

Catherine's Favorite Protein Shake



In a blender, put:

½ cup frozen organic strawberries

8 ounces almond milk

5 scoops of Healthy Whey (giving you 40 grams of protein)

1 tablespoon organic coconut, shredded

1 tablespoon flaxseed, whole

Stevia to taste

Whip until smooth!

What's great about this recipe?

1. Protein.

When I am evaluating new women clients, one of the biggest mistakes I find is not enough protein first thing in the morning.

How can I tell? When I read their health assessment questionnaires, I find suppressed immune systems, for one, and a damaged metabolism that indicates my new clients have not been rebuilding – only aging fast.

I really like our Healthy Whey for lots of reasons. First, the source is free-range organic cows from New Zealand – the most pure organic protein powder on earth. Second, Healthy Whey is high in immunoglobulins that rebuild your immune system and help to heal your gut, repairing the intestinal lining to help you overcome the food sensitivities that are a common source of inflammation and unexpected weight gain.

Ladies, the first 40 grams of protein you eat every day goes to rebuild your immune system. If you are not rebuilding your immune system properly, you are not building the muscle tissue you need to look lean or the glossy hair you want to look gorgeous.

2. Real carbohydrates.

I choose organic strawberries as a low glycemic carbohydrate that's high in vitamin C.

3. The fats you need.

And it's a little known fact that protein is best absorbed when included with healthy fats, so I add coconut and flaxseed.

Coconut is one of my favorite fats because it's burned for energy and can increase your metabolic rate.

Flaxseed may be a girl's best friend. It kills cancer cells and pulls out the bad estrogens that lead to breast cancer.

4. A sweetener you can live with.

To top it off, we sweeten with stevia.

Stevia is non-toxic and nutrient-rich, containing substantial amounts of calcium, phosphorus, sodium, magnesium, zinc, Vitamins A and C and over 100 phytonutrients. Stevia has been used to reduce cravings for alcohol and tobacco, to normalize blood sugar levels, and to regulate blood pressure. According to research conducted at The Hiroshima University School of Dentistry and the Purdue University Dental Research Group, Stevia retards the formation of plaque and suppresses the growth of cavity-causing bacteria.