

LIFESTYLE RECIPES

"FAST START" SOMETHING YUMMY:

(Choose one of our delicious Fast Start Beverage recipes, or create your own.)

While on your Regenr8-ive Fast, mix Fast Start Beverage with water or black coffee only.

Basic Blend:

Mix **1-2 scoops** of Fast Start Beverage with hot water, hot tea or black coffee. Stir until smooth.

For a "frothy" consistency, use a bullet blender.

"All-In" Smoothie:

6-8 oz. Vanilla Almond Milk

1/3-1/2 banana

1 scoop Optim8

2 scoops Fast Start Beverage

Add all ingredients to a blender and process until smooth.

Serve over ice.

MCT Milkshake:

8 oz almond or coconut milk

1 1/2 scoops Fast Start Beverage

1 tbsp coconut oil

1 tsp vanilla extract

5-6 ice cubes

Add all ingredients to a blender and process until smooth.

Some Like It Iced:

1 c black brewed coffee

2 scoops Fast Start Beverage

2 ounces of water or almond milk

Add all ingredients to blender and process until frothy.

Serve over ice.

Cinnamon Spiced Latte:

1 cup black brewed coffee

1 1/2 scoops Fast Start Beverage

1 tsp cinnamon.

Add all ingredients to a blender and process until frothy.

Serve hot or over ice.

Guiltless Pleasure:

8 oz. unsweetened coconut or almond milk

2 tbsp organic peanut or nut butter of choice

2 Scoops Fast Start Beverage

1 tsp cocoa powder (optional)

5-6 ice cubes

Add all ingredients to a blender and process until smooth.

OPTIM8 CREATIONS:

(Choose one of our recipes, or create your own.)

While on your Regenr8-ive Fast, mix Optim8 with water or in your soups only.

Shake & Go:

Mix **1 scoop** of Optim8 and **8-10 oz** of water or low calorie beverage of choice in a shaker cup or blender.

Greens & Proteins:

Add **1 scoop** Optim8 to your favorite protein shake recipe.

Avocado Toast:

Mix **1 scoop** Optim8 with one avocado, salt and pepper to taste.

Spread on whole grain or gluten free toasted bread.

The Creamy Blend:

1/4 avocado

2-3 ice cubes

1 scoop Optim8

6-8 oz. cold water

Add all ingredients to a blender and process until smooth.

Power Punch:

1 handful of frozen berries

1 handful of kale

1/2 banana

1 tsp of cinnamon

1 scoop chocolate protein powder

6-8 oz almond or coconut milk

1 tsp cacao nibs (optional)

1 tsp chia seeds (optional)

1 scoop Optim8

Add all ingredients to a blender and process until smooth.

Green Chunky Monkey:

1 scoop chocolate protein powder

1 scoop peanut butter powder (or **1 tbsp** nut butter of choice)

1 scoop Optim8

1/2 banana

6-8 oz. water

Add all ingredients to a blender and process until smooth.

Serve over ice.

SNACK CREATIONS FOR THE REGENR8-IVE FAST:

(Choose one of our recipes, or create your own.)

Sweet & Salty:

1/2 c berries

1/8 c pumpkin or sunflower seeds

Mix together, and enjoy!

(Add an additional vegetable of choice.)

Taste Of Fall:

Top **1/2** small green apple with **1 tbsp** Sunflower Seed Butter and a sprinkle of cinnamon

(Add an additional vegetable from approved list.)

Veggie Delight:

Sautee **1/2 c** vegetables (from approved list)

in **1 tbsp** Coconut or Avocado Oil.

Add seasonings of choice.

(Add an additional fruit from approved list.)

Spiced Pears:

1/2 pear sliced sprinkled with **2 tbsp** Hemp Seeds and cinnamon.

(Add an additional vegetable from approved list.)

Fruit & Veggie Blend:

1 c salad greens

8 chopped large olives

1/2 chopped green apple

Toss with lemon juice and seasonings of choice.

Guac Dip:

Mix **1/4 c** mashed avocado with garlic and **2 tbsp** Pico De Gallo.

Serve with **1/2 c** raw vegetables from approved list.

(Add an additional fruit from approved list.)

Taste Of Summer Salad:

1/2 c chopped cucumber

1/2 c chopped blueberries

1 tbsp chopped fresh mint

1/8 c pumpkin seeds

Mix together in a bowl, and enjoy!

Ants On A Log:

Spread **1 tbsp** Sunflower Seed Butter on **2** medium celery spears.

Top with **1/2 c** blueberries.

