

Have Your Cake and Protein Powder, Too

With Dr. Ritamarie Loscalzo



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Recipes

Protein-Packed Soup

Ingredients:

- 3 ounces arugula
- 1 scoop **Warrior Blend Protein Powder, Plain**
- 2 cloves garlic
- 1 1/2 teaspoons lemon juice or to taste
- 1/4 teaspoon kelp powder
- optional: green onion or other spices such as chipotle and cayenne

Directions:

Combine all ingredients and blend.

Magical Protein-Enhanced Thyroid and Adrenal Elixir (small batch)

Ingredients:

- 4 walnuts
- 4 Brazil nuts
- 1/2 teaspoon cordyceps mushroom
- 1/2 teaspoon maca
- 1/2 teaspoon ashwagandha
- 1/8 teaspoon bladderwrack
- *2 tablespoons carob
- 1 - 2 scoops (1/4 to 1/2 cup)
- 5 drops chocolate stevia or to taste
- 2 tablespoons coconut milk powder (or coconut oil)
- 2 1/2 cups water or herbal tea such as licorice mint
- ice cubes, if desired
- optional: if working on immune system, astragalus and reishi mushroom

Healthforce Nutritionals Warrior Food

Vanilla or **SunWarrior Warrior Blend**

Vanilla or **Chocolate**

Directions:

Combine all ingredients and blend.

Personal Note: In place of carob, you can use cacao instead or leave out and put other flavorings like vanilla or almond. You can also use chocolate stevia or **Medicine Flower Chocolate Extract** if you like the flavor of chocolate but can't tolerate it.

Karen's Healing Elixir Protein Muffins

Ingredients:

- 4 Brazil nuts
- 4 walnuts
- 1/2 teaspoon cordyceps mushroom
- 1/2 teaspoon maca
- 1/2 teaspoon ashwagandha
- 1/8 teaspoon bladderwrack
- 1/8 teaspoon kelp powder
- 2 scoops (1/2 cup) **Vanilla SunWarrior Warrior Blend** (or Plain)
- 2 tablespoons carob
- 1/4 cup flax seeds, ground (measured before grinding)
- 1/2 cup water
- 4-8 drops chocolate stevia, to taste (if using plain protein powder)
- 4-8 drops coconut stevia, to taste (if using plain protein powder)
- optional: **Medicine Flower Chocolate Extract**, almond extract, vanilla extract, or vanilla powder
- 2 shakes of sea salt
- 1 tablespoon erythritol or to taste

Directions:

1. Prepare muffin tray. Put a little bit of wax paper or parchment paper on bottom of each muffin space in tray.
2. Process dry ingredients in food processor.
3. Put stevia in water and add to food processor while running.
4. Check consistency and add 1/4 cup more water while food processor is running if needed to make dough.
5. Process until doughy consistency.
6. Divide dough and put in muffin pan.
7. Let them sit for 10-15 minutes.

Yummy Cauliflower Pizza Crust

Ingredients:

- 1 head cauliflower, cut in pieces for food processor
- 1/2 cup walnuts
- 2 cloves garlic
- 1 tablespoon Italian seasoning
- 1/4 cup flax, ground (measured after grinding)
- 1/3 cup hemp seeds
- 1/3 cup sachinchi protein powder or hemp protein powder
- 1/4 cup lemon juice
- 1/4 teaspoon sea salt
- 1/4 teaspoon kelp

Directions:

1. Put half of cauliflower in food processor and process to confetti size.
2. Put first batch of cauliflower in bowl and process the second batch.
3. Put first batch back in processor with second batch.
4. Add walnuts, garlic, and Italian seasoning. Process. Continue to scrape down sides to get everything towards the middle. Process until it starts to get doughy and everything is mixed in.
5. Add ground flax, hemp seeds, protein powder, lemon juice, salt, and kelp.
6. Spread out to between 1/8- and 1/4-inch thick on dehydrator tray to form pizza crust.
7. If desired, make edge around pizza with hands.
8. Put in dehydrator at 145°F for 30 minutes to an hour. Flip and let it dry for another 5 - 6 hours until desired consistency at 118°F.

Karen's Protein Brownies

Ingredients:

- 1 cup protein powder (**Warrior Blend Vanilla**)
- 1 cup flax, ground (measured after grinding)
- 1 cup coconut flour
- 1 cup powdered erythritol
- 1/2 teaspoon salt
- 4 tablespoons carob
- 4 tablespoons cacao
- 1 cup water
- 4-8 drops stevia, to taste (if using plain Warrior Blend)

Directions:

1. Prepare. Use 8 x 8 pan with removable bottom or line the pan with parchment paper.
2. Process dry ingredients.
3. Add stevia to water (if using plain Warrior Blend).
4. Pour water in while running food processor.
5. Scrape sides and process again.
6. Pour into pan and spread.
7. Wait until hardened and then slice.
8. If you would like to get the recipe for the frosting for these brownies and other yummy desserts, go to <http://www.drritamarie.com/go/LGDessert>. Karen's Low Glycemic Desserts e-book is available for \$9.97.

