21 Delicious Fat-burning SMOOTHIE RECIPES
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Breakfast is challenging for most people.
The classic options range from bacon and eggs—which can be an excellent low-carb breakfast, but who has the time?—to sugar-filled yogurts, cereals, and bagels that crash your metabolism, leave you feeling exhausted and foggy all day long, and eventually shut down fat-burning altogether.

What to do?
The answer is actually simpler (and quicker) than you might imagine. You see, my #1 daily go-to breakfast is a protein shake. Here’s why...

1. It’s easy to make.
2. It primes your metabolism.
3. It sets you up for a clear, clean pattern of eating for the day.

Equally important, when you know how to make a top-notch breakfast shake, the ingredients in it will provide the right blend of extremely high-quality protein, fat, fiber and a nice variety of important nutrients all of which are needed for healthy cells, increased fat burning and a smooth-running metabolism.

And you can make them in about 2 minutes flat.

How do you learn to make nutrition powerhouse breakfasts like these?
Simple, you just follow the recipes in this report.

The 21 delicious, protein- and fat-packed, metabolism-boosting shakes below will have your fat-burning engines humming in no time. I mean that literally—they only take a couple of minutes to make.

But they aren’t only delicious. Our team specifically designed these recipes to help you...

1. **Control Insulin and Blood Sugar.** High blood sugar and high insulin (the fat storage hormone) are the twins of fat storage. Both cause your body to keep cranking out the “fat storage” message. Both blood sugar and insulin are elevated by carbohydrates. These shakes are so low-carb they’re almost no carb. So they will keep your fat storage hormones in check.

2. **Cool Inflammation.** A diet low in sugar and starch and higher in healthy fat, protein and fiber is by definition less likely to contribute to inflammation. And remember: inflammation = less effective fat burning, not to mention a host of health problems. These shakes are not only low in carbs, they are packed the anti-inflammatory fats you need to keep your metabolism humming.

3. **Crush Cravings.** Most addictive foods are loaded with sugar and literally create their own cravings. A diet higher in protein, fat and fiber will eliminate the craving-producing foods and eliminate the blood sugar roller coaster that perpetuates those cravings. That is precisely what these recipes are designed to do. These shakes will keep you satisfied and energized until it’s lunchtime.

4. **Accelerate Fat Burning.** By balancing insulin and driving down inflammation, these shakes prime your metabolic engines so your body will start burning up the fat on your belly, butt, thighs, and more. You may see that ugly cottage cheese disappear simply by shifting from your current breakfast to the shakes in this report. Don’t believe me? Try these recipes for 7 days, and I think you’ll be pleasantly surprised.
And I’ve got to tell you these are some of the most delectable shakes I have ever tried in my life. Especially when you are using Metabolic Fuel PLUS™ in every shake!

So if you’re looking for a delicious, metabolic-boosting, fat-burning, nutrition-optimizing breakfast you’ve come to the right place.

Enjoy!
Metabolic Fuel PLUS™ Shakes
Step 1: Begin with Core Shake Ingredients

- **1 serving of Metabolic Fuel PLUS™**

- **1 Tablespoon Chia and/or Flax Seed.** This adds some healthy omega-3’s and fiber to your shake.

- **⅓ Cup (or Less) of Approved Low- to Moderate-Glycemic Fruit (Optional).** Low to moderate glycemic fruit choices include:
  - Berries (blueberries, raspberries, strawberries)
  - Cherries
  - Pear
  - Peach or Nectarine
  - Melon
  - Orange or Tangerine
  - Apple
  - Kiwi

- **4–8+ Ounces Dairy-Free Liquid.** You may use one liquid alone or a combination of two different liquids (i.e. half water and half unsweetened almond milk). Less liquid may be used if you prefer a thicker consistency shake. Add more liquid if you prefer a thinner consistency shake. Dairy-free liquid choices include:
  - Water
  - Unsweetened plain almond milk
  - Unsweetened plain coconut milk
  - Canned full-fat coconut milk
  - Chilled herbal tea

Step 2: Choose Any of the Following Smoothie Add-In Options

The add-ins will provide additional nourishment to your smoothie. Adding nutrients in the form of fiber and/or fat will help keep you satiated and satisfied for several hours!

