

Upgrade Your Brain Energy

SUPERHUMAN BRAIN SHAKES

*Delicious Brain and Energy
Enhancing Supershakes!*

**DR. RYAN
WOHLFERT**

ENERGY ▲ PERFORMANCE ▲ LONGEVITY

TEMPLATE & RECIPES INSIDE!!

SUPERHUMAN BRAIN SHAKES

Template & Recipes

There's no better way to meet your nutritional needs, upgrade your brain, strengthen your body, and energize your life than through a Superhuman Brain Shake once every day!

These shakes are an easy, creamy, and delicious way to enhance brain function, increase energy, heal leaky gut, prevent cognitive decline and much more. In a single shake, you can consume base levels of fruits and vegetables, along with significant helpings of micronutrients and nootropics.

For the rest of the day, it's up to you how you add to your nutrient load. In preparation for a period of fasting? The recipes below will provide enough nutrients to get you through it. Whatever your reasons, incorporating a high-powered Superhuman Brain Shake should become an integral part of your daily routine.

Below, you will find a number of recipes; however, the sky's the limit! The Superhuman Brain Masterclass gives plenty of information about brain-enhancing nutrients, and you may already have an idea about which are most appropriate (and palatable) to you. In fact, the only thing that can limit your choice of ingredients is your imagination! To help you out, we're sharing some of our top recipes which have helped upgrade many brains and stimulated next-level performance, focus, and energy.



CREATING YOUR SUPERHUMAN BRAIN SHAKE

Before you start creating your shake, think about the basic ingredient groups below and start listing the ones that you will most enjoy. We should add that you **don't** have to use all seven of these categories in each shake. Start with the essentials, create the habit, and build from there.

CHOOSE ONE SUGGESTION FROM EACH CATEGORY

- 1 BASE GREENS:**
Kale, Spinach, Swiss chard, Parsley, Lettuce, Arugula, Beet greens, Dandelion greens, Celery, Carrot tops, Cilantro
- 2 LIQUID:**
Unsweetened Almond or Coconut milk, 100% Grass-Fed Bone Broth, Water, Fresh Lemon or Lime Juice, Green Tea, Herbal infusions
- 3 Healthy FAT:**
Avocado (thickener), Walnuts, Almonds, Almond butter, Flax seeds (the Ninja chops them up, otherwise you will have to do this separately), Chia seeds (thickener), Hemp seeds, Pumpkin seeds, Extra virgin organic coconut oil
- 4 Frozen or Fresh VEGETABLES:**
*Yes, you have a green base, but extra vegetables always work in a good shake!
Try: Broccoli, Cucumbers, Green beans, Zucchini, Beets*
- 5 Frozen or Fresh FRUIT:**
Strawberries, Blackberries, Blueberries, Raspberries, Cherries, Green apple. Limit the higher sugar fruits like Pineapple, Mango, Red apples, Bananas, and other tropical fruit if your goal is to lose weight
- 6 PROTEIN:**
Bone Broth Protein powder, Plant-based protein powder, Rice protein, Hemp protein, Free Range Eggs
- 7 SPICES/SUPPLEMENTS:**
Turmeric, Ginger, Cacao powder, Cacao nibs, Ceylon cinnamon, Stevia, Ginseng, Macha, Maca root, Essential oils

DID YOU MISS THE SUPERHUMAN BRAIN

Masterclass?

[Get Free 7-Day Access NOW!](#)

TIPS TO MAKE YOUR SHAKE HABIT EASIER:

- ▶ **Use a time of day that is available to you to prepare your shake.** Maybe rinse and arrange your ingredients after you get home and blend and drink it the next morning.
- ▶ **Rotate all vegetables, fruit, liquid, and spices at regular intervals.** This way you get the full spectrum of nutrients, and avoid a one-sided diet.
- ▶ **Set yourself up for success.** If it tastes awful, you're not gonna continue! During your first ventures into the incredible world of Superhuman Brain Shakes, you might want to use more fruit.
- ▶ **Use a powerful blender** like the Ninja or Vitamix for maximum creaminess.
- ▶ **Frozen fruit and vegetables are completely acceptable.** The freezing process is so quick that very few nutrients are lost. In fact, fresh products might contain less, depending on how long they've been on the shelf.

