support and powerful anti-cancer compounds called “lignans.”

Turmeric has been studied extensively for its ability to shut down major cancer processes.

Ginger adds warmth, supports digestion and helps manage inflammation.

Green vegetables, such as spinach, kale or chard add in vitamins, minerals, fiber and oxygenating plant nutrients.

Green tea boasts high amounts EGCG—famous for its documented, cancer fighting action.

Assorted nuts and seeds provide healthy protein, fat, vitamins, minerals, fiber and cancer-fighting activity. Choose raw nuts/seeds—the healthy fats will be more intact and less likely to be damaged.

Avocado or nut butter can be added to boost calories and nutrition and to add creaminess.

Coconut oil or coconut butter is an excellent source of easily absorbable fatty acids that can be used for energy, and are healing to the intestines and liver.

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