
Sharlene's Green Shake Recipe

Ingredients

- 1 cup of Ice (or freeze your fruit and veggies)
- 2 handfuls of fresh greens
Rotate broccoli, carrots, kale, spinach [Live Foods]
- Fruit: 5 red grapes or ¼ of a red apple (Be careful to not use too much fruit)
- 1 c. unsweetened Almond milk / Flax milk (Good Karma)
- Collagen Protein (Perennial) [chocolate or vanilla]
- Vit C Powder- 1500mg (Perque)
- Inulin fiber (Tino-Silver Fern)
- Macaboost Powder [chocolate or vanilla]

Directions

- Blend to desired consistency, and drink over 45 min to not spike blood sugar.



Optional Add Ins

- Calm - Magnesium + Calcium - InflammCore
- Glutashield
- OptiCleanse Cleanse GHI
- Mitocore Protein Powder
- Ion Gut Health (use on an empty stomach before drinking your shake)
- Regularity Guard

How Does It Help?



Vitamin C for infection, and, immunity, and constipation



Maca root is a caffeine-free, edible herbaceous plant that has been traditionally used to support healthy energy & stamina/



Use a high protein plant-based milk like Almond, hemp, or flax



Prebiotic fiber is a water soluble, gluten-free, high fiber supplement that nourishes healthy gut bacteria.



Collagen Protein with a probiotic. Good for gut & skin health.



Promotes the health and barrier function of the gastrointestinal lining.



Immune challenges, maintain normal inflammatory balance & strengthen the gastrointestinal barrier function.



Calm helps to maintain normal levels of magnesium, promotes regular bowel movements, and reduce muscle pain.



Protein Blend specifically designed to recharge cellular energy production, increase antioxidant protection, support detoxification capacity, and support immune function.



Supports Natural Detoxification Mechanisms, Gastrointestinal Health, a Balanced Cytokine Profile, Lactose-Free Vegan Protein Source



Supports the integrity of tight junctions in the gut lining & naturally supports microbiome balance.



Glucomannan improves overall digestive health, balances glucose levels, and lowers blood fats.