To fast track your waist loss reset, use the Daily Reset Shake with 10oz 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!
BREAKFAST
NUT BUTTER PEPPERMINT SHAKE
by: Sarah S.

This recipe is simple AND delicious. It tastes like a milkshake! Congratulations Sarah S. for winning the Shake Recipe Contest with this tasty treat and thank you for sharing it with us!

Ingredients
• 2 scoops of Dr. Christianson’s Adrenal Reset Shake
• 3 cups of water
• 1 Tbsp red maca root
• 1/2 tsp Himalayan salt
• 1/2 Tbsp organic nut butter
• 2 tsp raw cocoa powder
• 2-3 drops peppermint oil

Directions
Blend until smooth.
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 cups water heated to 110 F
• 2 scoops Adrenal Reset Shake
• 2 heaping Tbsp unsweetened cocoa

Directions
1. Blend in Vita-Mix 1 minute or until smooth and frothy.

2. Serve in large mug.
COFFEE FRAPPUCCINO
by: Kimberly F.

Many love the taste of coffee so it’s no wonder this shake made the top 10 favorites in the shake recipe contest! Always follow your adrenal level recommendations (find your level here: www.adrenalquiz.com) so if you’re crashed, avoid coffee/caffeine.

Ingredients
• 2 Tbsp Dandy Blend (a coffee substitute) or roastarama tea if you don’t have Dandy Blend
• 2 cups liquid - I use coconut water
• 1 tsp cinnamon or more
• 1/2 a lemon (this is to taste and can be altered)
• 1 Tbsp cacao nibs
• 1 Tbsp coconut butter - or any type of fat
• 2 scoops of Adrenal Reset Shake
• 1-2 nuts like Brazil or a few pumpkin seeds - whatever you have on hand
• 2 Tbsp roasted flax seeds from Trader Joe’s
• Shake of hot pepper flakes - Optional
• Ice cubes - I use 4-5 because I like it cold resembling a frapp

Directions
I mix all in the vita-mix for 3-5 minutes on high speed and pour into my glass. YUM!
CHOCOLATE DELIGHT
by: Georgia C.

‘The Adrenal Reset Shake makes a really great snack. I am very fond of it with chocolate. This is such a yummy way to get more greens & fiber & very satisfying!’

Ingredients
• 1 1/2 cups of water
• 2 scoops of Adrenal Reset Shake
• 1 to 1 1/2 teaspoons of arriba cacao powder
• 1 teaspoon Daily Greens

Directions
Blend and enjoy!
Georgia’s Story: ”Your book & the Adrenal Reset program has really changed my life. That’s pretty exciting at 70 years old. I have always been athletic & in fairly good shape, but have gained a lot of weight & my stamina has gone down in the last 5 years. I was beginning to give up hope & just settle for well you are 70 & that is just what happens when you get old! I then had the good fortune to read your book & decided to try your suggestions for the next few weeks. I have lost 25 pounds and feeling so much more energetic & am so happy to look almost like my old self. Have a ways to go but feel & look so much better. One of the great things about your program is I have not only lost weight, I have also increased my muscle. Think most would say this is pretty amazing at 70 years old!

The Adrenal Reset Shake has made it easy to keep on track with what I eat. It is so easy to use, & it makes anything taste good. Love to add all sorts of green things to it. It makes them all taste great.

It is also so handy because I can put some in a jar or shaker glass and carry it around with me & just add water. Can also make extra at breakfast & have it ready for lunch. Sometimes I even mix it all up in the evenings, & then it is in the fridge waiting for me the next morning. Really helps when I know I am going to have a busy day, to have a really easy as well as nutritious meal ready to go.

Thank you for your dedication to health & helping others achieve their good health.

Blessings,
Georgia C.”
GREEN BANANA NUT SMOOTHIE
by: Becky T.

Ingredients
• 1 serving of Adrenal Reset Shake
• 1 banana
• 1 Tbsp nut butter
• A handful of kale or spinach
• Water (or coconut milk)
• 2-3 ice cubes

Directions
Blend to desired consistency and enjoy!

Becky’s Story: ”I don’t have a weight problem. Instead, I chose this shake because I have intestinal issues, and I often don’t feel like eating. With the shake, I have more energy, don’t feel hungry or groggy, and I like my kids to get the vitamins that it offers too.

