



# **IDEAL breakfast SHAKE**

## **Using Ideal Breakfast Shake for balancing blood sugar levels**

### **What do you have for breakfast?**

A recent Time Magazine article highlighted a report which showed that many breakfast cereals contain more than 50 percent sugar by weight!

Refined carbohydrates promote chronic inflammation in your body, elevate cholesterol, and ultimately lead to insulin and leptin resistance. Insulin and leptin resistance, in turn, is at the heart of obesity and most chronic disease, including diabetes.

Consuming a Protein shake for breakfast is becoming a popular way to reduce body fat and help stabilise blood sugar fluctuations. There are many benefits to having a protein shake in the morning in regards to weight loss, and it will make the rest of your day that much easier. Additionally, making yourself a protein shake is quick and easy and will help provide all of the essential nutrients that your body needs.

### **Getting Your Metabolism Started**

Breakfast is the most important meal of the day because it provides an opportunity not only to get yourself feeling ready to take on the world, but also to get your metabolism started to commence with your daily weight loss goals.

### **Filling Up With Protein**

Protein will help to keep your body feeling fuller and more satisfied for a significantly longer amount of time when directly compared with foods that lack a substantial quantity of protein. Therefore, by having a morning protein shake, you will prevent unhealthy snacking in between your meals, keeping your daily calorie count at a much lower level.

### **Providing Energy for Exercise**

Making protein shakes for breakfast will help to keep your body energised all day, allowing you to have a successful workout no matter when you get to it. This is opposed to the quick-digesting, simple carbohydrates found in many common breakfast foods such as cereals and toast that lead to the inevitable late morning crash.

The IDEAL BREAKFAST SHAKE has been developed as a nutritious and convenient alternative to over processed breakfast cereals. Ideal Breakfast shake contains nutrient dense ingredients including 23grams of protein, antioxidant rich berries, immune boosting herbs and super foods.

By including the Ideal breakfast shake into your long term wellness program you can achieve long term healthy blood sugar control.