

Dr Accurso's Morning shake

The ingredients can change depending on what you have in the house. Here are the basic ingredients to my morning shake. I always try to get **healthy fat**, some **fresh vegetables** like spinach, roman lettuce, kale ect... in my morning shake. And lastly the [Perfect Protein](#) and [Max Greens](#).

- **1 cup Water or Unsweetened Full Fat Almond milk, Hemp Milk ect. I don't recommend rice and soy**
- **Use 1/6th to 1/8th can Full Fat Canned Coconut Milk**
- **1 Handful of Spinach, roman lettuce, kale ect**
- **2-3 dashes of Organic Turmeric**
- **2-3 dashes of Organic Cinnamon**
- **1 cup Water with Ice**
- **1 teaspoon to 1 tablespoon [Max Greens](#).**
- **1 scoop of [Perfect Protein](#).**

Healthy fat is what makes you feel satisfied for a long time. **So in addition to the Coconut fat we usually will add a little more healthy fat such as: 1 teaspoon to tablespoon of ground flax or hemp seeds or chia seeds. You can also add full fat unflavored yogurt or 1 slice of avocado. (Avocado really makes the shake thick and creamy!)**

After it is well blended, add one serving of [PERFECT PROTEIN WHEY](#) from Maximized Living. Turn the blender on very briefly, just enough to get the **Protein Powder** to disappear from the top, 1-3 seconds. **DO NOT OVER BLEND OR THE WHEY DENATURES!**

****PERFECT PROTEIN** is an undenatured whey protein, and undenatured whey protein has been found to significantly elevate **glutathione** levels. **Glutathione** is our body's most important antioxidant. Glutathione also attaches (chelates) to toxic metal ions and eliminates (detoxifies) them.

With the extra Coconut Milk, we pour the remainder of the coconut milk into ice cup trays so that it does not go bad.