My family has a sugar addiction, and I feel like this shake has helped to curb those cravings for sugar. :)

SALTED CARAMEL SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 2 - 2 1/2 cups water
• 2 tsp of caramel extract
• Pinch of himalayan sea salt

Directions
1. Add 1/2 cup ice and blend to give it a smoothie texture

2. Add 1/4 cup of navy beans (or 1/2 green banana) to make it a lunch serving

3. Add a side of greens (EITHER 1/2 cup frozen spinach, 1 cup fresh spinach OR 1 Tbsp Daily Greens) to make it a complete meal
COOKIES AND CREAM SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 1/2 cups water
• 1/2 cup unsweetened almond milk
• 1 cup ice

Optional: 1/2 cup frozen spinach OR 1 cup fresh spinach OR 1 Tbsp Daily Greens

Directions
Blend and enjoy!
WALNUT CHOCOLATE BROWNIE SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 2 - 2 1/2 cups water
• 1 Tbsp cocoa powder
• 1 cup ice
• 1 Tbsp walnut pieces (add to the top after blending)

Add 1/4 cup of navy beans (or 1/2 green banana) to make it a lunch serving

Directions
Blend and enjoy!

Optional - 1/2 cup frozen spinach, 1 cup fresh spinach OR 1 Tbsp Daily Greens
MINTY VANILLA SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 2 Tbsp fresh mint leaves
• 1 cup spinach
• Optional: Add 1-2 Tbsp cacao powder for a chocolatey mint delight.

Directions
Blend ingredients and enjoy!
VANILLA HAZELNUT SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 tsp hazelnut extract
• 1/2 cup unsweetened almond milk
• Water
• Ice
• Optional: 1 Tbsp cacao powder for a chocolate hazelnut treat

Directions
Blend ingredients and enjoy!
Ingredients
- 2 scoops Dr. Christianson’s Adrenal Reset Shake
- 1/2 cup unsweetened almond or coconut Milk
- 2 cups water
- 1/4 tsp ground cinnamon
- 1/4 tsp ground ginger
- 1/8 tsp ground cardamom
- 1/8 tsp ground cloves
- Water
- Ice

Directions
If you prefer an intense, spicy chai flavor, double the amount of each spice. Blend all ingredients and enjoy!
GINGER SPICE PUDDING

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 1/2 cups water
• 1/2 cup unsweetened almond milk or coconut milk
• Freshly grated ginger to taste
• Cinnamon to taste

Directions
1. Add 1/2 cup ice and blend to give it a smoothie texture

Optional: Add 1/4 cup of navy beans or 1/2 green banana to make it a lunch serving.
MEXICAN MOCHA ALMOND SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 Tbsp cacao powder (or to taste)
• 1/2 tsp ground cinnamon (or to taste)
• 1/8 tsp chili powder (or to taste)
• Water
• Ice

Directions
Blend all ingredients and enjoy!
Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1-2 tsp orange extract (to taste)
• 1/4 tsp cinnamon
• 1/8 tsp ground clove
• Water
• Ice

Directions
Blend and enjoy!
TROPICAL VANILLA MANGO-ORANGE SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 cup spinach
• 1/4 cup mango
• 1/4 cup pineapple
• 1 green banana
• 1 tsp orange extract
• Water
• Ice

Directions
Blend and enjoy!
LUNCH
LEMON BASIL SHAKE
by: Edie H.

Enjoy your refreshing, detoxifying, low carb-high protein LUNCH Adrenal Reset Shake!

Ingredients
• 1 cup of unsweetened almond or coconut Milk (refrigerated carton, not canned variety)

• 2 scoops of Dr. Christianson’s Adrenal Reset Shake

• 2 tsp of Ultra Fiber by Integrative Health, or Bob’s Red Mill stabilized rice bran fiber. Alternately, 1/4 green banana peel frozen and diced

• 4 Tbsp of lemon juice, freshly squeezed (2 small lemons)

• 8 large basil leaves

• 2 cups of Ice (add ice last to hold down fresh leaves)

• Stevia to taste

• Optional add-ons:
  - 1 raw brazil nut (unsalted)
  - 2 tsp lemon flavored fish oil supplement (pourable, not gel-caps, by Carlson or Designs for Health)

Directions
Blend thoroughly until ice is smooth
CHOCOLATE SUNFLOWER SHAKE
by: Jennie H.

Ingredients
• 1/2 cup almond milk
• 2 scoops Adrenal Reset Shake
• 2 Tbsp fresh-ground sunflower seeds
• 1 Tbsp rice bran
• Handful frozen greens
• 1/4 cup cooked navy beans
• 1/4 tsp vanilla
• Pinch of broccoli sprouts
• 1 Tbsp cacao nibs
• Stevia to taste

Directions
Blend and serve! Delicious!

