

**Energy Recharge Coaching:**  
**Beverages for Vibrant Energy**

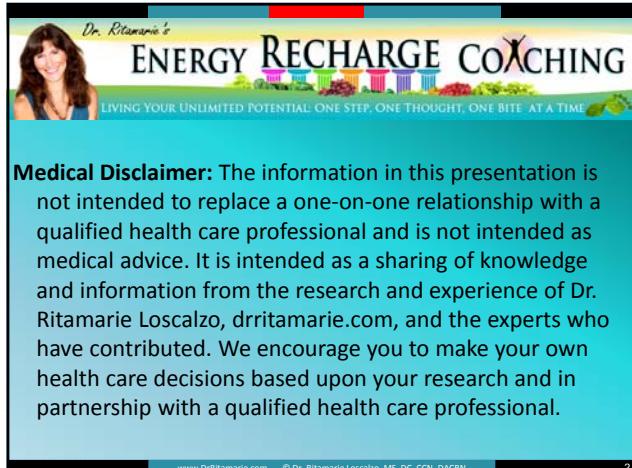
With  
**Dr. Ritamarie Loscalzo**

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

ENERGY RECHARGE COACHING

DR. RITAMARIE LOSCALZO  
MS, DC, CCN, DACBN

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



**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](http://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.

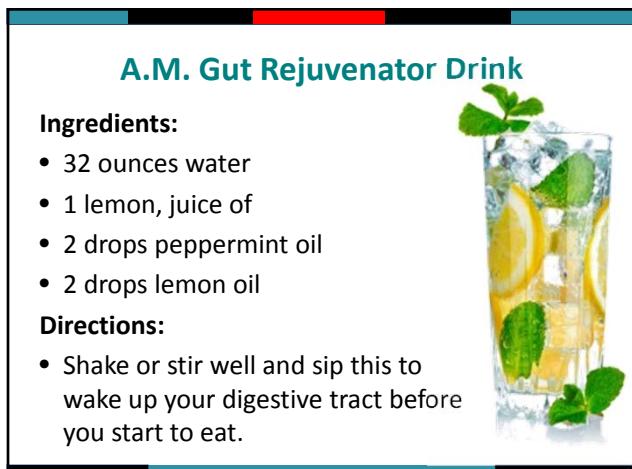
www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



**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

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN



**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.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

## Flavored Water

**Ingredients:**

- 32 ounces water
- $\frac{1}{2}$  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.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

## 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.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

6

## 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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

## 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.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

8

## 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.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

9

## 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.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

10

## 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.

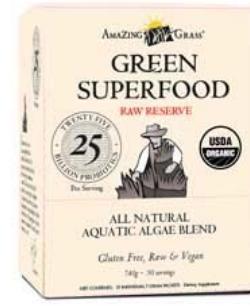


www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

11

## Amazing Grass Raw Green Superfood

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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN

12

## Amazing Grass Greens Powders

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



www.DrRitamarie.com © Dr. Ritamarie Lascalzo, MS, DC, CCN, DACBN

## Garden of Life Perfect Food Raw

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



www.DrRitamarie.com © Dr. Ritamarie Lascalzo, MS, DC, CCN, DACBN

14

## Health Force Nutritionals Greens

Trial sizes available

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



www.DrRitamarie.com © Dr. Ritamarie Lascalzo, MS, DC, CCN, DACBN

15

## 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.



www.DrRitamarie.com © Dr. Ritamarie Lascalzo, MS, DC, CCN, DACBN

16

## 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.



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 17

## 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

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 18

## Sun Warrior Raw Vegan Protein Powder

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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 19

## Health Force Nutritionals Warrior Food

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



www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 20

### Sprouted Brown Rice Protein

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



www.DrRitamarie.com © Dr. Ritamarie Liscalzo, MS, DC, CCN, DACBN

### Boku Super Protein: Vegan Protein

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



www.DrRitamarie.com © Dr. Ritamarie Liscalzo, MS, DC, CCN, DACBN

21

### Swanson Organic Brown Rice Protein

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



www.DrRitamarie.com © Dr. Ritamarie Liscalzo, MS, DC, CCN, DACBN

### Vega Protein and Meal Replacements

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



www.DrRitamarie.com © Dr. Ritamarie Liscalzo, MS, DC, CCN, DACBN

24

## ERC: Beverages for Vibrant Energy

**Juvo Green Protein**  
<http://www.drritamarie.com/go/Juvo>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 25

**Inca Meal Sprouted Rice Protein**  
Ingredients: <http://www.drritamarie.com/go/PeacefulPlanetIncaMeal>  
Amazon: <http://www.drritamarie.com/go/PeacefulPlanetIncaMealSproutedProtein>

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 26

**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.

www.DrRitamarie.com © Dr. Ritamarie Loscalzo, MS, DC, CCN, DACBN 27