



Protein Shake

1. Water (cold or with an ice cube) or coconut milk or almond milk
2. 2 Scoops **Organic PurePea™ Plus** or **Whole Body Collagen** from Designs for Health
 - Vegetarians: only use **Organic PurePea™ Plus**
 - Tip: alternate between protein sources
3. 1 Tbs. **KTO®-C8 100** from Designs for Health
4. 1 scoop powdered **Vitamin C + Alkalinizing Minerals** from Designs for Health (use half the amount if stools soften)
5. A few drops of organic liquid stevia extract (sweetener)

Option 1 Additions:

1. 1 scoop of organic matcha green tea powder
2. Organic powdered spices:
 - a. A few good shakes of Ceylon cinnamon
 - b. A single shake of cardamom
 - c. A few shakes of ginger

Option 2 Additions:

1. 2 heaping tablespoons organic cocoa powder

Drink in the morning for breakfast or enjoy as a mid-afternoon snack.

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