

Shakes by Dr. Clyde

For a veggie shake use the below as a guide for how much (by volume of the total shake) to make from the various vegetable sources. Add cut up fruit and/or tomato first plus some water so it will blend.

| | Coarse | Semi Coarse | Consumability | Highest Phytos |
|--------------------------------|--|---|--|---|
| For blending i.e. shake | <p>½ volume of any one or more of the following:</p> <ul style="list-style-type: none"> • Dinosaur kale • Purple kale • Regular kale • Chard • Greens (from beets, etc) • Red cabbage • Parsley • Celery | <p>¼- ½ volume:</p> <ul style="list-style-type: none"> • Spinach • Radish • Beets • Red bell pepper | <p>Fluidity</p> <ul style="list-style-type: none"> • Tomato <p>Flavor/Fluidity</p> <ul style="list-style-type: none"> • Fruit juice <p>Flavor</p> <ul style="list-style-type: none"> • Any fruit • Fennel • Anise • Mint leaves | <ul style="list-style-type: none"> • Raw whole wheat grass • Packet green or white tea • Cinnamon • Cocoa |

For a shake that is a complete meal, use the simple or complex breakfast shake (can be used any time of the day) below. Drink in 2 or more increments (not all at once).

| Unsaturated Fat | Protein | Produce | Starch |
|--|----------------------------|--|--|
| Clyde's simple breakfast shake 400 Cal consume over 2 hours: 1 Tbsp PB | 1.5 cups milk | Greens*, 1 red apple, 1/2 cup berries | 1/3 cup raw oats |
| Clyde's complex breakfast shake 600 Cal consume over 3 hours: 1 Tbsp PB, 1 Tbsp ground flax | 1 cup milk ½ cup yogurt | Greens*, 1 red apple or a medium banana, ½ cup berries, 1 green tea bag, 1/4 cup raw wheat grass, ¼ pomegranate if in season, cinnamon | ½ cup grain mixture (oats by itself or with flakes of amaranth, quinoa, barley, rye) |
| Ultimate Shake | | Add some of veggie shake | |