

## Conscious Essentials Recipes

Conscious Essentials comes in natural, vanilla, strawberry and chocolate flavors. The flavored formulas are recommended for children or for clients requiring some variety due to the many doses daily for a chronic condition. Those needing to avoid whey products will want the natural formula. To gain weight, use the flavored formulas. To lose weight, take the natural formula.

### Recipe Ideas

#### Simple Low Calorie Drink

In a shaker add 6-8 ounces of lukewarm purified water, up to 2 scoops of Conscious Essentials (natural), 1 heaping tsp. of Raw Greens (Ormus or Vitamineral), (optional – 1 tsp. Chia Seeds). Cover and shake well. Drink with recommended amount of Cod Liver Oil capsules.

#### Smoothies

In a blender add one of the following liquids to desired consistency:

Purified water, coconut water, coconut milk, almond milk, raw milk or cream, unsweetened fruit juices. Can also add ice cream or coconut ice cream if weight is not an issue. (Do not use any soy products)

Next, add fruit either frozen or fresh. Some options are, apples, bananas, peaches, pears, blueberries, strawberries, raspberries, cherries, pomegranate seeds, pineapple, papaya, melons and mangoes.

Add Conscious Essentials and blend. Drink and take with Cod Liver Oil capsules. Do not add Cod Liver Oil to the shake, as it is fish oil and it will not taste very good.

#### Other Ideas:

Mix into one of the following as a pudding:

Organic Applesauce

Dish of Ice Cream

Greek Style Yoghurt (sweeten with raw honey or fresh fruit)

#### Additional Notes:

- While increasing servings you may need to take the shake 3 times daily. It is best to not take more than 2 servings at one time.
- If you have any stomach discomfort or nausea, be sure to follow-up the dietary supplements with food. Contact your Conscious Essentials advisor to review your diet.
- Very few people experience stomach or stool discomfort. Start slow with one serving and the next day increase to 2 servings daily. If there is no discomfort keep increasing. Most people have no problem up to 3 servings.
- Some people put the entire day's amount of Conscious Essentials in the blender to make a shake. Keep the shake refrigerated and drink throughout the day. It may thicken or separate if it sits too long, simply blend or stir it again.
- **IMPORTANT:** Keep a log to help you determine which foods agree or disagree with you, then avoid the foods that disagree. Be careful to watch digestive reactions, even though most people do not have any adverse effects. If you experience any symptoms, please contact your Conscious Essentials advisor to help determine the cause and solve the problem.