Healing Elixir Base

Ingredients:

- **Liquid base:** 2 cups herbal tea, nut or seed milk, fresh juice or water
- **Fat source:** (Only if not made with nut milk as the liquid base) 2 tablespoons nut butter, 1/2 - 1 avocado (depending on size), *Chia Gel* (see recipe), handful of nuts (preferably soaked), 1/2 cup coconut meat, or 2 tablespoons coconut butter
- **Herbs:** a variety of powdered herbs, mushroom powders, and/or green powders – quantity varies depending on the herb from several teaspoons to several tablespoons
- **Flavorings:** a few drops of essential oils, a dropper full of flavor extracts, up to 2 teaspoons or more of carob, vanilla, or raw cacao
- **Sweetener (low-glycemic):** green leaf stevia or flavored stevia (chocolate, vanilla, English toffee, orange, raspberry), xylitol, or erythritol (**Zero**).
Sweetener (high-glycemic): higher glycemic sweeteners like dates, raisins, coconut nectar, and raw honey are **only recommended if** you are not over weight, do not experience blood sugar imbalances, and are free of candida infections.
- **Salt:** a pinch of sea salt or sea kelp

Directions:

1. If you're using a tea base, boil water and allow herbs to steep 10 minutes or longer to get to full flavor and strength.
2. Put liquid base, fat, herbs, flavorings, sweetener and salt in blender.
3. Blend until smooth, then adjust flavorings and sweeteners to taste.

Boost Your Energy Thyroid and Adrenal Support Elixir aka The Hair Elixir

Ingredients:

- 2 teaspoons nettle leaf plus 16 ounces purified water
- 4 large Brazil nuts
- 1 tablespoon raw organic walnuts
- 1 tablespoon hemp seeds
- 1 tablespoon coconut butter (**Artisana**) OR 2 tablespoons dried coconut
- 1/2 teaspoon kelp powder
- 1/2 teaspoon bladderwrack powder
- 1/2 teaspoon coleus powder (optional)
- 1/2 teaspoon shilajit powder
- 1/2 teaspoon cordyceps mushroom powder
- 1/2 teaspoon ashwagandha powder
- 2 tablespoons raw carob powder or raw cacao powder
- 1/4 teaspoon stevia green leaf powder or 6-8 drops your choice flavored liquid **Sweet Leaf Stevia** or 1 teaspoon **Zero** or **Lakanto**.

Directions:

1. Boil water and steep nettle leaf for 10-15 minutes.
2. Combine all ingredients in blender and blend until smooth.
3. Adjust sweeteners and flavorings to taste and enjoy.

Personal Note: This elixir is affectionately known as the "hair regrowth" elixir by many people who claim their hair loss stopped and hair thickened after 30 days of daily use. Your experience may vary!

Protein Powders

- **Sun Warrior** – the first to have fermented rice for easier digestion. Now has **Warrior Blend** which is a pea protein combination, which is even easier digestion for most people.
- **Raw Power** – Brazil Nut Protein Powder, Hemp Protein Powder, Maca, Goji Berry Powder, Mesquite Powder, Maca Extreme (Original).
- **Healthforce Nutritionals Warrior Food** – has sprouted, enzymatically activated, non-GMO Brown Rice Protein, hemp protein and Nopal cactus
- **Mercola Pure** – 100% pure pea protein
- **Z Natural Foods** – non-GMO raw pea protein isolate (86% protein)
- **Designs for Health PurePea** – pea protein
- **Garden of Life Raw Protein** – May be hard for some to digest due to big variety of ingredients including organic sprouted brown rice, organic amaranth sprout, organic quinoa, organic millet sprout, organic buckwheat sprout, organic garbanzo bean sprout, organic lentil sprout, organic adzuki bean sprout, organic flax seed sprout, organic sunflower seed sprout, organic pumpkin seed sprout, organic chia seed sprout, organic sesame seed sprout, chlorella, proteases, bacillus subtilis and mixed tocopherols
- Organic sacha inchi powder – high in omega 3's and economical
- Spirulina – high in protein
- **Boku In The Buff Protein Powder** – organic sacha inchi plus organic cranberry and organic spirulina. They also have one called **Boku Super Protein** that has organic brown rice protein, organic cranberry protein, organic red dulce, organic Vermont maple syrup (dehydrated), organic fine vanilla bean, guar gum, organic lucuma fruit and enzymes.
- **Healthforce Nutritionals Elite Green** – spirulina, chlorella, carob pod, peppermint leaf, Nopal cactus, alfalfa grass juice, oat grass juice, barley grass juice, dandelion leaf juice, protease, alpha galactosidase, amylase, cellulose, lipase, bromelain, papain, lactobacillus plantarum, L. paracasei, L. rhamnosus, L. salivarius, Streptococcus thermophiles, L bulgaricus