- ½–1 ripe avocado
- Additional chia seeds (soaked or un-soaked)¹
- 1 tablespoon hemp seeds
- 1 tablespoon unsweetened coconut flakes
- 1 tablespoon melted coconut oil
- 1-2 raw pasture eggs

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¹ To soak chia seeds, in a small jar mix a few tablespoons of chia seeds into about 6 ounces of water and keep that in the fridge for about a week. The seeds will expand and gel over time—mix well to prevent clumping.
✓ ½–1 ounce nuts (i.e. almonds, cashews, walnuts) or 1 Tablespoon nut or seed butter (i.e. almond or cashew butter)
✓ 1 tablespoon flaxseed oil
✓ 1 tablespoon Barlean's Flavored Omega Swirl, any flavor (http://www.barleans.com/omega-swirl.asp)
✓ Lemon or lime rind or juice for extra flavoring
✓ 1 tablespoon cinnamon
✓ 1 scoop of Greens or Reds powder

You may also consider adding:
✓ Additional water or ice depending on how thick or thin you like your shake
✓ 1 tablespoon cocoa or cacao powder for an added chocolate flavoring
✓ Stevia or xylitol, to taste

Step 3: Blend and Enjoy!
Almond Coconut Shake

Yield: 1 Serving

Low calorie almond extract is a must to give this shake a cake-like flavor that’s irresistible. Almonds and coconut pack in plenty of fiber that helps control blood sugar to burn fat more effectively.

Ingredients
1 serving Metabolic Fuel PLUS™
⅓ cup unsweetened shredded coconut
3 tablespoons butter, room temperature
1 tablespoon chopped almonds
½ teaspoon almond extract
1 teaspoon chopped or shaved 85% chocolate

Instructions
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Apple Strudel Shake

Yield: 1 Serving

*Cinnamon, apples and walnuts make this fragrant breakfast treat smell like a freshly baked strudel. For spice lovers, add an additional pinch of ground clove or pumpkin pie spice.*

**Ingredients**

1 serving Metabolic Fuel PLUS™

- \(\frac{1}{3}\) cup chopped apple, chopped, peel on
- \(\frac{1}{2}\) cup unsweetened, plain almond milk
- \(\frac{1}{2}\) cup canned full-fat coconut milk
- 4 ice cubes
- 2 teaspoons stevia
- \(\frac{1}{2}\) teaspoon cinnamon
- 1 tablespoon chia seed
- 2 tablespoons chopped walnut
- \(\frac{1}{2}\) teaspoon vanilla extract
- Pinch of ground clove or pumpkin pie spice (optional)

**Instructions**

Place all ingredients in the blender and add approximately \(\frac{1}{2}\) a cup of water to create desired consistency. Process until smooth. Serve immediately.
Berry Breakfast Shake

Yield: 1 Serving

This may soon become one of your favorite shake recipes. The cocoa powder is rich in antioxidants and will help you with any chocolate cravings. The grass-fed butter will help keep you full until your next meal!

Ingredients
1 serving Metabolic Fuel PLUS™
6-8 ice cubes
8 ounces unsweetened almond milk or water
2 tablespoons cocoa powder (or cacao powder)
½ cup blueberries and raspberries
¼ cup almonds
½ tablespoon vanilla
¼ stick grass-fed butter
5-6 shakes cinnamon

Instructions
Place all ingredients in a blender. Blend until smooth.
Beta Beautiful Shake

Yield: 1 Serving (2 cups)

Packing in your veggies for breakfast might seem counter intuitive, but mild tasting spinach is easy to blend into this rich tasting smoothie made with pistachio nuts. Mint adds a wonderful aroma and stores well in your crisper drawer for up to one week.

Ingredients
1 serving Metabolic Fuel PLUS™
1 ½ cups spinach
¾ cup mint
3 tablespoons butter or coconut oil
2 tablespoons pistachio nuts

Instructions
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Blueberry Pie Shake

Yield: 1 Serving
This shake smells like blueberry pie cooling on a window sill but it delivers far more nutrition than any pie could. Start your day on the right “food” with fine rich almonds, good quality fats and plenty of filling protein.

Ingredients
1 serving Metabolic Fuel PLUS™
½ cup unsweetened almond milk
½ cup coconut milk
⅓ cup blueberries
4 ice cubes
2 teaspoons stevia
3 tablespoons almond butter
1 tablespoon chia seed
½ teaspoon vanilla extract or almond extract

Instructions
Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency.
Process until smooth. Serve immediately.
Carrot Spice Shake

Yield: 1 Serving
Carrots and spice are oh so nice! This shake will remind you of a dense carrot cake with the perfect mix of zesty ginger, walnuts and cinnamon. For time saving prep, peel and chop your carrots ahead of time or use pre-peeled baby carrots instead.

Ingredients
1 serving Metabolic Fuel PLUS™
½ cup full-fat canned coconut milk
¼ cup chopped carrot
1 tablespoon walnuts
2 teaspoons coconut flour
1 teaspoon chopped ginger root
1 teaspoon cinnamon

Instructions
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Cherry Amaretto Shake

Yield: 1 Serving

Almonds and cherries in this recipe taste like a cherry pie. Spinach might seem like a strange addition, but you won’t taste it and you’ll reap its nutritional benefits of fiber, folate, vitamin C and much more.

