

Low Carb Paleo Meal Replacement Shakes

Here are some sample Paleo Meal Replacement Shake Recipes. These shakes are low in net carbohydrates because of their fiber content, but not as low as the Keto Paleo Shake recipes. Net carbohydrates are carbohydrate amounts minus the amount of fiber and affect blood sugar and insulin more than other macronutrients. 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 and anti-inflammatory 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 Paleo Shake

Nutrition Info (per serving using VegeMeal). Recipe Serves 1

Calories: 154	Carbs: 15 g
Fat: 6 g	Fiber: 8 g
Sat fat: 5 g	Sugar: 3 g
Cholesterol: 0 g	Protein: 17 g
Sodium: 303 mg	Calcium: 71 mg

Ingredients

- 1 scoop Pure PaleoMeal or VegeMeal Vanilla Flavor Powder
- 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)
- 1.5 tbsp (0.75 fl oz) Coconut Milk, canned
- 1/4 teaspoon 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. 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.

Triple Berry Avocado Oil Paleo Shake

Nutrition Info (per serving). Recipe Serves 1

Calories: 159	Carbs: 13 g
Fat: 10 g	Fiber: 5 g
Sat fat: 1 g	Sugar: 5 g
Cholesterol: 0 g	Protein: 8 g
Sodium: 150 mg	Calcium: 40 mg

Ingredients

1/2 scoop VegeMeal Berry Flavor Powder
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)
1/2 cup (2.6 oz or 75 g) triple berry blend, frozen
2 tsp avocado oil

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. Blend on low until ice is broken into small pieces and then blend on high for 1 minute. The more powerful the blender, the more the berries' seeds will be broken down. Transfer to a cup and drink the shake within 5-10 minutes for the best flavor and texture.

Chocolate Orange Olive Oil Paleo Shake

Nutrition Info (per serving using VegeMeal). Recipe Serves 1

Calories: 160	Carbs: 16 g
Fat: 8 g	Fiber: 6 g
Sat fat: 1 g	Sugar: 10 g
Cholesterol: 0 g	Protein: 9 g
Sodium: 150 mg	Calcium: 68 mg

Ingredients

1/2 scoop Pure PaleoMeal or VegeMeal Chocolate Flavor Powder
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)
1 small, 2-3/8" dia (3.4 oz) orange
1 1/2 tsp olive oil

Directions

California produced and packaged olive oil is recommended. See New York Times' infographic Extra Virgin Suicide. Place all ingredients in a blender. Blend on low until ice is broken into small pieces and

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then blend on high for 1 minute. Transfer to a cup and drink the shake within 5-10 minutes for the best flavor and texture.