

CAYCE'S PROTEIN SHAKES

Use a protein powder that has no carbohydrate or fat content and you need 21 grams of protein for each recipe below. Some of our favorite protein powders are: Designer Protein, Healthy 'n' Fit Egg Protein, Nutri-biotics Organic Brown Rice & Naturade Vegetable Protein Powder. Be mindful of any genetic food intolerances you may have when considering a protein powder.



BASIC SHAKE

2/3 cup apple juice
2 tsp. olive oil
3 inches of banana
21 grams protein powder
Couple of ice cubes
Throw in blender. Turn it on.
Pour it out. Drink it up.

BASIC SHAKE 2

3/4 cup cantaloupe or 1/2 cup honeydew
or 3/4 cup watermelon
1 Kiwi fruit (peeled)
3 inches of banana
21 grams protein powder
2 tsp. olive oil or 4 macadamia nuts
Filtered water (to taste)
Couple of ice cubes
Throw in blender. Turn it on.
Pour it out. Drink it up.



NO BANANA SHAKE

3/4 cup orange juice
1/2 cup pineapple or 1 cup raspberries
2 tsp. olive oil
Couple of ice cubes
21 grams protein powder
Do it to it.

NO BANANA SHAKE 2

1/2 orange or 1/2 grapefruit or 1 tangerine
1/2 cup pineapple
1 cup raspberries or 1 cup strawberries
2 tsp. olive oil or 12 almonds
Couple of ice cubes
Filtered water (to taste)
21 grams protein powder.
Do it to it.

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