

# DR SARA'S HORMONE RESET SHAKE GUIDE

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Hello, there, fellow health seeker! You've found your friendly, neighborhood doctor—and I'm here to upgrade your health with at least one detoxifying, hormone-fixin' shake per day.

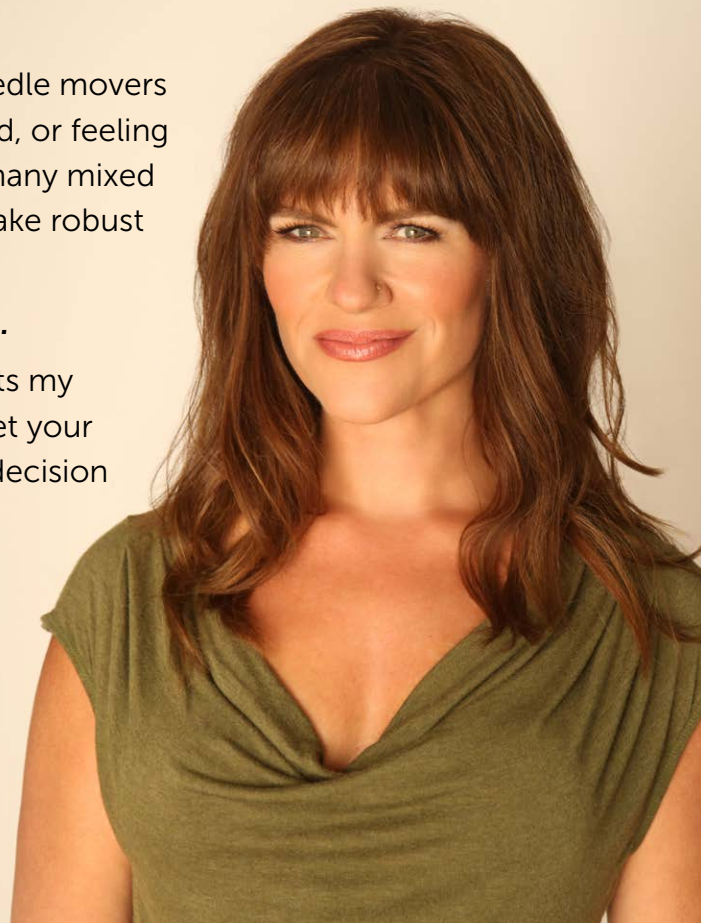
I imagine you are wondering what the simplest needle movers are when it comes to losing weight, boosting mood, or feeling more energized. We live in a world that's got too many mixed messages when it comes to health, so I want to make robust health not only achievable for you, but easy peasy.

**Here's my favorite tip: Start your day with a shake.**

I start my day with a Dr. Sara Shake because it resets my most important metabolic hormones. My shakes set your metabolic tone for the day; that is, they make the decision to burn fat instead of storing fat at your waist.

I'll take it even further. When my blood sugar is stable for hours after drinking my shake, I make smarter, protein-shake decisions each day, and they can do the same for you.

Learn more at [www.saragottfriedmd.com](http://www.saragottfriedmd.com).



## It all begins with yummy, nourishing ingredients....

The 12 recipes in this guide are just a starting point to help get your creative juices flowing. There are countless ingredients you can mix together to create delicious shakes that heal your gut, support regular bowel movements, and give you that verve that's been missing in your life.

Your first step is to follow my chart for the three key components of a Dr. Sara shake. Choose at least one item from each column, add to your blender, and let it whirl!

Liquid (8 ounces)	Protein (20-30 grams)	Fiber (5-20 grams)
Filtered water	Dr. Sara's Hormone Balancing Shake (2 scoops)	Dr. Sara's Hormone Balancing Fiber
Organic unsweetened coconut milk	Almond butter	2-3 tablespoons of soaked chia seeds
Organic unsweetened almond milk	Hemp seeds	2-3 tablespoons of freshly ground flax seeds
Organic unsweetened hemp milk	Alternative protein powder <sup>1</sup>	½ cup of greens (fresh or frozen, such as kale, chard, spinach) or powdered greens

Optional ingredients include:

- ½ avocado
- 1 tablespoon of maca powder
- 1 tablespoon of raw cacao
- ice (made from filtered water)
- herbal seasonings such as ginger, cardamom, parsley, cilantro

<sup>1</sup>Make sure that your protein powder doesn't contain more than 5 grams of sugar, and is completely free from dairy, gluten and soy. Avoid any protein powder with artificial flavors, colors or sweeteners (such as aspartame or sucralose). Avoid whey because it can raise insulin and is often mass produced with added preservatives, sweeteners, and artificial flavors.

