



Hormone Balancing Smoothie



Ingredients:

- 1 1/2 scoops of vanilla protein powder (such as Level-1 from 1st Phorm)
- 1/2 cup full-fat Greek yogurt or canned full-fat coconut milk
- 1/2 cup unsweetened almond milk
- 1/3 Cup of frozen blueberries
- 1-2 tsp maca powder
- 1 tsp vanilla extract
- A pinch of salt

Instructions:

- Add all ingredients to a high-powered blender.
- Enjoy immediately!
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Additional Information: Additional Information:

With Greek Yogurt

- **Calories:** Approximately 470
- **Protein:** Approximately 48g
- **Fat:** Approximately 13g
- **Carbohydrates:** Approximately 40g

With Full-Fat Coconut Milk

- **Calories:** Approximately 556
- **Protein:** Approximately 40g
- **Fat:** Approximately 27g
- **Carbohydrates:** Approximately 38g

Maca is an adaptogen that may support hormonal balance by helping the body regulate its own hormone production. It is often used to relieve symptoms of hormonal fluctuations, such as hot flashes and low libido, and may also help improve mood and energy levels.

Healthy Fats for Hormones

Healthy fats, such as those found in coconut milk, are essential building blocks for hormone production. They provide the necessary components to create and regulate hormones, including estrogen, progesterone, and testosterone. A diet rich in healthy fats can support proper hormone function, which in turn can help with mood regulation, reproductive health, and overall well-being.