Jennie’s Story: “I’ve been struggling with adrenal fatigue for over a year. I definitely fell into the ‘Crashed’ description. After trying several different supplements and protocols with no transformative results, I finally got my hands on The Adrenal Reset Diet. Learning the right types of foods to eat, and the best times of day to eat them, has made all the difference in the world. I’m starting to feel like myself again, and I couldn’t be happier! I said to my husband last night, ‘oh yeah... so this is what it’s like to have energy! I remember this!’

Thank you, Dr. Christianson!”
EGGNOG SMOOTHIE
by: Linda S.

Ingredients
• 1/4 cup raw soaked almonds
• 1/2 cup cold water
• 1/2 cup vanilla flavored, unsweetened almond milk
• 1/2 cup fresh spinach leaves
• 1 serving Adrenal Reset Shake
• 1/4 frozen green banana
• 1/4 tsp turmeric
• 1/4 tsp rum flavoring
• 1/4 tsp grated nutmeg
• 4 – 5 ice cubes

Directions
1. Combine almonds, water, and almond milk in blender and process one minute.

2. Add remaining ingredients and continue blending until smooth.

Linda’s Story: “I read the Adrenal Reset Diet book shortly after it came out and started the program almost immediately. I lost 6 pounds and 6 inches in the first two months, which was great. However, the best thing for me was that after years of struggling with insomnia I am finally sleeping well almost every night. I plan to pass that information on to my endocrinologist.”
SPICE APPLE PIE SMOOTHIE

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

Directions
Add 1/2 cup ice and blend to give it a smoothie texture

Optional: Add a side of green (EITHER 1/2 cup frozen spinach, 1 cup fresh spinach OR 1 tbsp Daily Greens to make a complete meal
VANILLA GINGER PEACH SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 peach, halved
• 3/4 inch piece of fresh ginger
• 1/2 cup coconut milk
• Water
• Ice

Directions
Blend all ingredients and enjoy!
Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1/2 orange
• 1/2 cup almond or coconut milk
• Orange extract to taste
• Water
• Ice

Directions
Blend all ingredients and enjoy!
Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake vanilla
• 2 - 2 1/2 cups water
• 1/2 cup frozen (and/or fresh) pitted cherries

Directions
1. Add 1/2 cup ice and blend to give it a smoothie texture

Optional: Add a side of greens (EITHER 1/2 cup frozen spinach, 1 cup fresh spinach OR 1 Tbsp Daily Greens) to make a complete meal
DESSERT
USE AS AN OCCASIONAL TREAT OR FOR WEIGHT MAINTENANCE
PUMPKIN DELIGHT
by: Gina L.

Instead of the sugar loaded fall drinks and desserts, try this pumpkin delight smoothie from Gina. You can also make it as a frozen treat or pudding by adjusting the recipe to your desired consistency.

Ingredients
• 1/2 cup cooked and cooled pumpkin
• 1 serving Adrenal Reset Shake
• 2 cups cold cashew or almond milk
• 1/4 tsp ground cinnamon
• 1/8 tsp ground nutmeg
• 1/8 tsp ground clove
• 1/8 tsp ground vanilla
• 1 Tbsp almond butter
• 2-3 medjool dates, pits removed
• 2-4 ice cubes
• Stevia drops only as desired

Directions
Blend and serve! Delicious!
VEGAN OATMEAL SPICE COOKIES
by: Jennifer B.

My family loved these cookies Jennifer! Thank you for sharing the recipe with us.

Ingredients
• 2 cups organic gluten-free oats
• 2 green bananas
• 1 cup coconut water
  (as needed for desired texture)
• 2 full scoops Vanilla Adrenal Reset Shake
• 2 Tbsp macadamia nut oil
• 1/2 tsp cinnamon
• 1/2 tsp ginger
• 1/4 tsp salt
• 1/4 to 1/2 cup nuts and seeds of your choice

Directions
For this batch, I added some chopped walnuts and dehydrated raw (hulled) watermelon seeds, but macadamia nuts, chopped almonds, cacao nibs, or sunflower seeds would be good choices, too.

1. Preheat oven to 350 degrees.

2. Mash bananas and add oats, Adrenal Reset Shake, macadamia nut oil, and most of the coconut water. Use a fork to mix until everything is well combined.
3. Add remaining coconut water if you need more moisture. Ideally, you want dough that can be dropped by the spoonful without falling apart (too dry) or running (too wet).