- ***Purium L.O.V. Super Meal*** – organic rice protein, organic flax seed, organic green food blend (containing alfalfa leaf juice powder, wheat grass, barley grass, spirulina, chlorella and dandelion leaf), Organic sprout blend (containing quinoa sprout, red clover sprout, sunflower sprout, flax sprout, amaranth sprout, lentil sprout, millet sprout, garbanzo been sprout, broccoli sprout), organic brown teff, organic dark buckwheat, organic mushroom blend (containing maitake, cordyceps, tremelia, shitake, turkey tail), organic maca, organic pumpkin, organic vegetable blend (containing broccoli, cabbage, parsley, kale), organic apple extract, organic rhodiola root, organic eleuthero root, organic acerola cherry, organic stevia extract, organic sea kelp, organic dulse
- Donna Gates is coming out with a pea protein that is fermented so it is a lot easier to digest.

About Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



Dr. Ritamarie Loscalzo is passionately committed to transforming our current broken disease-management system into a true healthcare system where each and every practitioner is skilled at finding the root cause of health challenges and using ancient healing wisdom married with modern scientific research to restore balance.

As the founder of the **Institute of Nutritional Endocrinology**, Dr. Ritamarie specializes in using the wisdom of nature to restore balance to hormones with a special emphasis on thyroid, adrenal, and insulin imbalances.

Her practitioner training programs empower health and nutrition practitioners to get to the root cause of health issues by using functional assessments and natural therapeutics to balance the endocrine system, the master controller.

Dr. Ritamarie is a licensed Doctor of Chiropractic with Certifications in Acupuncture, Nutrition, Herbal Medicine, and HeartMath®. She's also a certified living foods chef, instructor, and coach, and she has trained and certified hundreds of others in the art of using palate-pleasing, whole fresh food as medicine.

A best-selling author, speaker, and internationally recognized nutrition and women's health authority with 30 years of clinical experience, Dr. Ritamarie offers online courses, long-distance coaching and counseling, and deeply empowering and informative live events.

Dr. Ritamarie's Health and Nutrition Books and Programs

Sweet Spot Solution Program: Balance your blood sugar and banish belly fat, brain fog, and burnout so you can regain the energy, focus, and self-confidence to live your life with passion and purpose. Complete with instructional modules, 30 days of menu plans, a 220-page recipe collection, exercise regimes, stress transformation techniques, sleep guidelines, timing cycles, videos, audios, and a community support forum, you'll have an effective and balanced lifestyle approach to reclaiming your health. www.TheSweetSpotSolution.com

Empowered Self-Care Lab: Our premier membership program, here you'll get access to all of our key hormone and body balancing programs, the complete collection of Dr. Ritamarie's recipe guides and videos, and a roadmap and handbook to guide you to assess your current health status and restore balance naturally. The future of health care is Empowered Self-care. Take charge of your health! www.EmpoweredSelfCareLab.com

Body FREEDOM Nutrition Lab: Using nutrition to restore balance needs to be at the core of all healing systems. And personalized nutrition is the future of healthcare. With so much confusing information about what you should and should NOT eat, emotional resistance is likely when it becomes challenging. The Body Freedom Nutrition Lab guides you to optimally nourish your body while making mealtime a pleasure, and provides you with peak nourishment that's filling, satisfying and aligned to your unique biochemistry and genetics. Here you'll get access to all of our recipe guides and videos, and a roadmap and handbook to guide you to assess your current nutritional status and restore balance naturally. www.BodyFREEDOMNutritionLab.com

Energy Recharge Coaching Inner Circle: Dr. Ritamarie's personalized coaching plan to transform you from flabby, fogged, and fatigued into fit, focused, and fully charged with energy! This is your opportunity to work closely with Dr. Ritamarie and her certified Nutritional Endocrinology coaches to achieve the health of your dreams. <http://www.EnergyRechargeCoaching.com>

**Find all the Resources You Need for Natural Healing
Based on Leading-Edge Science**

<http://www.DrRitamarie.com>