



A Passion for PaleoMeal

We absolutely love PaleoMeal for its high quality whey protein, which contains no additives, no hormones (rBGH and rBST), and no genetically modified organisms (GMOs). It's rich in protective, immune-boosting lactoferrin and immunoglobulins and devoid of any pesticides or chemicals. You get pure powdered nutrition without artificial colorings or sweeteners that makes fantastic smoothies. Following are some power-packed, great-tasting PaleoMeal shakes and recipes for your palate and for your optimal wellness.

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

Cristiana's Nutella Blend

We think you'll go nuts for nutrition after tasting this delicious spread. Try it on apple slices!

- Add 1 tablespoon water to
- 2 tablespoons Chocolate PaleoMeal until it looks like chocolate sauce (~ 5sec)
- Mix in 1 tablespoon almond butter & enjoy
- Ground flaxseeds (optional)

Detox Shake

This is ideal for those needing support with detoxification!

- 1 tablespoon Raspberry MSM
- 1 tablespoon PaleoGreens
- 1-2 scoops Strawberry PaleoMeal
- 1 teaspoon Taurine powder
- 1-3 tablespoons freshly ground flaxseed meal
- 4-8 oz. pure, filtered water
- 4 oz. ice

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

PB and J

A unique version of a classic!

- Warm frozen strawberries in their own juice (no sugar added)
- Stir in Vanilla or Strawberry PaleoMeal
- Swirl in 1 tablespoon natural peanut butter
- Add xylitol for sweetness if desired

Power Oatmeal

Take your oatmeal from plain to powerful with this recipe!

- To one cup of long cooking oatmeal add:
- 1 scoop Vanilla or Strawberry PaleoMeal
- 1 tablespoon freshly chopped raw nuts
- ½ cup berries
- Xylitol, cinnamon, and/or vanilla extract to taste

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

