

# Keto Paleo Meal Replacement Shakes

Here are some sample Keto Paleo Meal Replacement Shake Recipes from *Nudge Your Health, Step 2: Nourish*. Preferably start with one of the shake recipes that contains ingredients or flavors you already know you like. Once you know how to make a hormonally healthy meal replacement shake that you enjoy, you can easily drink one any time you feel the need for a quick satisfying meal. Many Nudge Healthy (NH) find them much more convenient than making whole food meals and keep hunger to a minimum while noticing significant body weight reductions. Meal replacement programs commonly use 3 shakes per day plus a vegetable based meal, but I find it best for most NH to forego the overwhelming pressure those types of programs can cause. Instead, I recommend to just view meal replacement shakes as a convenient, tasty tool and use them as you please. That could be a couple times per day or a few times per week. Visit <https://youtu.be/F7Dz3uBjCnA> for a demonstration video. The recipe instructions and demonstration video use a traditional blender, but a stick blender can also be used.

## Canned Coconut Tips

Shake canned coconut milk well before opening. You may even need to stir it in the can depending on the temperature to uniformly mix it. Using a can opener that turns the top of the can into a lid makes storing the unused portions of coconut milk in the refrigerator super convenient. If you ever open canned coconut milk, but have no plans to use the remaining amount in the next few days, consider placing it in a sealed container in the freezer to preserve freshness until you are ready to use it.

## Vanilla Cinnamon Coconut Milk Keto Shake

### Nutrition Info (per serving). Recipe Serves 1

Calories: 149	Carbs: 8 g
Fat: 10 g	Fiber: 4 g
Sat fat: 8 g	Sugar: 0 g
Cholesterol: 2 g	Protein: 9 g
Sodium: 66 mg	Calcium: 8 mg

### Ingredients

- 2 tbsp PurePaleo Protein Vanilla Flavor
- 2 tsp PaleoFiber (Unflavored and Unsweetened)
- 2 to 4 cups (16.0 to 32 fl oz) Filtered Water
- 1/2 cup to 2 cups (4.0 to 16 fl oz) Ice (Crushed Is Preferred)
- 3 tbsp (0.5 fl oz) Coconut Milk, canned
- 1/4 teaspoon (0.1 oz) Cinnamon, ground, powder

### Directions

Coconut milk may separate into liquid and semi-solid depending on temperature. Shaking or stirring the coconut may be necessary to get the full range of fats into each tablespoon. Place all ingredients except the cinnamon powder in a blender. The more water and ice added can help you feel fuller for the same number of calories consumed. Blend on low until ice is broken into small pieces and then blend on high for 1 minute. Transfer to a cup and sprinkle the cinnamon powder on top of the shake. Drink shake within 5-10 minutes for best flavor and texture.

## Vanilla Almond Avocado Oil Keto Shake

### Nutrition Info (per serving). Recipe Serves 1

Calories: 149

Fat: 9 g

Sat fat: 1 g

Cholesterol: 2 g

Sodium: 68 mg

Carbs: 7 g

Fiber: 4 g

Sugar: 0 g

Protein: 9 g

Calcium: 0 mg

### Ingredients

2 1/4 tbsp PurePaleo Protein Vanilla Flavor

2 tsp PaleoFiber (Unflavored and Unsweetened)

2 to 4 cups (16.0 to 32 fl oz) Filtered Water

1/2 cup to 2 cups (4.0 to 16 fl oz) Ice (Crushed Is Preferred)

2 tsp (0.3 fl oz) Avocado Oil

1/2 tsp (0.1 oz) Pure Almond Extract

### Directions

Avocado oil is anti-inflammatory due to the heart-healthy oleic acid, a monounsaturated omega-9 fatty acid. Place all ingredients in a blender. The more water and ice added can help you feel fuller for the same number of calories consumed. Blend on low until ice is broken into small pieces and then blend on high for 1 minute. Transfer to a cup and enjoy. Drink shake within 5-10 minutes for best flavor and texture.

## Chocolate Banana Walnut Oil Keto Shake

### Nutrition Info (per serving). Recipe Serves 1

Calories: 149

Fat: 10 g

Sat fat: 1 g

Cholesterol: 2 g

Sodium: 70 mg

Carbs: 7 g

Fiber: 5 g

Sugar: 0 g

Protein: 11 g

Calcium: 0 mg

### Ingredients

2 1/2 tbsp PurePaleo Protein Chocolate Flavor

2 tsp PaleoFiber (Unflavored and Unsweetened)

2 to 4 cups (16.0 to 32 fl oz) Filtered Water

1/2 cup to 2 cups (4.0 to 16 fl oz) Ice (Crushed Is Preferred)

2 tsp (0.3 fl oz) Walnut Oil

1/2 tsp (0.1 oz) Pure Banana Extract

### Directions

Place all ingredients in a blender. The more water and ice added can help you feel fuller for the same number of calories consumed. Blend on low until ice is broken into small pieces and then blend on high for 1 minute. Transfer to a cup and enjoy. Drink the shake within 5-10 minutes for the best flavor and texture.