

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) keeps a second serving ready for the next morning.
- Psyllium is the exception to the double-batch tip: it gels fast, so stir it into each serving fresh rather than into a batch you store overnight.

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. v2026.07.15.

● core
 ◉ default pick
 ◐ swap if out
 ○ optional flavor

		Ingredient	Amount	Cal	Note
Water	●	Water	1–1.5 cups	0	More = thinner.
	○	Ice	to taste	0	Optional — colder and thicker.
Protein	●	Whey protein isolate, unflavored	1 scoop	110	~25 g protein, satiety.
	◐	Pea protein isolate	1 scoop	110	If off whey; earthy, suits savory.
	◐	Egg white protein	1 scoop	100	Complete, very neutral, dairy-free.
	○	Plain Greek yogurt	¼ cup	35	Creamy + probiotics if you eat dairy.
	○	Skyr	¼ cup	40	Tangy, thick; protein + probiotics if you eat dairy.
Calcium	◉	Kale	1 handful	10	Low-oxalate — the calcium anchor.
	◐	Collard greens	1 handful	12	Closest sub: low-oxalate, similar Ca/K.
	◐	Bok choy	1 handful	9	Low-oxalate, mild, good calcium.
	◐	Mustard greens	1 handful	7	Low-oxalate, peppery, brassica.
Flavor	◉	Arugula	1 handful	8	Peppery; nitrates, crucifer.
	◐	Watercress	1 handful	4	Very nutrient-dense, big vitamin K.
	◐	Romaine	1 handful	8	The mild 'off day' option.
	◐	Beet greens	1 handful	8	More nitrates (BP / exercise).
	●	Lemon, with some peel	¼–½	10	Vitamin C, sharp flavor, polyphenols.
Seeds	●	Chia seeds	1 tbsp	60	Viscous fiber, omega-3.
	●	Pumpkin seeds, raw	1 tbsp	55	Zinc, magnesium.
	●	Sunflower seeds, raw	1 tbsp	55	Vitamin E.
Creamy fat	●	Avocado	1 whole	240	Absorbs fat-sol. vitamins; K, fiber, E.
	●	Tahini	1 tbsp	90	Calcium + creaminess.
	◐	Walnuts	~15 g	100	Adds omega-3; chia already covers it.
	◐	Almond / sunflower-seed butter	1 tbsp	95	1:1 swap for tahini.
	○	Frozen cauliflower	¼ cup	7	Invisible bulk & cream, near-0 carbs.
Minerals	●	Brazil nut*	1 per person	30	Selenium — one each, never pool.
	●	Nutritional yeast, fortified	1 tbsp	20	B vitamins incl. B12.
	●	Kelp powder*	½–1 scoop	0	Iodine; jar's 90 mg scoop only.
	◐	Hemp seeds (hearts)	1 tbsp	55	Zinc, magnesium + some plant iron.
Aromatics	◉	Fresh ginger	~1 inch	5	Warm, anti-inflammatory.
	◉	Garlic	½ sm. clove	2	Allicin; calibrate to taste.
	○	Turmeric + black pepper	sm. pinch	2	Pairs w/ ginger; pepper aids uptake.
	○	Parsley	sm. handful	4	Bright; high vitamin C and K.
	○	Fresh mint	few leaves	1	Cooling, lightens the drink.
	○	Cucumber	few slices	4	Freshens & dilutes.
	○	Celery / dill / basil	to taste	3	Savory / herbaceous variation.
	○	Cilantro	sm. handful	2	Love-it-or-hate-it; very bright.
	○	Cayenne	pinch	0	Heat, if you want it.
Boost shelf	○	Frozen blueberries	¼ cup	20	Anthocyanins, but adds sugar. (+carbs)
	○	Cinnamon	pinch	2	Some glucose-handling evidence.
	○	Rolled oats	~2 tbsp	75	Beta-glucan fiber + body. (+carbs)
	◉	Psyllium husk	½–1 tsp	10	Pushes fiber up; ramp slowly. (+carbs)
	○	Creatine monohydrate	3–5 g	0	Daily; strength, power, lean mass. Tasteless, stirs in.

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