

Dr. Boone's Morning Protein Shake for One

1 scoop of soy protein powder

½ cup of nonfat, low sugar vanilla yogurt

1 cup of almond milk

1 packet of VSL-3 probiotic

1 tsp. of flax seed oil

½ tsp. of ground flax seed

1 tsp. of liquid B Vitamins

1 oz. of Mona Vie (very high in antioxidants)

1 egg white

1 cup of fruit (blueberries, strawberries, raspberries, banana, etc)

¼ cup of almonds

1 oz of hard tofu (soy)

1 cup of ice

1 tbs. of calcium and vit D liquid supplement

Mix for 2 minutes in blender and enjoy!!

I get the Mona Vie off of the internet.

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All other ingredients are gotten at a grocery store.

The shake is high in calories (about 600 KCAL) but it will “hold me” for about 6 hours and seems to help to control my “cravings” all through the day.