

### **Brain Boost Shake**

*Energize your brain activity with this revitalizing shake!*

1 teaspoon Genuine Norwegian Cod Liver Oil  
½ teaspoon Brain Vitale powder  
1 scoop Strawberry PaleoMeal  
½ cup frozen berries  
4-8 oz pure, filtered water

### **Gut Healing Formula Shake**

*This fresh-tasting formula contains nutrition for supporting the gastrointestinal tract!*

1-2 scoops Vanilla PaleoMeal  
1-2 teaspoons Glutamine powder  
1 teaspoon Genuine Norwegian Cod Liver Oil  
1-3 tablespoons freshly ground flaxseed meal  
1 cup applesauce

### **Orange Dreamsicle Dessert Smoothie**

16 oz. plain rice milk  
2 scoops Strawberry PaleoMeal  
1 tbsp. C+BioFizz  
3 tbsps organic plain yogurt  
Blend and Enjoy

### **Stop Cravings Shake**

*This unique shake was created for those who need extra support in controlling food cravings!*

1-2 scoops Chocolate PaleoMeal  
½ teaspoon Tyrosine powder  
1 teaspoon Glutamine powder  
4-8 oz pure spring water  
4 oz ice

### **Strawberry Banana Post Workout Recovery Shake**

*Enjoy this after your workout to replenish lost nutrients and optimize the benefits of your workout routine!*

1-2 scoops Strawberry PaleoMeal  
½ cup frozen banana chunks  
4-8 oz pure, filtered water  
1 teaspoon Glutamine powder  
½ teaspoon Phosphatidyl Serine powder  
½ teaspoon Carnitine Tartrate powder