4. Bake at 350 for about 15 minutes on a silicone baking mat until they are firm to the touch and golden brown on the bottom.

Makes about 24-28 cookies.
HOT CHAI SMOOTHIE
by: Barbara H..

You will not miss your morning brew with this delicious drink. Thank you for sharing with us Barbara!

Ingredients
• 2 scoops of Adrenal Reset Shake
• 1-2 Tbsp of Chai Mix
• 1/4 cup of raw soaked cashews
• 1/2 cup of coconut or almond milk
• 2 cup of hot water

Directions
Mix all ingredients in a Vitamix or Nutribullet

For Variation Add
• 1/2 tsp of Maca powder
• 1/2 tsp of raw Cocoa powder

Chai Mix
• 2 tsp ground ginger
• 2 tsp ground cinnamon
• 1 tsp ground cloves
• 1 tsp ground cardamom
• 1 tsp nutmeg
• 1 tsp allspice
• 1 tsp of black pepper (optional)

Directions
Blend all ingredients in blender and enjoy!
Dr. Christianson’s Adrenal Reset Shake is sweet with plenty of vanilla flavor but it you need more:

- Add few drops of Stevia
- Add 1/4 tsp of pure vanilla extract

Barbara’s Story: “I love the shakes. They are easy and versatile. I love adding AR mix to pancakes, raw granola, and protein bars. Thank you for a great source of protein and resistant fiber. The Adrenal Reset Shake have been essential part of balancing my hormones. Delicious and versatile, I enjoy them every day. Thank you for this wonderful creation and making it so easy.”
STRAWBERRY SWIRL ICE CREAM
by: Nancy M.

Ingredients
• 2 cans coconut milk - Shake well
• 2 scoops Adrenal Reset Shake
• 1/4-1/2 tsp vanilla powder (vanilla extract or vanilla would work too)
• Mix well and refrigerate for a couple of hours or overnight.
• Cut up strawberries to go into mixture when it goes into the ice cream machine.

Strawberry Swirl Mixture
• Hull and cut up 1 pint strawberries into sauce pan.
• Add small amount of water. (If mixture isn’t sweet enough, add SMALL amount of stevia. Be careful not to make it bitter)
• Heat until boiling and let the mixture reduce.
• Allow to cool.

Additional Directions
1. Add cut up strawberries to ice cream mixture and put into an ice cream maker.

2. As mixture thickens add strawberry swirl.

3. Mixture will be fluffy but if you want a harder product then put in airtight container and place in freezer. ENJOY!
PUMPKIN PIE SMOOTHIE
by: Kim T.

This is a delicious alternative to those sugar loaded pumpkin spice drinks and desserts, plus you can make it anytime of year!

Thank you for sharing with us Kim!

Ingredients
• 3/4 cup almond milk
• 1 cup cooked sweet potato
• 1-2 tsp cinnamon
• 1/2 tsp turmeric
• 1 scoop Adrenal Reset Shake
• 1 tsp chia seeds
• Add ice to desired consistency

Directions
Blend and serve! Delicious!

Jennie’s Story: “This helps me cure my constant hunger by staying with me longer than typical breakfast. It boosts my low morning energy.”
PUMPKIN PIE

by: kim t.
STRAWBERRY BANANA ALMOND SMOOTHIE
by: Teresa J.

Ingredients
• 2 scoops Adrenal Reset Shake
• 1 Tbsp fresh ground almond butter
• 1/2 cup frozen kale
• 1/2 green banana
• 1/4 cup frozen strawberries
• 10-12 ounces unsweetened coconut water

Directions
Blend all and enjoy!

Teresa’s Story: “Since starting the Adrenal Reset Diet I have lost 15 pounds. I feel great! I am finally sleeping through the night and have tons of energy. I still need to lose approximately 20-25 more pounds but I am exercising everyday and determined to get the weight off!

Thank you, Dr. Christianson!!!!”
RESET SPUMONI
by: Doug S.

A new twist on a classic Italian ice cream dessert. We loved the spumoni, thank you Doug!

Ingredients
• Adrenal Reset Shake Protein powder
• 1 cup flax seed milk
• 1/4 cup pitted cherries
• Handful of shelled pistachios
• Handful of frozen spinach
• 2 Tbsp of cacao powder
• A couple drops of stevia

Directions
Mix all in blender. Place in covered bowl in freezer until frozen. Enjoy like the classic Italian ice cream. A great healthy way to cool off on a hot summer day.

