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# METABOLISM RESET DIET

Smoothie Recipe Book

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*To fast track your waist loss reset, use the Daily Reset Shake with 16+ oz cold water. Try sprucing it up with some flavor additives like hazelnut extract, almond extract, orange extract, you name it! You can also try some of these delicious recipes. I've organized them so those trying to lose weight should stick to the breakfast and lunch recipes. For an occasional treat to satisfy your sweet tooth or if you're at your goal weight and would like to spruce up your maintenance shake, try the dessert recipes! Enjoy!*

# DON'T HAVE DR. CHRISTIANSON'S SHAKE?

All the recipes are for 1 serving. Each shake is a meal replacement, not a snack. Use these smoothie recipes for breakfast or lunch only. For dinner you will need to eat a lean and green meal following the guidelines for the Metabolism Reset Diet.

For smoothie recipes use Dr. Christianson's Daily Reset Shake. If you don't have that available in your country, you need to use 20+ grams of protein + resistant starch + fats as a replacement.

## 20+ GRAMS OF PROTEIN

- Pea protein
- Blended vegetable protein
- Hydro beef protein
- Liquid egg whites (not raw)
- Soy protein

## RESISTANT STARCH

- ¼ cup Green Banana Flour
- ½ ripe, organic banana WITH peel
- ¼ cup white beans (navy, great northern, or cannellini)

## FATS

*(use 1/2 - 1 tablespoon of one of the following):*

- Sunflower seeds
- Flax seeds
- Chia seeds
- Hemp seeds
- Sesame seeds





BREAKFAST



# PEPPERMINT “CHOCOLATE” SMOOTHIE

This recipe is simple and delicious. It tastes like a milkshake!

## INGREDIENTS

- 2 scoops of Dr. Christianson’s Daily Reset Shake
- 2-3 cups of water
- 1 tsp carob powder
- 2-3 drops peppermint extract
- Grated nutmeg to garnish

## DIRECTIONS

1. Blend everything except the nutmeg until smooth.
2. Pour into a tall glass.
3. Then shave part of a whole nutmeg and garnish the top.

*\*Hint: a little nutmeg goes a long way*



# MUG 'O HOT CHOCOLATE

BY: TERRY B.

This is a great alternative to the sugar loaded hot chocolate that the kids will love too! Thank you for sharing Terry.

## INGREDIENTS

- 2 scoops Daily Reset Shake
- 2 cups hot water
- 1 tsp carob powder
- Optional: cinnamon

## DIRECTIONS

1. Blend 1 minute or until smooth and frothy.
2. Serve in large mug.





# ICED FRAPPUCCINO

For those times you are missing coffee, this is a fun way to replace it while getting your protein.

## INGREDIENTS

- 2 scoops of Daily Reset Shake
- 2 tbsp coffee substitute like Coffig, roasted dandelion root (tea), chaga mushroom, or reishi
- 2 cups water
- 1 tsp cinnamon
- 1 tsp carob powder
- 1 cup ice

## DIRECTIONS

1. Mix for 3-5 minutes on high speed.

You can do a hot version of this using hot water and no ice cubes.







# GREEN BANANA NUT SMOOTHIE

## INGREDIENTS

- 2 scoops of Daily Reset Shake
- 2 cups Water
- 2-3 ice cubes
- 2-3 drops of banana extract
- a handful of kale or spinach
- 2-3 drops of almond extract
- Grated nutmeg

## DIRECTIONS

1. Blend everything except the nutmeg until smooth.
2. Pour into a tall glass.
3. Then shave part of a whole nutmeg and garnish the top.

*\*Hint: a little nutmeg goes a long way*



# SALTED CARAMEL SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 - 2 1/2 cups water
- 2-3 drops of caramel extract
- Pinch of coarse sea salt
- 1/2 cup of ice

## DIRECTIONS

1. Blend everything except the salt until smooth.
2. Pour into a tall glass.
3. Then sprinkle a PINCH of salt to garnish the top.





# COOKIES AND CREAM SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1 ½ cups water
- ½ cup flax milk
- 1 cup ice
- 2-3 drops almond extract

## DIRECTIONS

1. Blend and enjoy!







# WALNUT “CHOCOLATE” BROWNIE

## INGREDIENTS

- 2 scoops Dr. Christianson’s Daily Reset Shake
- 2 cups water
- 1 tsp carob powder
- 1 cup ice
- 1 walnut crumbled into pieces (add to the top after blending)

## DIRECTIONS

1. Blend everything except the walnuts until smooth.
2. Pour into a tall glass.
3. Then sprinkle the walnut pieces to garnish the top.