Ingredients

1 serving Metabolic Fuel PLUS™
½ cup unsweetened, plain almond milk
½ cup canned full-fat coconut milk
4 ice cubes
¼ cup cherries, fresh or frozen
¼ cup baby spinach leaves (optional)
2 teaspoons stevia
¼ teaspoon almond extract (optional)
2 tablespoon almonds, chopped
1 tablespoon ground flax seed

Instructions

Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth. Serve immediately.
Chocolate Almond Butter Shake

Yield: 1 Serving
Chocolate, almonds and butter blend together for a chocolate breakfast shake that you can make in under 5 minutes and take on the run. Shop for cocoa powder that has “unsweetened” on the box with only one ingredient listed: cocoa.

Ingredients
1 serving Metabolic Fuel PLUS™
4 teaspoons unsweetened cocoa powder
3 tablespoons butter
1 tablespoon coconut flour
1 tablespoon chopped almond
½ teaspoon vanilla extract
¼ teaspoon ground cinnamon

Instructions
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Chocolate Cashew Crunch Shake

Yield: 1 Serving

*Sweet blueberries and dark chocolate make this shake sweet and antioxidant rich. Fresh or frozen berries work equally well but frozen berries are more economical.*

**Ingredients**
- 1 serving Metabolic Fuel PLUS™
- ½ cup canned full-fat coconut milk
- 1 tablespoon unsweetened cocoa powder
- 4 ice cubes
- ⅓ cup blueberries
- 1 tablespoon ground flax or chia seeds
- 1 tablespoon cashews
- 2 teaspoons stevia

**Instructions**
Place all ingredients in the blender and add approximately ½ a cup or more of water to create desired consistency. Process until smooth. Serve immediately.
Chocolate Fudge Shake

Yield: 1 Serving

This thick, rich pudding like shake can be eaten with a spoon or blended with an additional ¼ cup water for a lighter consistency. Choose a ripe avocado that is soft to the touch, or buy harder avocados that you can ripen on your countertop for 2-3 days.

Ingredients
1 serving Metabolic Fuel PLUS™
1 ripe avocado
½ cup unsweetened almond milk
½ cup water
4 ice cubes
2 tablespoons cocoa powder
3 teaspoons stevia
½ teaspoon vanilla extract
1 tablespoon ground flaxseed

Instructions
Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency.

Process until smooth. Serve immediately.
Chocolate Hazelnut Shake

Yield: 1 Serving
Rich butter cuts the bitter bite of unsweetened cocoa powder in this Chocolate Hazelnut Shake. Chocolate lovers will savor the incredibly rich “melted” chocolate taste. If you don’t have hazelnuts, use almonds instead.

Ingredients
1 serving Metabolic Fuel PLUS™
½ cup full-fat coconut milk
2 tablespoons hazelnuts
1 tablespoon unsalted butter
4 teaspoons unsweetened cocoa powder
2 teaspoons coconut flour
½ teaspoon almond extract

Instructions
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Chocolate Red Tea Drink

Yield: 1 Serving

Missing your coffee shop mocha latte? Try this chocolaty treat that just happens to be coffee and dairy-free. It gets its rich taste from unsweetened cocoa powder, butter, and red tea. Red tea is an antioxidant rich tea leaf that turns red as it dries. Shop for red tea, also called “Rooibos” from major tea brands like Twinings, Bigelow, and Republic of Tea.

Ingredients
1 serving Metabolic Fuel PLUS™
1 ½ cups brewed red tea
2 tablespoons unsweetened cocoa powder
¼ cup unsalted butter or coconut oil
2 teaspoons stevia

Instructions
Place the protein powder, tea, cocoa powder, butter or coconut oil, and stevia in a small saucepan. Warm over medium heat 1 to 2 minutes, whisking well until the butter or oil melts and the mixture is smooth and frothy. Serve immediately.
Cinnamon Chai Shake

Yield: 1 Serving

*Chai gets its wonderful aroma from spices like cinnamon, nutmeg, and cardamom that are all rich in antioxidants. Coconut flour may seem like a strange addition to a shake but it adds sweetness and helps the butter blend up smoothly.*

**Ingredients**
- 1 serving Metabolic Fuel PLUS™
- 2 tablespoons chia seeds
- 3 tablespoons butter, room temperature
- 2 teaspoons coconut flour
- 1 teaspoon ground cinnamon
- ¼ ground clove
- Pinch nutmeg
- 1 teaspoon stevia (optional)

**Instructions**
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Lemon Kick-Starter Shake

Yield: 1 Serving

*If you’re a fan of lemony desserts, you’ll love this frothy lemon shake! It will kick-start your day with plenty of filling protein and fat.*

**Ingredients**
- 1 serving Metabolic Fuel PLUS™
- 3 tablespoons butter
- 2 tablespoons almonds or macadamia
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 2 teaspoons coconut flour

**Instructions**

Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Mojito Shake

Yield: 1 Serving

Love the burst of fresh flavor from mojitos at the local watering hole? This shake has the same flavors with plenty of protein, fiber and fat to boot. Don’t toss the leftover kiwi, peel it and transfer to a sandwich baggy to freeze for later use.

