
DR SARA'S SHAKE GUIDE

DR. SARA GOTTFRIED, M.D.



It all begins with beautiful, nourishing ingredients...

The 12 recipes in this guide are just a starting point to help get your creative juices flowing. There are countless ingredients you can mix together to create delicious shakes.

Here are some you may want to try...

- Dr. Sara's [Hormone Balancing Shake Powder](#) (in chocolate or vanilla)
- Dr. Sara's [Fiber Blend](#)
- [Chia seeds](#) (grind or soak for several hours)
- [Hemp seeds](#)
- [Flax seeds](#)
- [Maca powder](#)
- [Raw cacao powder](#)
- [Dandy Blend](#)
- Raw [almond butter](#) or [cashew butter](#)
- [Coconut oil](#)
- [Organic Stevia](#)
- [Vanilla extract](#)
- [Cinnamon](#)
- Cayenne
- Ginger
- Organic veggies (kale, spinach, dandelion greens etc.)
- Parsley, cilantro, mint
- Organic berries (fresh or frozen)
- Lemon and/or lime juice (fresh squeezed)
- Avocado and/or banana for a creamier texture
- Unsweetened coconut, almond, or hemp milk
- Filtered water
- Ice cubes

Start your blender, and let's make magic!

Weight-Loss Shake

Ingredients:

- 2 scoops vanilla or chocolate protein powder
- 2 scoops fiber
- 1/3 cup frozen berries
- 2 handfuls chopped kale or spinach
- Filtered water to desired taste/consistency
- Handful of ice cubes

Blend and enjoy!

“PB & J” Shake

Ingredients:

- 2 scoops vanilla or chocolate protein powder
- 2 scoops fiber
- 1 banana and/or ½ avocado
- 1/2 cup frozen strawberries
- 1 tbsp. natural peanut, almond or cashew butter
- Unsweetened coconut, almond, or hemp milk (to desired taste/consistency)
- Handful of ice cubes

Blend and enjoy!



Decadent “Chocolate Milkshake”

Ingredients:

- 2 scoops vanilla protein powder +
1 tbsp. raw cacao powder
OR 2 scoops chocolate protein powder
- 2 scoops fiber
- 1 banana and/or ½ avocado
- Unsweetened coconut, almond,
or hemp milk (to desired
taste/consistency)
- Handful of ice cubes

Blend and enjoy!

Vanilla Green Milkshake

Ingredients:

- 2 scoops vanilla protein powder
- 1-2 tbsp. chia seeds soaked in unsweetened
coconut, almond or hemp milk for 3-4 hours
- 1 banana and/or ½ avocado
- 4-6 pieces dinosaur kale (stems removed)
- Additional unsweetened coconut, almond,
or hemp milk (to desired taste/consistency)
- Handful of ice cubes

Blend and enjoy!



Rockin' Mexican Fiesta Shake

Ingredients:

- 2 scoops vanilla or chocolate protein powder
- 2 scoops fiber
- 1/2 tbsp. raw maca powder
- 1 tbsp. raw almond butter
- 1/2 banana or 1/2 cup blueberries
- Handful of parsley
- Dash or two of cinnamon
- Dash or two cayenne (to desired level of hotness)
- Pinch of Himalayan sea salt (or regular sea salt)
- Unsweetened coconut, almond, hemp milk or water (to desired taste/consistency)
- Generous portion of self-love

Do a little dance salsa dance while you blend it up, and enjoy!

Luscious Ginger Lime Shake/Mousse

Ingredients:

- 2 scoops vanilla or chocolate protein powder
- 2 scoops fiber
- 1 large apple, cored and quartered
- 1 avocado, pitted and diced
- 1 inch of ginger, peeled and minced
OR 1 tsp. ginger powder
- Juice of 1 lime
- Unsweetened coconut, almond, hemp milk
or water (to desired taste/consistency)
- Handful of ice cubes

Blend and enjoy!



Going Green Smoothie

Ingredients:

- 1 scoop vanilla or chocolate protein powder
- Unsweetened coconut, almond, hemp milk or water (to desired taste/consistency)
- 2 celery stalks
- 1/2 cucumber (peeled optional)
- 3 kale leaves (½ - 1 cups frozen or fresh)
- 1 cup spinach (or large handful)
- 1/2 avocado
- 1 inch fresh ginger root
- 1 whole lemon (peel and all – seeds removed)
- 1 tbsp. chia seeds or chia powder
- 1 tbsp. flax meal
- 1 tbsp. maca powder
- 1 tsp. Dandy Blend powder
- 1 tsp. cinnamon
- 1 scoop greens powder (i.e. Vibrant Greens)
- 5-10 drops Stevia (to taste)
- 1 cup ice

Blend and enjoy!



Starshmucks Café Mocha

Ingredients:

- 2 scoops vanilla protein powder
- 1 scoop fiber powder
- 2 cup unsweetened almond milk
- 1 cup Dandy Blend tea, chilled
- 1 cup frozen organic spinach
- 2 tbsp. raw chocolate cacao powder
- 2 tbsp. chia or flax seeds

Blend and enjoy!

Coconut Orange Julius

Ingredients:

- 2 scoops vanilla protein powder
- 1 scoop fiber powder
- 1 cup unsweetened coconut milk
- 1 orange
- 1 banana
- 1 tbsp. coconut oil
- Handful of ice cubes

Blend and enjoy!



Strawberry Thai Coconut

Ingredients:

- 2 scoops chocolate protein powder
- 1 scoop fiber powder
- Coconut meat from 1 Thai coconut
- 3/4 cup frozen strawberries
- 1 oz. goji berries
- 3/4 cup almond milk

Blend and enjoy!

Mint Chocolate Chip Smoothie

Ingredients:

- 2 scoops chocolate protein powder
- 4 oz. almond milk
- 6 oz. of filtered water
- 5-7 mint leaves
- 1 frozen or fresh banana
- 2 tbsp. chia seeds
- 1 tbsp. Cocoa nibs
- 1/4 tsp. mint extract
- 1/2 tsp. vanilla
- Handful of spinach (or kale or mixed greens)
- 1 cup ice

Blend and enjoy!



Nut Butter Smoothie

Ingredients:

- 2 scoops vanilla protein powder
- 2 scoops fiber powder
- 1/2 cup almond or coconut milk
- 1/4 cup drained silken tofu
- 1/2 frozen banana
- 1/2 cup fresh or frozen cranberries
- 1 ½ tbsp. nut butter (almond or cashew)
- 1 bunch spinach
- Ice and filtered water to consistency

Blend and enjoy!

Now it's YOUR turn... what will you create?



About Dr. Sara

Dr. Sara Gottfried, M.D. teaches women how to balance their hormones naturally so they can rock their mission. She is a Harvard-educated physician, speaker and New York Times bestselling author of *The Hormone Cure* (Simon & Schuster, 2013). She is board-certified in Obstetrics and Gynecology, and is regularly featured in magazines such as *Cosmopolitan*, *Glamour*, *Redbook*, *O Magazine*, and *Yoga Journal*, and TV including *The Ricki Lake Show* and *20/20*. Known for quoting Top 40 lyrics and effortlessly blending the seriousness of women's health with playfulness and humor, Dr. Sara's mission is to help women lose weight, feel great and vital from their cells to their soul. Learn more at www.saragottfriedmd.com

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