


Energy Recharge Coaching: Beverages for Vibrant Energy

With
Dr. Ritamarie Loscalzo

LIVING YOUR UNLIMITED POTENTIAL:
ONE STEP, ONE THOUGHT, ONE BITE AT A TIME

ENERGY RECHARGE COACHING



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Dr. Ritamarie's

ENERGY RECHARGE COACHING


LIVING YOUR UNLIMITED POTENTIAL: ONE STEP, ONE THOUGHT, ONE BITE AT A TIME

Medical Disclaimer: The information in this presentation is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information from the research and experience of Dr. Ritamarie Loscalzo, drritamarie.com, and the experts who have contributed. We encourage you to make your own health care decisions based upon your research and in partnership with a qualified health care professional.

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Energy Recharge Beverages

- ✓ Gut Rejuvenator Drink
- ✓ Flavored Water
- ✓ Blended Green Drink (also called "Green Smoothies")
- ✓ Powdered Green Drinks
- ✓ Green Juice
- ✓ Chia Energy Drinks
- ✓ Protein Shakes



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A.M. Gut Rejuvenator Drink

Ingredients:

- 32 ounces water
- 1 lemon, juice of
- 2 drops peppermint oil
- 2 drops lemon oil

Directions:

- Shake or stir well and sip this to wake up your digestive tract before you start to eat.



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Flavored Water

Ingredients:

- 32 ounces water
- ½ to 1 lemon or lime, juice of
- 1-4 drops essential oil, any combination you choose

Directions:

- Shake or stir well and sip slowly throughout the day. Add sparkling water if desired as a way to wean off soft drinks.



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Italian Flavored Immune Booster Water

Ingredients:

- ✓ 32 ounces water
- ✓ 2 drops basil oil
- ✓ 1 drop oregano oil
- ✓ 1 drop thyme oil

Directions:

- ✓ Shake or stir well and sip slowly throughout the day.



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Blended Green Drink

- ✓ 60% fruit, 40% greens
- ✓ 40% fruit, 60% greens
- ✓ Very low fruit, low-glycemic only
- ✓ No sweet fruit, only non-sweet fruit like tomato and cucumber



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Tropical Green Smoothie (60% Fruit, 40% Greens)

Ingredients:

- 2 cups papaya
- 1 mango
- 1/2 of a pineapple
- 3 - 4 cups spinach

Directions:

- ✓ Blend the pineapple until liquefied.
- ✓ Add water if needed.
- ✓ Add the mango and papaya and blend until smooth.
- ✓ Add spinach a handful at a time to desired sweetness.



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Tangy Blueberry Mint Green Smoothie (Very low fruit, low-glycemic only)

Ingredients:

- 1 cup blueberries, fresh or frozen
- 1/2 - 1 lemon, juiced
- 2 cups "field greens" mix or 1 head romaine lettuce
- 1 medium avocado (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

- Blend ingredients in a blender until creamy.
- Use less water if you prefer a thicker smoothie. Adjust lemon and mint to taste.



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Tomato Basil Green Drink (No Fruit)

Ingredients:

- 2 tomatoes
- 1 cucumber
- 2 stalks celery
- 1/4 cup fresh basil
- 2-4 cups greens, your choice
- 1 avocado
- 1-2 cups water

Directions:

- ✓ Blend all ingredients and adjust seasonings and lemon to taste.



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Powdered Greens – Green Meals on the Run

- ✓ Easy way to get concentrated greens.
- ✓ Single serving sized bags for quick meals on the run.
- ✓ Can be added to smoothies or protein powder shakes.

- ✓ Many tasty options.

- ✓ Available at local health food stores and online.



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Amazing Grass Raw Green Superfood

<http://www.drRitamarie.com/go/AGGreenSuperfood>



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Amazing Grass Greens Powders

<http://www.drRitamarie.com/go/AGWheatGrassAmazingTrio>



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Garden of Life Perfect Food Raw

<http://www.drRitamarie.com/go/iHerbGLPerfectRawFood>



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Health Force Nutritionals Greens

Trial sizes available

<http://www.drRitamarie.com/go/HealthForce>



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Energy Recharge Beverages: Cool as a Cucumber Juice

Ingredients:

- 1 cup zucchini
- 1/2 bunch kale
- 1 cucumber
- 1/2 - 1 lemon, juice of
- 1 sliver ginger or to taste (optional for added healing)
- 1/4 green apple or more (optional for added sweetness)

Directions:

- ✓ Run all the ingredients above through a juicer.



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Energy Recharge Beverages: Chia Energy Drinks

Ingredients:

- 2 tablespoons chia seed
- a few drops your choice essential oil
- 1 lemon or 2 limes, juice of (or combination)
- water, enough to fill a quart sized Mason jar about an inch from the top

Directions:

- ✓ Shake well and try it. It will be thick and tangy.



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Protein Powder Drinks



- Sprouted brown rice versus simply brown rice
- Combinations: brown rice, hemp, pea
- Choose the vegan option you like best and that *makes you feel the best*
- Alternate to prevent boredom and allergy formation
- Add flavors: cacao powder, vanilla, stevia, xylitol, essential oils and flavor extracts
- Add ice or frozen berries for a smoother texture.
- Convenient single serving sized packages for travel

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Sun Warrior Raw Vegan Protein Powder

<http://www.drRitamarie.com/go/SunwarriorProtein>



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Health Force Nutritionals Warrior Food

<http://www.drRitamarie.com/go/HealthForce>



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Sprouted Brown Rice Protein

<http://www.drRitamarie.com/go/SproutLivingEpicProtein>



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Boku Super Protein: Vegan Protein

<http://www.drRitamarie.com/go/BokuSuperProtein>



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Swanson Organic Brown Rice Protein

<http://www.drRitamarie.com/go/SwansonBrownRiceProtein>



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Vega Protein and Meal Replacements

<http://www.drRitamarie.com/go/VegaProtein>



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Juvo Green Protein

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Inca Meal Sprouted Rice Protein

Ingredients: <http://www.drritamarie.com/go/NPeacefulPlanetIncaMeal>
Amazon: <http://www.drritamarie.com/go/PeacefulPlanetIncaMealSproutedProtein>



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Greens+ Chia

<http://www.drritamarie.com/go/SSGreensChia>

While technically not a protein powder, chia makes a great addition to any of the above protein powders. It's loaded with Omega-3 fats, minerals, and vitamins.



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