# Start your blender, and let's make magic!

## Weight-Loss Shake

### Ingredients:

- 2 scoops vanilla or chocolate [protein powder](#)
- 2 scoops [fiber](#)
- 1/3 cup frozen berries
- 2 handfuls chopped kale or spinach
- Filtered water to desired taste/consistency
- Handful of ice cubes

**Blend and enjoy!**

## “PB & J” Shake

### Ingredients:

- 2 scoops vanilla or chocolate [protein powder](#)
- 2 scoops [fiber](#)
- 1 banana and/or 1/2 avocado
- 1/2 cup frozen strawberries
- 1 tbsp. natural peanut, almond or cashew butter
- Unsweetened coconut, almond, or hemp milk (to desired taste/consistency)
- Handful of ice cubes

**Blend to desired consistency.**



## Decadent “Chocolate Milkshake”

### Ingredients:

- 2 scoops vanilla [protein powder](#) +  
1 tbsp. raw cacao powder  
OR 2 scoops chocolate [protein powder](#)
- 2 scoops [fiber](#)
- 1 banana and/or ½ avocado
- Unsweetened coconut, almond,  
or hemp milk (to desired  
taste/consistency)
- Handful of ice cubes

**Blend to desired consistency.**

## Vanilla Green Milkshake

### Ingredients:

- 2 scoops vanilla [protein powder](#)
- 1-2 tbsp. chia seeds soaked in unsweetened  
coconut, almond or hemp milk for 3-4 hours
- 1 banana and/or ½ avocado
- 4-6 pieces dinosaur kale (stems removed)
- Additional unsweetened coconut, almond,  
or hemp milk (to desired taste/consistency)
- Handful of ice cubes

**Blend to desired consistency.**



## Rockin' Mexican Fiesta Shake

### Ingredients:

- 2 scoops vanilla or chocolate [protein powder](#)
- 2 scoops [fiber](#)
- 1/2 tbsp. raw maca powder
- 1 tbsp. raw almond butter
- 1/2 banana or 1/2 cup blueberries
- Handful of parsley
- Dash or two of cinnamon
- Dash or two cayenne (to desired level of hotness)
- Pinch of Himalayan sea salt (or regular sea salt)
- Unsweetened coconut, almond, hemp milk or water (to desired taste/consistency)
- Generous portion of self-love

**Do a little salsa dance while you blend it up, and enjoy!**

## Luscious Ginger Lime Shake/Mousse

### Ingredients:

- 2 scoops vanilla or chocolate [protein powder](#)
- 2 scoops [fiber](#)
- 1 large apple, cored and quartered
- 1 avocado, pitted and diced
- 1 inch of ginger, peeled and minced  
OR 1 tsp. ginger powder
- Juice of 1 lime
- Unsweetened coconut, almond, hemp milk or water (to desired taste/consistency)
- Handful of ice cubes

**Blend to desired consistency.**



## Going Green Smoothie

### Ingredients:

- 1 scoop vanilla or chocolate [protein powder](#)
- Unsweetened coconut, almond, hemp milk or water (to desired taste/consistency)
- 2 celery stalks
- 1/2 cucumber (peeled optional)
- 3 kale leaves (1/2 - 1 cups frozen or fresh)
- 1 cup spinach (or large handful)
- 1/2 avocado
- 1 inch fresh ginger root
- 1 whole lemon (peel and all – seeds removed)
- 1 tbsp. chia seeds or chia powder
- 1 tbsp. flax meal
- 1 tbsp. maca powder
- 1 tsp. Dandy Blend powder
- 1 tsp. cinnamon
- 1 scoop greens powder (i.e. Vibrant Greens)
- 5-10 drops Stevia (to taste)
- 1 cup ice

**Blend to desired consistency.**



## Café Mocha

### Ingredients:

- 2 scoops vanilla [protein powder](#)
- 1 scoop [fiber powder](#)
- 2 cup unsweetened almond milk
- 1 cup Dandy Blend tea, chilled
- 1 cup frozen organic spinach
- 2 tbsp. raw chocolate cacao powder
- 2 tbsp. chia or flax seeds

**Blend to desired consistency.**

## Coconut Orange Julius

### Ingredients:

- 2 scoops vanilla [protein powder](#)
- 1 scoop [fiber powder](#)
- 1 cup unsweetened coconut milk
- 1 orange
- 1 banana
- 1 tbsp. coconut oil
- Handful of ice cubes

**Blend to desired consistency.**



## Strawberry Thai Coconut

### Ingredients:

- 2 scoops chocolate [protein powder](#)
- 1 scoop [fiber powder](#)
- Coconut meat from 1 Thai coconut
- 3/4 cup frozen strawberries
- 1 oz. goji berries
- 3/4 cup almond milk