# MINTY VANILLA SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups water
- 2 tbsp fresh mint leaves
- 1 cup spinach
- 2-3 drops of vanilla extract

## DIRECTIONS

1. Blend ingredients and enjoy!









# VANILLA HAZELNUT

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups water
- ½ cup flax milk
- ½ tsp cinnamon
- 1 cup ice
- 2-3 drops of hazelnut extract

## DIRECTIONS

1. Blend ingredients.
2. Sprinkle and enjoy!



# GINGER SPICE PUDDING

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1 1/2 cups water
- 1/2 cup flax milk
- Freshly grated ginger to taste
- Cinnamon to taste

## DIRECTIONS

1. Blend.
2. Refrigerate for 30-60 minutes.



# MEXICAN MOCHA ALMOND SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups water
- 2-3 ice cubes
- 1 tsp carob powder
- 1/2 tsp ground cinnamon
- 1/8 tsp chili powder

## DIRECTIONS

1. Blend all ingredients and enjoy!





# ORANGE SPICE DELIGHT SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups Water
- 1 cup ice
- 2-3 drops of orange extract
- 1/4 tsp cinnamon
- 1/8 tsp ground clove

## DIRECTIONS

1. Blend and enjoy!







# TROPICAL ORANGE SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups water
- 1/2 cup ice
- 2-3 drops orange extract
- 2-3 drops coconut extract OR banana extract
- 1 mint leaf for garnish

## DIRECTIONS

1. Blend and enjoy!





# LEMON BASIL SMOOTHIE

## INGREDIENTS

- 2 scoops of Dr. Christianson's Daily Reset Shake
- 2 cups water
- 1-2 tbsp of lemon juice, freshly squeezed
- 4 large basil leaves
- stevia to taste

## DIRECTIONS

1. Blend thoroughly until ice is smooth.



# "CHOCOLATE" COCONUT PUDDING

## INGREDIENTS

- 2 scoops Daily Reset Shake
- 1 1/2 cups water
- 1/4 cup flax milk
- 1 teaspoon carob powder
- 2-3 drops coconut extract

## DIRECTIONS

1. Blend until smooth.
2. Refrigerate 30-60 minutes.







# HEALTHY HOLIDAY EGGNOG

## INGREDIENTS

- 2 scoops Daily Reset Shake
- 2 cups water
- ½ cup flax milk
- ½ cup ice
- fresh ground nutmeg
- ¼ tsp allspice
- 1 date

*\*This recipe has more fat than other detox recipes so save it for special occasions*

## DIRECTIONS

1. Blend until smooth.





# SPICED APPLE PIE SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups water
- 1/2 apple - remove seeds
- Sprinkle pumpkin pie spice to taste

## DIRECTIONS

1. Blend until smooth.



# RASPBERRY “CHOCOLATE” SWIRL

## INGREDIENTS

- 2 scoops Dr. Christianson’s Daily Reset Shake
- 2 cups water
- 1 tsp carob powder
- 2-3 drops of raspberry extract

## DIRECTIONS

1. Blend all ingredients and enjoy!

*\*To make into a pudding, use ½ cup LESS of water. Then refrigerate for 30-60 minutes before eating.*



# ORANGE CREAMSICLE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1 ½ cups water
- 1 cup ice
- ½ cup flax milk
- 2-3 drops orange extract

## DIRECTIONS

1. Blend all ingredients and enjoy!







# CHERRY VANILLA SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 2 cups water
- ¼ cup frozen (and/or fresh) pitted cherries
- 2 drops of vanilla extract (Optional)

## DIRECTIONS

1. Blend until smooth.



# DESSERT

USE AS AN OCCASIONAL TREAT OR  
FOR WEIGHT MAINTENANCE



# PUMPKIN DELIGHT PUDDING

Instead of the sugar loaded fall drinks and desserts, try this pumpkin delight pudding.

## INGREDIENTS

- 2 scoops Daily Reset Shake
- 1 ½ cups water
- ¼ cup flax milk
- 1/4 tsp ground cinnamon
- 1/8 tsp ground nutmeg
- 1/8 tsp ground clove
- 1/2 cup pumpkin

## DIRECTIONS

1. Blend.
2. Refrigerate for 30-60 minutes.





# HOT VANILLA CHAI SMOOTHIE

## INGREDIENTS

- 2 scoops Dr. Christianson's Daily Reset Shake
- 1 ½ cups HOT water
- ½ cup flax milk
- ¼ tsp ground cinnamon
- ¼ tsp ground ginger
- ⅛ tsp ground cardamom
- ⅛ tsp ground cloves

## DIRECTIONS

1. If you prefer an intense, spicy chai flavor, double the amount of each spice.
2. Blend all ingredients and enjoy!





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