

# Savory Green Morning Shake

~750 calories	~40 g protein	~19 g fiber	~14 g net carbs	~3 g omega-3 ALA	B12, iodine, selenium covered
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## Method

- 1. Grind the hard stuff (~60 sec).** Add the water, chia, pumpkin seeds, sunflower seeds, and Brazil nut (plus walnuts if using). Blend on high until no grit remains — this first pass is what makes a water-based shake feel creamy.
- 2. Add everything else (~45 sec).** Add kale, arugula, lemon, ginger, garlic, tahini, avocado, protein powder, nutritional yeast, and kelp. Blend until fully smooth.
- 3. Taste and calibrate.** Too thick: add water. Too sharp: less garlic or lemon peel next time. Too bitter: drop the peel, juice the lemon instead. Tastes flat: add a small pinch of salt. Drink with a glass of water on the side — the fiber wants hydration.

## Dosing ceilings (the two that matter)

**Kelp:** use the tiny scoop inside the jar — one level 90 mg scoop = 450 mcg iodine (300% DV). A finger-pinch would be several scoops and can exceed the 1,100 mcg/day safe upper limit. Half a scoop daily, or one scoop every other day, is plenty. **Brazil nut:** one per day covers selenium; don't snack on extras — selenium accumulates.

## Guardrails

The ceiling items (Brazil nut, kelp) never scale on 'more is better' logic — one nut and one scoop per person, period. Carb levers are oats, berries, and any fruit. Keep some fat (avocado/seeds) on greens-heavy days so the fat-soluble vitamins absorb.

## First-week protocol & tips

- Start with half portions of chia, garlic, and kelp; ramp up over ~2 weeks as fiber tolerance builds.
- Check the nutritional yeast label: it must say fortified and list B12 — that ingredient is your B12 source.
- Kale freezes well (wash, de-stem, freeze flat); arugula does not — buy it weekly.
- Whole avocado per person avoids the half-avocado storage problem; pick ones that yield slightly to a squeeze.
- Prep shortcut: portion the seeds/nuts into small jars for the week; mornings become kit + produce + water + blend.
- A double batch (~6 cups) fits the 64-oz Vitamix. Vitamix self-clean: warm water + drop of dish soap, run ~45 sec, rinse.

Covers most daily micronutrient targets meaningfully; remaining gaps by design: vitamin D (separate supplement) and potassium (whole-diet job). Values are estimates from standard food data. v2026.06.2.

core  
 default pick  
 swap if out  
 optional flavor

		Ingredient	Amount	Cal	Note
	<input checked="" type="radio"/>	<b>Water</b>	1–1.5 cups	0	More = thinner.
Protein	<input checked="" type="radio"/>	<b>Whey isolate, unflavored</b>	1 scoop	110	~25 g protein, satiety.
	<input type="radio"/>	Pea protein isolate	1 scoop	110	If off whey; earthy, suits savory.
	<input type="radio"/>	Egg white protein	1 scoop	100	Complete, very neutral, dairy-free.
	<input type="radio"/>	Plain Greek yogurt	¼ cup	35	Creamy + probiotics if you eat dairy.
Calcium	<input checked="" type="radio"/>	<b>Kale</b>	1 handful	10	Low-oxalate — the calcium anchor.
	<input type="radio"/>	Collard greens	1 handful	12	Closest sub: low-oxalate, similar Ca/K.
	<input type="radio"/>	Bok choy	1 handful	9	Low-oxalate, mild, good calcium.
	<input type="radio"/>	Mustard greens	1 handful	7	Low-oxalate, peppery, brassica.
Flavor	<input checked="" type="radio"/>	<b>Arugula</b>	1 handful	8	Peppery; nitrates, crucifer.
	<input type="radio"/>	Watercress	1 handful	4	Very nutrient-dense, big vitamin K.
	<input type="radio"/>	Romaine	1 handful	8	The mild 'off day' option.
	<input type="radio"/>	Spinach	1 handful	7	High-oxalate, blocks calcium.
	<input type="radio"/>	Beet greens	1 handful	8	More nitrates (BP / exercise).
Seeds	<input checked="" type="radio"/>	<b>Lemon, with some peel</b>	¼–½	10	Vitamin C, sharp flavor, polyphenols.
	<input checked="" type="radio"/>	<b>Chia seeds</b>	1 tbsp	60	Viscous fiber, omega-3.
	<input checked="" type="radio"/>	<b>Pumpkin seeds, raw</b>	1 tbsp	55	Zinc, magnesium.
Creamy fat	<input checked="" type="radio"/>	<b>Sunflower seeds, raw</b>	1 tbsp	55	Vitamin E.
	<input checked="" type="radio"/>	<b>Avocado</b>	1 whole	240	Absorbs fat-sol. vitamins; K, fiber, E.
	<input checked="" type="radio"/>	<b>Tahini</b>	1 tbsp	90	Calcium + creaminess.
	<input type="radio"/>	Walnuts	~15 g	100	Adds omega-3; chia already covers it.
	<input type="radio"/>	Almond / sunflower-seed butter	1 tbsp	95	1:1 swap for tahini.
Minerals	<input type="radio"/>	Frozen cauliflower	¼ cup	7	Invisible bulk & cream, near-0 carbs.
	<input checked="" type="radio"/>	<b>Brazil nut*</b>	1 per person	30	Selenium — one each, never pool.
	<input checked="" type="radio"/>	<b>Nutritional yeast, FORTIFIED</b>	1 tbsp	20	B vitamins incl. B12.
	<input checked="" type="radio"/>	<b>Kelp powder*</b>	½–1 scoop	0	Iodine; jar's 90 mg scoop only.
Aromatics	<input type="radio"/>	Hemp seeds (hearts)	1 tbsp	55	Zinc, magnesium + some plant iron.
	<input checked="" type="radio"/>	<b>Fresh ginger (scrub, no peel)</b>	~1 inch	5	Warm, anti-inflammatory.
	<input checked="" type="radio"/>	<b>Garlic</b>	½ sm. clove	2	Allicin; calibrate to taste.
	<input type="radio"/>	Turmeric + black pepper	sm. pinch	2	Pairs w/ ginger; pepper aids uptake.
	<input type="radio"/>	Parsley	sm. handful	4	Bright; high vitamin C and K.
	<input type="radio"/>	Fresh mint	few leaves	1	Cooling, lightens the drink.
	<input type="radio"/>	Cucumber slices	few slices	4	Freshens & dilutes.
	<input type="radio"/>	Celery / dill / basil	to taste	3	Savory / herbaceous variation.
	<input type="radio"/>	Cilantro	sm. handful	2	Love-it-or-hate-it; very bright.
Boost shelf	<input type="radio"/>	Cayenne	pinch	0	Heat, if you want it.
	<input type="radio"/>	Frozen blueberries	¼ cup	20	Anthocyanins, but adds sugar. (+carbs)
	<input type="radio"/>	Cinnamon	pinch	2	Some glucose-handling evidence.
	<input type="radio"/>	Rolled oats	~2 tbsp	75	Beta-glucan fiber + body. (+carbs)
	<input type="radio"/>	Psyllium husk	½–1 tsp	10	Pushes fiber up; ramp slowly. (+carbs)

\*Brazil nut & kelp: keep the single dose even for a double batch. See "Guardrails" above.