

DR. JUNGER'S 5-DAY
DETOX COURSE

SHAKE RECIPE GUIDE

SHAKE RECIPES

We've included six shake recipes that can be used during your cleanse. From fruit-based shakes to warm shakes to savory shakes, you'll find lots of variety here. Feel free to experiment with ingredients.

BLACKBERRY COCONUT MILK SHAKE

MAKES: 1 serving

INGREDIENTS:

- 1 cup frozen blackberries
- 3/4 cup chilled unsweetened coconut milk
- 1 1/2 cups chilled coconut water
- 1/2 teaspoon vanilla extract
- 2 Medjool dates

INSTRUCTIONS:

Place all the ingredients in a blender and blend on a high setting for 30 seconds, then serve.



PURPLE MASON JAR SHAKE

MAKES: 1 serving

INGREDIENTS:

- 1 cup almond milk, unsweetened
- 1/2 cup fresh or frozen organic blueberries
- 1 tablespoon of Green powder or handful of spinach
- 2 tablespoons almond butter
- 1 tablespoon tahini
- 1 teaspoon vanilla
- A few drops of liquid stevia, to taste

INSTRUCTIONS:

Blend all ingredients together and drink up! for 30 seconds, then serve.



SAVORY SHAKE

MAKES: 1 serving

INGREDIENTS:

- 1 cup bone marrow broth (or chicken or vegetable stock)
- 1 avocado
- 1 tablespoon miso
- a pinch of salt (if broth is unsalted)
- 1/2 cup almond or coconut milk

INSTRUCTIONS:

Blend until smooth.



ALMOND BUTTER BERRY SHAKE

MAKES: 1 serving

INGREDIENTS:

- 12 ounces coconut milk (unsweetened)
- 1/4 cup almond butter
- 1/2 cup frozen blackberries
- 1/4 teaspoon vanilla powder
(you can also use vanilla extract in liquid form)!
- 1 teaspoon roasted maca (optional)
- A few drops of stevia (adjust to taste)
- Optional: cacao nibs or coconut flakes

INSTRUCTIONS:

Place all ingredients into a blender and blend until smooth for 30-45 seconds.



JUST PEACHY

MAKES: 1 serving

INGREDIENTS:

- 1 cup frozen peaches
- 1/2 cup pecans
- 2 cups whole fat coconut milk
- 2 tea spoons pumpkin pie spice (or cinnamon)
- 1 tea spoon freshly grated ginger
- Optional: vegan, rice based protein powder

INSTRUCTIONS:

Blend until smooth and creamy. Top with a few sprinkles of toasted (or raw) coconut for extra crunchy treat.



PEPPERMINT HOT CHOCOLATE

MAKES: 1 serving

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1/2 cup heavy coconut cream (in a can)
- 1-2 tablespoons mint flavored liquid chlorophyll (Nature's Way)
- 2 tablespoons raw cacao or unsweetened cocoa powder
- Pinch of pink Himalayan sea salt

INSTRUCTIONS:

Warm the milk gently on the stovetop. Stop before it comes to a boil, and remove from heat. Add to blender with the rest of the ingredients and blend until smooth. Serve warm.

*Note: We recommend this as a treat or snack in between meals rather than as a meal replacement.



MANGO SLUSHIE

MAKES: 1 serving

INGREDIENTS:

- 1 cup frozen mango slices
- 2 kiwi fruits, peeled, quartered, and frozen ahead of time
- Juice of 1 lime
- Ginger-flavored kombucha (we like GT's brand, and it's the easiest to find)
- 1 table spoon coconut nectar or 2-4 drops stevia liquid

INSTRUCTIONS:

Place all ingredients in blender and blend on high setting until the frozen fruit has broken down. Serve immediately.

*Note: We recommend this as a treat or snack in between meals rather than as a meal replacement.