**Blend to desired consistency.**

## Mint Chocolate Chip Smoothie

### Ingredients:

- 2 scoops chocolate [protein powder](#)
- 4 oz. almond milk
- 6 oz. of filtered water
- 5-7 mint leaves
- 1 frozen or fresh banana
- 2 tbsp. chia seeds
- 1 tbsp. Cocoa nibs
- 1/4 tsp. mint extract
- 1/2 tsp. vanilla
- Handful of spinach (or kale or mixed greens)
- 1 cup ice

**Blend to desired consistency.**



## Nut Butter Smoothie

### Ingredients:

- 2 scoops vanilla [protein powder](#)
- 2 scoops [fiber powder](#)
- 1/2 cup almond or coconut milk
- 1/4 cup drained silken tofu
- 1/2 frozen banana
- 1/2 cup fresh or frozen cranberries
- 1 1/2 tbsp. nut butter (almond or cashew)
- 1 bunch spinach
- Ice and filtered water to consistency

**Blend to desired consistency.**

## Ginger Green

### Ingredients:

- 1 cup organic berries
- 2 cups organic spinach
- 1/4 inch piece of fresh gingerroot
- 1 serving of Dr. Sara's [protein powder](#)
- 1 cup water

**Blend to desired consistency.**



## Tropical Green

### Ingredients:

- 3 cups organic spinach
- 1 frozen, ripe banana
- 1 orange (peeled, seeded)
- 1 cup pineapple
- 1 serving of Dr. Sara's [protein powder](#)
- 1 cup water

**Blend to desired consistency.**

## Berry Green

### Ingredients:

- ½ pint organic strawberries
- 1 ripe banana
- ½ avocado
- 3 leaves of kale
- 1 serving of Dr. Sara's [protein powder](#)
- 1 cup water

**Blend to desired consistency.**



## Apple Pie

### Ingredients:

- 1 apple
- ½ frozen banana
- ½ tsp. ground cinnamon
- ¼ tsp. ground nutmeg
- 2 tbsp. unsalted, raw pecans
- 1 serving of Dr. Sara's [protein powder](#)
- 1 cup water

**Blend to desired consistency.**

## S.W.A.K. (Smoothie with Avocado and Kiwi)

### Ingredients:

- ¼ avocado
- 1 kiwi
- ½ banana
- 2 cups organic spinach
- 1 serving Dr. Sara's [protein powder](#)
- 1 cup water

**Blend to desired consistency.**



FRUCTOSE CHART				
Fruit	Serving Size	Total fructose (g)	Total carbs (g)	Fiber (g)
Apple	1 medium	10.7	25	4.4
Apricots, fresh	1 medium	1.4	4	0.7
Apricots, dried	1/4 cup	5.3	2	0.3
Avocado	1 medium	0.3	17	13.5
Banana	1 medium	7.1	27	3.1
Blackberries	1 cup	3.5	14	7.6
Blueberries	1 cup	7.4	21	3.6
Cantaloupe	1 cup, diced	6.3	12.7	1.4
Cherries, sweet	1 cup	7.5	22	2.9
Cherries, sour	1 cup	4.0	13	1.6
Dates	3	23	54	4.8
Figs, fresh	3	4.5	29	4.4
Grapefruit	1/2 medium	3.7	10	1.4
Grapes	1 cup	12.4	27	1.4
Honeydew melon	1 cup	7.1	15	1.4
Kiwifruit	1 medium	3.1	10.1	2.1
Mango	1/2 medium	13.7	25	2.7
Nectarine	1 medium	5.4	15	2.4
Orange	1 medium	6.0	15	3.1
Papaya	1 cup, diced	5.4	16	2.5
Passion fruit	1 medium	0.9	4.2	1.9
Peach	1 medium	5.9	14	2.2
Pear	1 medium	11.8	28	5.5
Pineapple	1 cup, chunks	8.4	22	2.3
Plum	1	2.6	8	0.9
Pomegranate	1	13.8	53	11.3
Prunes	1/4 cup or 4-5 fruit	5.4	28	3.1
Raisins	1/4 cup or 70 raisins	10.8	29	1.3
Raspberries	1 cup	3.0	15	8.0
Strawberries	1 cup, whole	3.8	11	2.9
Tomato	1 medium	1.7	5	1.5
Watermelon	1 cup, diced	6	12	0.6

# Now it's YOUR turn... what will you create?

## About Dr. Sara

Sara Gottfried, MD is the *New York Times* bestselling author of *The Hormone Cure* and *The Hormone Reset Diet*. After graduating from Harvard Medical School and MIT, Dr. Gottfried completed her residency at the University of California at San Francisco. She is a board-certified gynecologist who teaches natural hormone balancing in her novel online programs so that women can lose weight, detoxify, and slow down aging. Dr. Gottfried lives in Berkeley, CA with her husband and two daughters. Learn more at [www.saragottfriedmd.com](http://www.saragottfriedmd.com).



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