

Fun, Delicious and Extra Nutritious PaleoMeal Recipe Ideas

PaleoMeal is whey more than a mere shake mix - with its organic whey from grass-fed cows, MCTs, glutamine, flaxseed meal, phosphatidyl choline and a rich blend of other nutrients it is truly a medicinal food. Try these ideas to deliciously integrate it into your daily diet.

Basic Shake

2 scoops PaleoMeal (either vanilla or chocolate)

10 oz. ice

8 oz. water

Blend in a blender until creamy and smooth

Great tasting additions to either flavor of PaleoMeal Shake:

3-5 tsp Raspberry MSM

Cinnamon powder

1/2 cup frozen berries

1-3 tbsp freshly-ground flaxseed meal (makes shake thick)

1 tsp no sugar added vanilla extract

1-2 tsp Xylitol powder

Replace water with unsweetened coconut milk or decaf organic coffee. It's also great to add some extra glutamine powder (1-3 tsp) and 1 tbsp Phosphatidyl Choline and 1/4 tsp of Phosphatidyl Serine to your shake.

Great Gut Support

1 cup organic unsweetened applesauce

1-3 tbsp freshly ground flaxseed meal

1 scoop vanilla PaleoMeal

1 tbsp Glutamine powder

1/2 to 1 tsp Xylitol

Power Oatmeal

1 cup steel-cut oats or other long-cooking whole grain cereal

1/4 cup blueberries

after cooking, add 1 scoop vanilla PaleoMeal and 1 tsp Xylitol powder and top with 1 tbsp chopped nuts

Power Cookies

Replace 1/2 cup flour with 1/2 cup vanilla PaleoMeal

Berry Compote

Warm up 1 cup frozen berries

Top with this mixture:

1 scoop vanilla PaleoMeal, 1 tsp Xylitol powder, 1 tbsp raw chopped nuts

Yogurt Enhancer

Add either flavor PaleoMeal to yogurt.

Cottage Cheese Parfait

Top 1 cup of cottage cheese with 1/2 cup berries and a blend of 1 scoop vanilla PaleoMeal and 1 tbsp of freshly-ground flaxseed meal or raw chopped nuts

Frozen Cappuccino

2 scoops chocolate PaleoMeal

4 oz. decaf coffee

1 cup ice

1 tsp. cinnamon powder

Blend in blender until smooth and creamy and enjoy!



A Passion for PaleoMeal

We absolutely love PaleoMeal for its high quality whey protein, which contains no additives, no hormones (rBGH and rBST), and no genetically modified organisms (GMOs). It's rich in protective, immune-boosting lactoferrin and immunoglobulins and devoid of any pesticides or chemicals. You get pure powdered nutrition without artificial colorings or sweeteners that makes fantastic smoothies. Following are some power-packed, great-tasting PaleoMeal shakes and recipes for your palate and for your optimal wellness.

Brain Boost Shake

Energize your brain activity with this revitalizing shake!

- 1 teaspoon Genuine Norwegian Cod Liver Oil
- ½ teaspoon Brain Vitale powder
- 1 scoop Strawberry PaleoMeal
- ½ cup frozen berries
- 4-8 oz pure, filtered water

Cristiana's Nutella Blend

We think you'll go nuts for nutrition after tasting this delicious spread. Try it on apple slices!

- Add 1 tablespoon water to
- 2 tablespoons Chocolate PaleoMeal until it looks like chocolate sauce (~ 5sec)
- Mix in 1 tablespoon almond butter & enjoy
- Ground flaxseeds (optional)

Detox Shake

This is ideal for those needing support with detoxification!

- 1 tablespoon Raspberry MSM
- 1 tablespoon PaleoGreens
- 1-2 scoops Strawberry PaleoMeal
- 1 teaspoon Taurine powder
- 1-3 tablespoons freshly ground flaxseed meal
- 4-8 oz. pure, filtered water
- 4 oz. ice

Gut Healing Formula Shake

This fresh-tasting formula contains nutrition for supporting the gastrointestinal tract!

- 1-2 scoops Vanilla PaleoMeal
- 1-2 teaspoons Glutamine powder
- 1 teaspoon Genuine Norwegian Cod Liver Oil
- 1-3 tablespoons freshly ground flaxseed meal
- 1 cup applesauce

Orange Dreamsicle Dessert Smoothie

- 16 oz. plain rice milk
- 2 scoops Strawberry PaleoMeal
- 1 tbsp. C+BioFizz
- 3 tbsps organic plain yogurt
- Blend and Enjoy

PB and J

A unique version of a classic!

- Warm frozen strawberries in their own juice (no sugar added)
- Stir in Vanilla or Strawberry PaleoMeal
- Swirl in 1 tablespoon natural peanut butter
- Add xylitol for sweetness if desired

Power Oatmeal

Take your oatmeal from plain to powerful with this recipe!

- To one cup of long cooking oatmeal add:
- 1 scoop Vanilla or Strawberry PaleoMeal
- 1 tablespoon freshly chopped raw nuts
- ½ cup berries
- Xylitol, cinnamon, and/or vanilla extract to taste

Stop Cravings Shake

This unique shake was created for those who need extra support in controlling food cravings!

- 1-2 scoops Chocolate PaleoMeal
- ½ teaspoon Tyrosine powder
- 1 teaspoon Glutamine powder
- 4-8 oz pure spring water
- 4 oz ice

Strawberry Banana Post Workout Recovery Shake

Enjoy this after your workout to replenish lost nutrients and optimize the benefits of your workout routine!

- 1-2 scoops Strawberry PaleoMeal
- ½ cup frozen banana chunks
- 4-8 oz pure, filtered water
- 1 teaspoon Glutamine powder
- ½ teaspoon Phosphatidyl Serine powder
- ½ teaspoon Carnitine Tartrate powder

