

Lower Your Cholesterol Smoothie

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This super smoothie is a wonder for lowering cholesterol as it contains: **Plant Sterols** that can lower LDL cholesterol by up to 14%, **EPA** in fish oil that acts as an anti-inflammatory for the body; strawberries that are high in antioxidants and fiber, **calcium** and **Vitamin D** for bone and heart health; and finally **chocolate**...rich deep dark **chocolate** with theobromine, another substance that is a building block of the neurotransmitter that produces pleasure, and is beneficial for heart health as well as mood. Crank up the endorphins to spark up the day! This smoothie also provides lots of fiber, antioxidants and protein. So bring it on, you're ready!!

What you will need:

- 1 quality blender
- 1 8-ounce glass
- 5 minutes of your time

Ingredients:

- 2 scoops UltraMeal Plus 360 or UltraMeal Plus vanilla shake mix with plant sterols (see ordering info below).
- 2 packets Coromega omega 3 squeeze chocolate orange (available at health food store)
- ½ cup almond milk, vanilla flavor (can substitute soy milk or skim milk)
- ½ - ¾ cup frozen strawberries
- 1 Tablespoon liquid Calcium/Magnesium Strawberry flavor
- 10 drops Liquid Vitamin D
- Add milk/water as needed to thin.

In a blender, add all ingredients except UltraMeal Plus. Blend until smooth. Stir in UltraMeal. Serve immediately. Do not store.

Nutrition Facts: Calories: 319, Total Fat: 11 g, Saturated Fat: 2 g, Cholesterol, 16 mg, Sodium: 292 mg, Carbohydrate: 43 g, Fiber: 6 g, Protein: 16 g, Plant Sterols: 2,000 mg, Omega 3 Fatty Acids: 1,000 mg, Calcium: 500 mg, Vitamin D: 1,000 IU.

TO PLACE AN ORDER FOR METAGENICS PRODUCTS:

- ❖ Call 1-800-692-9400 above and ask for Customer Service.
- ❖ Tell them that your dietitian asked you to call and place an order for supplements.
- ❖ Give Customer Service representative the proper account number: Buckley-70
- ❖ Give them your credit card number and any other needed information.
- ❖ Orders received by 1 pm are shipped the same day (except refrigerated products, which cannot be shipped after Thursday), and typically take from 2-3 days to reach you (including shipping time). **They ship via UPS.**

THE FOLLOWING PRODUCTS HAVE BEEN RECOMMENDED FOR YOU:

Code	Product	<input checked="" type="checkbox"/>	Price
UMP360	Ultrameal Plus 360 Medical Food with plant sterols 2 g (Make sure and request patient guide for dietary guidelines). (Should not be used by people taking anticoagulant medications).		\$29.37
UMP	Ultrameal Plus Medical Food with plant sterols 2 grams. Make sure and request patient guide for dietary guidelines. (Can be used by people taking anticoagulant medications).		\$23.64