

Brian's Vitamix smoothie recipe (64 OZ blender bowl full, yields 6-20 oz cups, approximately 2 days of meals, which are kept refrigerated until use.) Balanced for healthy fats, protein, and carbohydrates.

Prune Juice: 1 cup

Soy Milk/unflavored/unsweetened: 1 cup (more if necessary to thin out the batch at the end)

Olive oil: ¼ cup

Flax oil: 2 Tbsp

Quaker Oats: ¼ cup

Dried Prunes: 6 each

Dried Cranberries: Handful

Walnuts: Handful

Almonds; Handful

Flax Seed Meal: 2 heaping Tbsp

Fresh Spinach: 2 large handfuls

Acai packet/thawed in fridge day before (Trader Joes)

Whey Protein Powder/Vanilla/Body Fortress Brand: 2 scoops

Collagen Protein Peptides: 1 scoop

Raw Organic Whey Protein/Gluten Free: 3 scoops

Frozen Fruit: 2 handfuls of blueberries, strawberries, peaches plus 4-6 pieces of frozen pre-cut banana.

Avocados: 4 small/ripe

Yogurt/unflavored/Full Fat: 4 heaping Tbsp

Garbanzo and Black Beans 1, 10oz can each/rinsed. Use 2/3 cup of the combined beans which is enough for blending 3 batches

Pepper 1 tsp

Slice of wheat bread

Hard boiled egg-1

Fresh basil: Handful/torn

2 small cans of wild salmon w/liquid 5 ounces each OR

1 large can of white meat chicken w/liquid 10oz

The Vitamix blender works best if you layer starting from wet to frozen and then top off with wet again like yogurt and avocados and additional soy milk if needed.

You may need to scrape down the sides midway through the process...And don't be afraid to run the blender on HIGH a couple of times to ensure that everything is well blended and without lumps!!

No need to strain the mixture as it will be well blended and smooth.

There are micro nutrients that are stirred into the cups right before bolus feeding. A separate list of those and Amazon links for purchase will also be put up. These ingredients impact various issues common to radiated patients, such as anemia, immune health, and more.