Ingredients

1 serving Metabolic Fuel PLUS™
½ cup unsweetened, plain almond milk
¼ to ½ cup fresh mint leaves
¼ cup almonds
½ cup canned full-fat coconut milk
4 ice cubes
½ kiwi, peeled
2 tablespoons chia seeds
2 teaspoons stevia

Instructions

Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth. Serve immediately.
Orange Creamsicle Shake

Yield: 1 Serving
The flavor of tangy, sweet orange with creamy coconut milk will take you back to your childhood, minus the popsicle stick. Go ahead and buy those oranges on sale because you can freeze the peeled fruit in plastic zipped bags to save time on prep.

Ingredients
1 serving Metabolic Fuel PLUS™
⅓ cup chopped orange
½ cup coconut milk
¼ cup macadamia nuts
4 ice cubes
2 teaspoons stevia
1 tablespoon chia seed
1 teaspoon vanilla extract

Instructions
Place all ingredients in the blender and process until smooth. Serve immediately.
Peachy Nutmeg Smoothie

Yield: 1 Serving

*Have a peachy breakfast that offers the warming spice of nutmeg.*

**Ingredients**
- 8 ounces chilled unsweetened almond milk
- ½ cup frozen peaches
- 1 serving Metabolic Fuel PLUS™
- ½ teaspoon nutmeg, freshly grated is best
- 1 tablespoon chia seeds
- 3 drops NuNatural vanilla stevia or stevia of choice to taste

**Instructions**
Add all ingredients to blender and blend until very smooth.
Raspberry Daiquiri Shake

Yield: 1 Serving

You’ll feel like you’re sitting at a sunny resort when you sip this festive berry shake. This daiquiri will start your day off with plenty of protein and fat to help you fuel up. Use vanilla extract for a mellower berry flavor, or almond extract if you’d like it to taste more like your favorite frozen party drink.

Ingredients
1 serving Metabolic Fuel PLUS™
½ cup unsweetened almond milk
½ cup coconut milk
⅓ cup raspberries
4 ice cubes
2 teaspoons stevia
2 tablespoons macadamia nuts (chopped)
½ teaspoon vanilla extract or almond extract
1 tablespoon Barlean’s Omega Swirl, Key Lime flavor (optional)

Instructions
Place all ingredients in the blender and add approximately ½ a cup of water to create desired consistency. Process until smooth. Serve immediately.
Raspberry Shake

Yield: 1 Serving  
*This pretty pink shake is a high fiber explosion, 18 grams in just one cup! Fiber not only boosts your ability to properly digest, but also helps to keep your blood sugar steady for higher calorie burn throughout the day.*

**Ingredients**
- 1 serving Metabolic Fuel PLUS™
- 1/3 cup frozen raspberries
- 3 tablespoons unsalted butter
- 2 tablespoons chia seeds

**Instructions**
Place all ingredients in a blender along with ½ cup water and 4 ice cubes. Blend until smooth. Serve immediately.
Shamrock Shake

Yield: 1 Serving

This bright green shake, bursting with nutrients, has a mellow flavor thanks to shredded coconut and coconut flour. Even veggie haters won’t be overwhelmed by the taste of the spinach which is also mellowed out by the coconut oil.

Ingredients

1 serving Metabolic Fuel PLUS™
½ cup spinach
¼ cup unsweetened shredded coconut
3 tablespoons coconut oil
2 teaspoons coconut flour

Instructions

Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.
Spinach Ginger Shake

Yield: 1 Serving

*Ginger perks up the flavor while adding antibacterial compounds to your shake. Shop for whole ginger root, usually located next to the onions and garlic in the produce isle.*

**Ingredients**
- 1 serving Metabolic Fuel PLUS™
- 1 cup baby spinach
- ½ cup full-fat canned coconut milk
- 2 teaspoons coconut flour
- 2 tablespoons butter
- 1 teaspoon chopped ginger root

**Instructions**
Place all ingredients in a blender along with ½ - 1 cup water and 4 ice cubes. Blend until smooth.