

Dr. Kordonowy's Longevity Shakes

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The Importance of Morning Protein

In my clinical experience, many patients struggle to meet their protein requirements, particularly at breakfast. Most adults require **25–40 grams of protein per meal** to optimize their basal metabolic rate and provide the amino acids necessary to build and maintain muscle mass. Higher muscle mass translates to a higher metabolic rate, allowing for better weight management and body composition.

I advocate for meal replacements—specifically highly nutritious shakes—as a controlled way to start your day. For those using the **TR90 program** or similar structured plans, these recipes are an excellent tool for weight optimization.

Recommended Protein Supplements

To reach the target of **20–25 grams of protein per serving**, I recommend adding one scoop of a high-quality supplement (assuming no food allergies):

1. **NuSkin's My Vitality:** Superior palatability and mixability. Using the ADR program can net a 25–29% cost savings over time.
 2. **PureLean Basics:** A clean, professional-grade option.
 3. **GMO-Free Natural Whey Protein:** Available in various flavors for versatility.
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The Recipes

Note: If you are taking Warfarin (a blood thinner), please consult your physician before using these recipes due to the Vitamin K content in spinach, kale, and avocado.

1. Toxin Cleansing Blast

A refreshing, fruit-forward option to kickstart your metabolism.

- **1–2 Handfuls** Cleaned baby spinach
- **1** Pear, cored
- **1** Apple, cored
- **1** Banana
- **1 Cup** Pineapple
- **1 Cup** Liquid base (Water, almond milk, skim milk, or soy milk)
- **1 Scoop** Protein supplement of choice

2. Green Goddess Shake

A nutrient-dense, savory-sweet balance for sustained energy.

- **1 Cup** Baby spinach or kale
- **1 Cup** Cucumber chunks
- $\frac{1}{2}$ Avocado (pitted and peeled)
- **1 Large** Kiwifruit (peeled and chopped)
- $\frac{1}{2}$ Fresh orange or 1 tangerine
- $\frac{1}{2}$ Apple
- **1 Scoop** Protein supplement of choice

Instructions: Combine all ingredients in a high-speed blender or NutriBullet. Blend until smooth. *Pro-tip: Store fruits and greens in the freezer to prevent spoilage and ensure a chilled shake without needing ice.*