

Recipes for UltraInflamX® Medical Foods

Calories are approximate. If you are just beginning your program, you can use 1 scoop, for example, and cut the remainder of ingredients in half. As a reminder, recipes with UltraInflamX Plus 360° must be consumed within 10 minutes of preparation.

For all the beverage recipes below, combine all ingredients and blend in blender until smooth. Increase water as needed.

Recipes

Thick Shake 230 calories

2 scoops UltraInflamX Plus 360° (Orange)
6 oz. unsweetened almond, rice, or coconut milk†
4 oz. cold water
2 ice cubes

Variations: Also try with other flavors of UltraInflamX or UltraInflamX Plus 360°

Almond Dream 280 calories

2 scoops UltraInflamX Plus 360° (Orange)
6 oz. unsweetened almond milk
4 oz. cold water
1 tsp. almond butter
½-1 tsp. almond extract (optional)
2 ice cubes

Cherry-Coconut Dream 265 calories

2 scoops UltraInflamX Plus 360° (Orange)
6 oz. unsweetened coconut milk†
4 oz. cold water
½ cup chopped cherries (about 15 pitted cherries)
2 ice cubes

Variations: Also try with UltraInflamX or UltraInflamX Plus 360° in Pineapple-Banana or Tropical Mango flavors.

Blueberry-Citrus Crème 245 calories

2 scoops UltraInflamX Plus 360° (Orange)
4 oz. unsweetened almond, rice, or coconut milk†
4-6 oz. cold water
½ cup blueberries (fresh or frozen)
2 ice cubes (omit if using frozen berries)

Variations: Also try with UltraInflamX or UltraInflamX Plus 360° in Tropical Mango flavor.

Orange-Colada 260 calories

2 scoops UltraInflamX Plus 360° (Orange)
4 oz. unsweetened coconut milk†
4-6 oz. cold water
½ cup pineapple chunks
½-1 tsp. coconut extract*
2 ice cubes

Variations: Also try with UltraInflamX or UltraInflamX Plus 360° in Pineapple-Banana or Tropical Mango flavors.

Tropical Smoothie 270 calories

2 scoops UltraInflamX Plus 360° (Orange, Tropical Mango, or Pineapple-Banana)
4 oz. unsweetened coconut milk†
4-6 oz. cold water
½ small banana
½-1 tsp. coconut extract*
2 ice cubes

Variations: Also try with UltraInflamX or UltraInflamX Plus 360° in Pineapple-Banana or Tropical Mango flavors.

Mango Mondo *275 calories*

2 scoops UltraInflamX Plus 360° (Orange or Tropical Mango)
4 oz. unsweetened almond, rice, or coconut milk†
4-6 oz. cold water
½ cup diced mango (fresh or frozen)
2 ice cubes (omit if using frozen fruit)

Variations: Also try with UltraInflamX or UltraInflamX Plus 360° in Tropical Mango flavor.

Carrot-Orange Shake *245 calories*

2 scoops UltraInflamX Plus 360° (Orange)
4 oz. carrot juice
4-6 oz. cold water
2 ice cubes

Variations: Also try with any other flavors of UltraInflamX or UltraInflamX Plus 360°.

Carrot-Orange Crème *265 calories*

2 scoops UltraInflamX Plus 360° (Orange)
3-4 oz. carrot juice
3-4 oz. unsweetened almond or coconut milk†
2-4 oz. cold water
2 ice cubes

Variations: Also try with any other flavors of UltraInflamX or UltraInflamX Plus 360°.

Orange Dream *255 calories*

2 scoops UltraInflamX (Chocolate Orange)
4 oz. unsweetened orange juice*
4-6 oz. cold water
2 ice cubes

Variations: Also try with any other flavors of UltraInflamX or UltraInflamX Plus 360°.

Very Veggie Shake *245 calories*

2 scoops UltraInflamX or UltraInflamX Plus 360° (Original Spice)
6 oz. tomato, carrot, or vegetable juice (reduced sodium)*
4 oz. cold water
2 ice cubes

Variations: Also try with citrus/tropical flavors of UltraInflamX or UltraInflamX Plus 360°.

† For mixing shakes, use the boxed variety of coconut milk, not canned.

* Extracts, oranges, and nightshade vegetable (tomato) products may not be recommended in your dietary plan.