Doug’s Story: “I’m 49 and have Hashimoto’s. I tried everything to lose weight until I finally came across Dr. Christianson. I watched all his videos and read his book. I started the ARD diet in June 2015 and have lost 23 Pounds and several inches in just two months. I have more energy, sleep better, feel better than I have in years, and finally am losing weight.

Thank you Dr. C. I really hope to meet you some day and thank you in person.”
CHERRY WALNUT SMOOTHIE
by: Michael D.

Ingredients
• 1/4 cup frozen cherries
• 1/4 cup walnuts
• 1 cup of vanilla flavored unsweetened coconut milk
• Vanilla extract to taste
• Handful of frozen spinach
• 1 serving Adrenal Reset Shake

Directions
Blend all ingredients in a blender with ice and water and enjoy!
CHOCOLATE CHIP ‘ICE CREAM’ SMOOTHIE
by: Janet S.

Ingredients
• 1 1/2 cups almond milk
• 1 Tbsp of non dairy carob chips
• 1 tsp of vanilla (or dry vanilla powder to taste)
• 1 serving Adrenal Reset Shake
• 10 ice cubes

Directions
1. Place in blender on high for one minute or until you reach a smooth consistency.

2. After pouring, crumble 3 walnuts (or more) on top.

3. I also like to top with light a shake of cinnamon.

Enjoy!

Janet ‘s Story: “I started drinking the shake and taking your crashed adrenal program a little over a month ago. I have a lot of symptoms, and still do, but one of the worst things I had was being completely unable to sleep.

The nights are long when you have insomnia, and it seems like your mind will keep going over and over all the worst things that you have going on in your life. Once you do that every night for ten years, you start to
feel hopeless about your life. I had started to wonder if I was going to actually die before my time. My insomnia has been developing little by little over the years, but for at least the past 10 years I have been awake most of the night every night.

The earliest I could even start to feel sleepy was 3 in the morning. Usually it was 4. When evening time came, I never yawned, felt sleepy or felt like resting at all. It felt weird to never yawn or stretch like I used to do but my body just never felt it.

On the contrary, probably around 8 at night, my brain would start working again and I would start getting things done. When my husband started getting ready for bed, I was finally ready to talk and take care of things. After my husband went to bed, my ritual was to try and do relaxing things till I yawned at least once. That was usually around 4am. As soon as I had one half hearted yawn, I would immediately go to bed and lay down, even if I wasn’t sleepy yet. Even so, I mostly stayed wide awake for a long time after that. I tried meditation tapes, sleep tapes, getting up for a while, turning off computers, lowering my stressors, all to no avail.

I have tried every kind of prescription sleep medication and natural sleep aid known to mankind. So many I can’t even remember them all anymore. Once I did fall asleep, I would wake up after an hour (every hour) and have trouble sleeping again. Each day as “bedtime” approached, it was a nightmare thinking about the hell I was going to face trying to go to sleep. Sometimes as the night got closer, I cried thinking about what was facing me again. Every night was a nightmare. I knew my adrenals were not doing well, not only because I tested “crashed” on the adrenal quiz, but I had taken a
cortisol saliva test and it showed a fairly flat line. I was so lethargic I could hardly get out of bed most days. It was a stark difference from when I was still working full time as the director of a large family service center.

So, when I heard about your program, I was thrilled to think that there was something that might help my energy return to normal. As I started the program, I wasn’t even thinking about it helping me sleep! But sure enough, after starting the program, suddenly I started yawning in the evening around 8:00! I actually felt sleepy! I haven’t actually felt sleepy in years. Tired, yes, all the time, but never that comfortable sleepy feeling. The first time I yawned, I thought it was a fluke. But over the past several weeks, I have slowly started falling asleep earlier and earlier - and the other day, for the first time in 10 years, I actually fell asleep at 11:30 pm and slept through the night! I think I only woke once and fell right back to sleep!! It was like a miracle!

My energy is slowly starting to come back as well. I still feel tired all the time, but without thinking about it, I notice that am getting out of bed, getting dressed, doing simple household chores and taking care of myself in a way I haven’t had the strength or the mind for in years. I’m cautiously starting to feel hopeful about my prospects of possibly healing.

I now believe that healing my adrenals had to be the foundational healing step I took before any of my other health struggles can be tackled. Most evenings now I not only yawn, but I’m starting to stretch again too! I had forgotten how great that feels! I have been going on and on to everyone that will listen about the program, but I think they think I work for the company or something! : )
Most days I drink my shake with water or coconut water. But when I get a craving for a treat later in the day, I make myself the carob chip shake. (Keeps me away from the ice cream or other sweets and feels like a healthy splurge).

