

* BERRY BERRY GOOD *

Ingredients:

- 1 banana
- 75g Cranberries (basically a small handful)
- 75g Strawberries (a handful)
- 75g Blueberries (a handful)
- 75g Blackberries (a handful)
- Whey Protein: 1 scoop (please see my notes on Whey Protein)
- 5 fl oz Orange Juice (basically enough to make it 'smooth')

Optional Super Nutrients you can add:

- Mineral supplement (a liquid mineral supplement has better absorption)
- Bee Pollen or a Greens product
- Flaxseed meal (good source of essential fatty acids - EFAs)
- Wheatgerm (good source of magnesium and Vitamin E: an anti-oxidant)
- Chopped brazil nuts (for selenium - powerful anti-oxidant) or chopped Almonds (for extra iron, magnesium and calcium. Note iron absorption is increased when taken with Vitamin C) or Chopped pecans (for anti-oxidants and zinc)
- Ginger root (for zinc)
- Black strap molasses (for iron)

Prepare:

Place all ingredients in the blender and blend! Within in a few minutes you have a delicious, nutritious meal.

Key Nutrients / Analysis:

Nutrient	Total Recipe	Notes
Calories (kcal)	397.31	Low in calories..high in nutrients!
Protein (g)	19.82	Just add more whey if you want more protein - just don't go above 30g since that's all the body can use in one sitting
- Calories from Protein	75.51	
Carbohydrates (g)	78.88	
- Calories from Carbohydrates	300.50	
Fat (g)	2.48	
- Calories from Fat	21.30	
Total Dietary Fiber (g)	13.28	Excellent for the bowels ("sweeping the intestines")! We should aim for 35g a day - you're getting over 35% here ...
Water (g)*	335.53	High water content => hydrating in addition to fueling....
Vitamin A (IU)*	334.50	
Total Folate (mcg)*	64.00	
Vitamin C (mg)*	147.30	60mg is the RDA - but athletes should take in lots more since it's a powerful anti-oxidant...
Calcium (mg)*	50.25	800-1200 mg is our aim - use calcium fortified orange juice for a higher intake...
Iron (mg)*	1.30	
Magnesium (mg)*	59.00	350mg is our goal - athletes need to take in far more though. Add wheat germ and almonds to increase.
Phosphorus (mg)*	64.25	
Potassium (mg)*	1097.76	2000mg is our goal - over 50% of our daily allowance has been met in only 400 kcal!
Selenium (mcg)*	2.98	
Sodium (mg)	57.01	LOW sodium!
Zinc (mg)*	0.64	Add ginger root or pecans for added zinc