



Easy A.M.
Protein Shakes

—HANNAH MAC HEALTH—

PROTEIN FORWARD

Having a protein shake in the morning can cut cravings for sugar and carbs in the afternoon.



Start your morning with a protein-forward, low-carb shake to curb cravings and set yourself up for success. By beginning your day with a shake rich in protein and healthy fats, you activate satiety hormones while keeping your insulin response low. Also, by not triggering your insulin response, you keep energy levels even throughout the day. This leads to lesser carb cravings overall, especially in the afternoon and evening.

Filling up on protein and healthy fats in the morning helps you avoid late-night cookie temptations.

ABOUT ME

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Told I'd be blind by 50, but still seeing well at 55+, I'm living proof that the right diet and lifestyle can rewrite the future.



Thriving Against the Odds

At 26, I lost the ability to see stars. By 30, I was diagnosed with retinitis pigmentosa (RP), a degenerative condition with the prognosis of becoming fully blind by 50. For years, I didn't change much except I tried to eat more leafy greens.

At 40, struggling with weight and seeing friends age poorly or overwork themselves to stay fit, I knew something had to change. That's when I discovered "The Primal Blueprint" by Mark Sisson. With my naturopathic doctor sister's approval, I committed to the primal lifestyle - and everything changed.

Hannah Mac Heath

ABOUT ME (CONT'D)

A Journey of Transformation

In a year, I lost close to 50 pounds and noticed something remarkable: my vision loss had stopped progressing. The “snow” clouding my eyesight disappeared, and my energy, weight, and appearance improved. The niggling annoyances of gut and skin issues cleared up. The anti-inflammatory, grain-free primal diet had turned off the genes for RP progression and unlocked my vitality.

Now, at 55+, my central vision remains 20/20, defying predictions. With three health coaching certifications, and working on a fourth, I help clients reclaim their health and create lasting change.- just like I did. With incremental habit changes come lasting results.



Hannah Mac Heath

HEALTHY



PRIORITIZE SLEEP

Sleep is important. Aim to fall asleep before midnight and get 7-8 hrs. Sleep enhances memory, strengthens immunity, improves mood, supports your body's overall health. Consider quitting alcohol. It is a neurotoxin, wrecks sleep and is linked to Alzheimer's.

PROTEIN FIRST

Aim for approx 100 g of protein a day (or 30g a meal). Drink a morning shake. Try to eat the rest in food, especially animal protein. Prioritize complete proteins, choosing organic red meat as the best option for absorption.

STAY HYDRATED

Drink to satiate thirst - usually around 8 glasses of water/day. Add sea salt to water to maximize cell hydration. Drink low sugar (no aspartame) electrolyte drinks; prioritize sodium, magnesium and potassium. Add salt to high water fruits & veggies for a hydrating treat.

CHOOSE REAL FOOD

Modern science shows that 80% of health is diet choice. Remove inflammatory foods, including processed sugars, grains and seed oils. Replace your Standard American Diet (SAD) with nutrient dense whole foods; high quality meat and dairy, vegetables, fermented food, and some fruit.



Matcha Protein Smoothie

INGREDIENTS

8 oz milk of choice

1/2 cup baby kale (packed)

1/2 cup frozen pineapple

1 frozen banana

1 tbsp organic matcha green tea powder

10-30 g vanilla or plain protein powder

2 tbsp unsweetened almond butter

Stevia or monkfruit to taste

Himalayan sea salt to taste

A close-up photograph of a glass filled with a thick, brown chocolate banana shake. A white and grey striped straw is inserted into the drink. The background is a light, neutral color.

Chocolate Banana Shake

INGREDIENTS

1/2 cup full-fat coconut milk

1/2 avocado

1 1/2 tsp spirulina (opt)

1 frozen banana

3 tbsp dark cocoa powder

10-30 g protein powder

Ice cubes

Stevia or monkfruit to taste

Sea salt to taste

Optional: Add coffee, organic greens, or vanilla extract

Emily's Protein Smoothie (w/Caffeine)

12 oz organic whole milk or other recommended milk

10-30 g chocolate protein powder

1 frozen banana

1 rounded tbsp PB Fit peanut butter powder

4 ice cubes

1-2 sachets organic instant coffee mix

Instructions

- 01** Add all ingredients to blender
- 02** Blend until smooth
- 03** Enjoy in the morning to start your day with a boost



Chocolate Almond Butter

Coconut Smoothie



1/2 cup full-fat, unsweetened coconut milk

1/2 frozen banana

1/2 cup ice

1/8 cup raw cacao powder

10-30 g chocolate protein powder

2 tbsp shredded coconut

2 tbsp almond butter

Sea salt to taste

Fruity Coconut Protein Smoothie

INGREDIENTS

1/3 cup full-fat, unsweetened
coconut milk (chilled)

10-30 g protein powder

1/3 cup ice

1/2 tsp organic vanilla

1 frozen banana

Shredded coconut to taste

Handful of frozen or fresh
organic peaches, strawberries,
blueberries, or pineapple

Stevia or monkfruit to taste

Chocolate Spirulina Avocado Smoothie

8 oz milk of choice

1 1/2 tsp spirulina

2 T raw cacao powder

10-30 g protein powder

1/2 cup crushed ice

1 frozen banana

1/2 avocado

Stevia or monkfruit to taste

Instructions

01

Add all ingredients to blender

02

Blend until smooth

03

Enjoy in the morning and start your day with a healthy kick



Chai

1 cup milk of choice

Protein Smoothie

1/2 frozen banana

1/2 cup ice



1 tbsp nut butter of choice

10-30 g protein powder of choice

1 tsp organic cinnamon

1/2 tsp organic cardamom

1/4 tsp organic ground ginger

1/8 tsp organic ground cloves

Optional: Substitute organic instant coffee for spices to make a coffee chai shake

Blend well.

NEXT STEPS



SMALL CHANGES. NEW HABITS.
LASTING RESULTS.

*Hannah Macc
Health*

Ready to transform your health and create a life that supports your goals?
Join one of my short-term programs;

- *10-12 day programs (sugar detox or protein challenge programs),
- *21 day reset bootcamp,
- *28 day reset + gut health program,
- *30 day niche programs (focusing on repairing gut health, sleep, stress management, or keto adaptation),
- *12 week deep dive into ancestral health and movement.

These programs are designed to help reset your body, change your mindset towards food, and make you feel your best. Through supportive guidance, practical tips and science-backed knowledge, you'll have the tools you need to succeed. Fuel your body with anti-inflammatory foods, build movement into your daily routine, and create habits that last a lifetime. You got this.

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