



Metabolic Code[®]
unlock your healthiest you

Protein Shakes with Greens

Weight Loss - **Week 5**





Protein Shakes with Greens

The Metabolic Code™ Diet (MCD) uses protein shakes as a high protein, highly nutritious breakfast option. They are handy for people on the run in the morning, because they can be mixed at home and taken with you. Hopefully you have already noticed many of the MCD shake recipes also include some type of green vegetable ingredient, like spinach. This is a great way for those struggling to eat enough vegetables to take in more, because the protein shake hides their flavor. If you are skeptical at first, just add a few leaves to start. They change the color, but not the taste.



Dietitian Talk:

- **Protein powders can be from various sources including** animal based proteins like egg, or whey proteins OR plant proteins such as brown rice, pea, hemp and pumpkin seed. The Metabolic Code Phase 1 diet uses plant protein sources, in order to avoid allergenic proteins whey, egg or soy. Every 7 grams of protein in a protein shake counts as 1 very lean protein serving. Example: 21 grams of protein divided by 7 = 3 very lean protein servings.
- **If protein powder is sweetened, make sure the sweetener is a natural source like Stevia,** monk fruit, lo han, or other natural (non-artificial) sweetener. Stevia may be written as its chemical name 'Reb A.'
- **Avoid Splenda (chemical name Sucralose).** Splenda has been linked to negative changes in intestinal bacteria that can make weight loss and maintenance more challenging. Also avoid aspartame, which is an excito-toxic blend of amino acids, linked with causing headaches in some people and may be linked to increased cancer risk. Acesulfame-K should also be avoided simply because it hasn't been tested enough.
- **Protein shakes can be frozen to make protein popsicles.**
- **Protein Powders and Chia Seeds make a great pudding.** Mix ½ cup chia seeds with 1 and ½ cup non-dairy milk and ¾ c berries (any kind) or peaches. Stir in a scoop of protein powder and 1 tsp vanilla. (A tsp of maple syrup can be added, if desired.) Allow mixture to sit for an hour. The mixture thickens to make a delicious Chia Pudding, which can be used as a dessert replacement, when you are craving something sweet.



Basic Protein Shake Ingredients:

- **8 ounces** unsweetened almond, cashew, or coconut milk, or water
- **1 serving fresh**
or frozen organic fruit or your choice
- **1 scoop protein powder**
(Phase 1 uses low allergen proteins: pea, hemp or brown rice proteins)
- **1 handful of greens** (spinach leaves, kale, mustard greens, chard etc.) (If you don't have fresh greens on hand, a dried greens powder may be used instead.)



Mix in blender with or without a few ice cubes, as desired. Use different combinations of fruits and vegetables to change the daily nutrient value and tastes.