

NUTRITIONAL SHAKES

My belief and experience is that if you get to start your day with a nutritious shake, which happens to taste great as well, not only are you getting a great hit of nutrients early on, but you will more likely eat more healthily for the rest of the day.

These shakes are very filling too which should help prevent the mid morning cravings. They are easy to mix together with water, almond milk or coconut water (or in with a smoothie) so there's no excuse to miss breakfast (if you're in a hurry, mix it up in a sports bottle and take it with you).

It's important to have a decent blender that can break down any fruit/veg you're putting in and also to avoid the powdery texture you can get when it's not blended properly. See the Shopping Guide for equipment recommendations, but if you're short on time, a NutriBullet would be a great thing to invest in.



1. Plant based protein powder

I use a plant based protein instead of whey protein just because we are dairy free for the first 2 weeks and some people can be sensitive to whey. It's also suitable for vegans. This is my recommended brand: [Vivo Perform](#) (lots of delicious flavours!). Use code [happyhormones10](#) for a discount on your first order.

If you are sourcing your own brand, look for a good quality organic pea or hemp based protein powder.

2. A super green powder

I love adding a green powder in to my smoothies for a huge nutrient hit. This one is my recommended brand as it's packed full of amazing superfoods and is great value: [TerraNova Life Drink](#) (*this product is naturally gluten free but not suitable for those with Celiac disease as there may be some contamination with gluten products*).

If you are sourcing your own brand, look for a good quality supergreen formula with no added sugar, preservatives or flavour.

If you are ordering from the Natural Dispensary, please check shipping destinations. And feel free to use my code [NJW010](#) for a 10% discount.