



IDEAL breakfast SHAKE

I have just started using Ideal Breakfast Shake and I thought I would have it for breakfast and lunch to lose weight quickly. A friend said she heard that a better option is to have it for breakfast and then in the arvo have a half scoop for afternoon tea? Is this true and why is it better?

This is a great question that comes up often. The main objective of using the Ideal Breakfast Shake is to provide the perfect blend of nutrients without the fat and sugar that accompanies most meals. Having said this I am passionate about educating people to eat better for the long term to maintain health and wellness rather than replacing multiple meals with shakes. This is a short term solution or fad diet approach which we should be wary of. A far more effective and long term approach is to replace 1 meal with a shake preferably breakfast (see explanation below about the benefit of this) and a half size shake mid-afternoon as a high protein snack. The benefits of this is twofold. Firstly the protein snack curbs sugar cravings that are so prevalent at this time and secondly it reduces your appetite so that you are less likely to overeat at dinner or snack after the meal. I have found this second shake in the afternoon to be a terrific way to kick start a sluggish metabolism and help with lagging energy levels.

Taking a protein shake upon waking, in place of a breakfast cereal or toast, jump-starts your metabolism and fuels fat burning. Including some carbohydrates triggers the production of the hormone insulin, which acts to shuttle nutrients into muscle tissue to counteract the effects of the prolonged fasting experienced during sleep. For example, you could blend your Ideal breakfast shake with fresh fruit.