**Used consistently, Superhuman Brain Shakes
deliver powerful, long-term results!**

BASIC METHOD:

- Keep the nuts, seeds and nibs apart
- Use the blend function first and combine the rest of the ingredients
- Add ice, liquid or thickening ingredients to get the right consistency for you
- Pulse in nuts, seeds and nibs at the end (at a low setting)
- Use tasty spices, such as cinnamon, as a sprinkled-on topping



SUPERHUMAN BRAIN SHAKE RECIPES:

Ready? I have added some of our most tempting shakes, but as mentioned before, the possibilities are endless! Check out the **Superhuman Brain Masterclass** for even more ideas and nutritional information.



Coconut Crunch Supershake

- 1 cup full fat coconut milk
- 2 tbsp almond butter
- 2 scoops protein powder
- 1 tsp vanilla stevia
- ¼ cup raw cacao nibs or dark chocolate chips



Anti-Inflammatory Blackberry (Blueberry) Sunrise

- Handful of spinach
- 1 cup frozen organic blackberries (or blueberries)
- 1 can full fat coconut milk
- 3 tbsp raw cacao powder
- 1 scoop protein powder
- Liquid stevia to taste
- 1 tbsp turmeric
- Pinch pink salt
- Pinch of black pepper



Chocolate Chia Superbrain Shake

- 1-2 cups organic almond or coconut milk (carton)
- 1 tbsp. raw cacao powder
- 1 tsp. chia seed
- 1 scoop of high quality protein powder
- ½ avocado
- Ice (optional)





Citrus Cherry Shake

- 1-2 cups unsweetened almond or coconut milk
- 1 avocado
- 1 large handful of parsley
- Juice of one lime
- ¼ - ½ cup cherries (frozen)
- ¼ cup pineapple (frozen)
- ¼ tsp of vanilla
- 1-2 scoops vanilla protein powder



Brain Deflame Cinnamon Blitz

- ½ cup full-fat organic coconut milk
- ½ cup filtered water
- ½ - 1 tsp cinnamon
- 20 drops of vanilla stevia or to taste
- Pinch of pink himalayan sea salt
- 2 tbsp of almond butter or 1 handful of walnuts and/or almonds
- 1 scoop of Apple Cinnamon Bone Broth Protein powder or another protein source



Ultimate Superhuman Brain Shake

- 1-2 cups frozen mixed red and dark berries
- Small handful parsley
- Handful spinach, kale, or swiss chard
- ½ - 1 inch fresh or 1 tsp ground ginger root
- ½ - 1 inch fresh or 1 tsp ground turmeric root
- Juice of one lemon
- 1 tsp matcha green tea powder
- ½ avocado
- 1-2 scoops chocolate bone broth protein powder
- Water and/or unsweetened almond, hemp, cashew, or coconut milk

STILL NOT SURE HOW TO BEST INCORPORATE SUPERHUMAN BRAIN SHAKES INTO YOUR LIFE FOR MAXIMUM ENERGY, PERFORMANCE, AND LONGEVITY?

[Click here to book a FREE 15-minute Strategy Session with me!](#)

Meet Dr. Ryan Wohlfert

Dr. Ryan Wohlfert, DC, CCSP is a highly specialized healthcare practitioner who has helped thousands of patients elevate their health and energy at his multiple chiropractic, nutrition, and wellness clinics. He's the co-creator and host of the Superhuman Brain Masterclass, bringing together the world's top neuroscientists, brain researchers, doctors, and biohackers to uncover proven solutions to upgrade the brain to high energy and performance. To date, it has reached 100,000+ people worldwide. He also founded Total Health Spine & Nutrition and UpgradedParents.com to help people eliminate dependence on drugs and medications, and holistically upgrade their brain for maximum energy, performance, and longevity.

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