

## Breakfast Smoothie

The goal for a healthy, energy sustaining breakfast is a balance of protein, good fats and oils, fiber, and low glycemic index flavorings. This will help your body to have the energy it needs to start the day properly and maintain that energy through the morning. Below is a list of suggested ingredients, which can be custom-tailored to your individual needs. Each suggested ingredient in each category has the same basic purpose, but one may be better for you – ask Dr. Neuzil to custom tailor your breakfast smoothie for you!

### 1. Protein source:

- a. Tofu – 1/5 average package
- b. Protein powder (whey, soy, rice,) – one scoop or one measure, depending on product
- c. Specialty protein powder (Muscle tech, Ultra-Inflammex, Ultra-Dioplex etc...) – one scoop

### 2. Good Fats – 1-2 tablespoons:

- a. Fish oil
- b. Flax oil
- c. Mixed oil product
- d. Coconut oil

### 3. Fiber:

- a. Flax seeds
- b. Psyllium husk
- c. Pectin or clear fiber product

### 4. Added Nutrients:

- a. Multivitamin (Liquid or Powder)
- b. Green Powder
- c. Nutritional Yeast
- d. Wheat germ
- e. Soy Lecithin
- f. Other: \_\_\_\_\_
- g. Other: \_\_\_\_\_
- h. Other: \_\_\_\_\_

### 5. Low Glycemic Index healthy flavorings:

- a. Mixed berries (fresh or frozen) – great source of bioflavenoids
- b. Pineapple chunks (fresh or frozen) – high enzyme content food, anti-inflammatory
- c. Almond Butter – Adds good fats and protein
- d. Unsweetened cocoa – Chocolate is a great antioxidant when it's low in sugar!