Thank you for creating this program!
No more nighttime nightmares!
SPICED RHUBARB
ADRENAL RESET SHAKE
by: Renee K.

Ingredients
• 1 1/2 cups unsweetened almond milk
• 1/2 cup Adrenal Reset Shake
• 1 Tbsp rice bran
• 2 tsp Ultra Fiber
• 1 Tbsp ground flaxseed
• 1/4 cup spiced stewed rhubarb (see recipe below)

Spiced Stewed Rhubarb
Makes 2 quarts; keep in covered bowl in refrigerator for up to 1 month.

• 4 1/4 pounds fresh untrimmed rhubarb stalks
• 4 cups granulated Stevia
• 4 tsp minced candied ginger
• 1 tsp ground cinnamon
• 1 tsp ground cloves

Directions
1. Wash rhubarb stalks well in running cool water (I use toothbrush)

2. Cut off both ends of each stalk, and cut stalks into 1” lengths (if any stalks are VERY wide, I slice them down the middle).

3. Put the cut, undried rhubarb into a pot large enough to leave about 1” at top.

4. In separate mixing bowl, blend the other 4 ingredients well, and pour it over rhubarb.
5. Sprinkle 3/8 cup water over mixture, stir & fold to dissolve dry ingredients.

6. Cover pot. Cook on HIGH until boiling (at first there will be very little water in the bottom.)

7. Turn heat down to MEDIUM, stir well and recover.

8. Repeat this on Medium every 5 minutes until rhubarb is very tender (taste if necessary - it shouldn’t be chewy, but also not mushy.)

Note: This is enough to make a month’s worth of shakes.
MINT CHOCOLATE CHIP “ICE CREAM”

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1/2 cup unsweetened almond milk or coconut milk (in the carton)
• 1/8 avocado
• 1 cup ice
• 1 Tbsp cocoa nibs
• 1 tsp mint extract

Optional: Add 1 Tbsp cocoa powder to make it chocolate chocolate chip “ice cream”

Directions
Blend. Freeze. Enjoy!
ALMOND BUTTER PROTEIN BALLS

Ingredients
• 2 scoop Dr. Christianson’s Adrenal Reset Shake
• 3/4 cup organic gluten free oats
• 1/2 cup no sugar added creamy almond butter
• Liquid Stevia to taste

Optional - 2/3 cup unsweetened coconut flakes OR 1/3 cup of cocoa nibs
CREAMY VANILLA PUDDING

Ingredients
• 1 1/2 cups unsweetened vanilla almond milk
• 2 scoops Dr. Christianson’s Adrenal Reset Shake

Directions
Blend ingredients. Refrigerate overnight

Optional toppings (to add after refrigeration):
• 1 Tbsp chia seeds
• 1/4 cup fresh berries

Enjoy!
SNICKERDOODLE COOKIE DESSERT SHAKE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 1/2 cups water
• 1/2 cup unsweetened almond milk
• 1/8 avocado
• 1/4 tsp cinnamon

Directions
Add 1/2 cup ice and blend to give it a smoothie texture
STRAWBERRY SHORTCAKE SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1/2 cup unsweetened almond milk
• 3/4 cup sliced strawberries (about 8) fresh or frozen
• 2 Tbsp walnuts
• 1/4 tsp lemon zest
• Water
• Ice

Directions
Blend all ingredients and enjoy!
BLACK FOREST SMOOTHIE

Ingredients
• 2 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 handful baby spinach
• 1 cup frozen cherries
• 2 Tbsp cacao powder
• 1 Tbsp chia seeds
• 1/4 cup Rolled Oats (skip the oats for an Adrenal Reset lunch)
• Water
• Ice

Directions
Blend all ingredients and enjoy!
VANILLA-CHIA BREAKFAST PORRIDGE

Ingredients
• 4 scoops Dr. Christianson’s Adrenal Reset Shake
• 1 cup unsweetened almond milk
• 3 Tbsp chia seeds

Optional Toppings: Chopped almonds, diced peaches, fresh blueberries, nutmeg, or cinnamon

Directions
1. Place the almond milk, chia seeds, and protein powder in a 1 quart glass jar. Screw on the lid and shake well.

2. Let mixture sit on the countertop for about 30 minutes, then shake again.

3. Put jar in refrigerator overnight, or for about 8 hours.

4. Before serving, shake again and add toppings as desired.