

resG™ prebeet® ENERGY Prebiotic

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Delicious and Nutritious Ideas!

resG™ prebeet® ENERGY Prebiotic is a precision-formulated blend to support your gut, digestion, and metabolic health^{1*}. Here are some easy and tasty ways to incorporate it into your daily routine:

Key benefits of resG™ prebeet® ENERGY Prebiotic:

- ✓ Supports gut microbiome integrity*
- ✓ Promotes digestive function*
- ✓ Promotes heart, circulatory health, and skin health*
- ✓ Supports natural GLP-1 production, optimizing metabolic health^{1*}
- ✓ Naturally optimizes energy without caffeine*

Suggested Use Mix 1 scoop into 8-10 oz of any liquid. For optimal results, take once daily in the morning. May be used up to twice daily.

Watermelon Lime Popsicles

- 2 cups chopped watermelon
- Juice from ½ lime
- 1 scoop of resG™ prebeet®

Instructions

1. Blend together the watermelon, lime and resG™ prebeet® ENERGY
2. Pour into popsicle molds and freeze



Chocolate Covered Strawberry Smoothie Recipe

- 1 cup milk or non-dairy alternative
- ½ cup plain greek yogurt or plant-based yogurt
- 1 scoop chocolate protein powder
- 1 cup frozen strawberries
- 1 serving resG™ prebeet®

Instructions

1. Blend all of the ingredients until smooth
2. Add extra liquid if too thick



Mixed Berry Chocolate Frozen Yogurt Bark

- 2 cups mixed berries (raspberries and strawberries)
- 1½ scoops of resG™ prebeet®
- ¾-1 cup plain greek yogurt
- Optional: 1-2 tbsp honey, maple syrup or sweetener of choice (to taste)
- Melted dark chocolate chips

Instructions

1. Blend together berries, greek yogurt and resG™ prebeet®
2. Pour onto silicone mat or parchment lined pan, spread evenly
3. Melt dark chocolate and drizzle onto the mixture
4. Freeze at least 3 hours until solid, break into pieces



Dark Chocolate Protein Truffles

- ½ cup dark chocolate, melted
- ¾ cup nut butter of choice
- 3 tbsp chocolate protein powder + 1 tbsp for rolling
- 1 scoop resG™ prebeet®

Instructions

1. Mix all ingredients together well, dough will be loose
2. Chill in the fridge for about an hour until the mixture has a cookie dough texture
3. Scoop into bite sized balls and roll into circles
4. Roll the truffle in cocoa powder



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resG™ prebeet® ENERGY Prebiotic Spritzer



- 1 scoop (1 serving) resG™ prebeet® ENERGY Prebiotic Powder
- 1 cup (8-12 oz) chilled sparkling water
- Juice of ½ lemon (about 1-2 tbsp)
- 2-3 fresh strawberries, sliced
- 4-5 fresh mint leaves, plus extra for garnish
- Ice cubes
- Optional: 1 tsp honey or sweetener of choice

Instructions

1. In a glass, squeeze in the lemon juice, add a few mint leaves and sliced strawberries
2. Gently muddle with a spoon or straw to release the flavor
3. Add 1 scoop resG™ prebeet® and a splash of water, stir until fully dissolved
4. Fill the glass with ice
5. Pour in sparkling water
6. Stir gently, garnish with extra mint or fruit if desired

resG™ Beetroot Energy Latte



- 1 scoop resG™ prebeet® ENERGY Prebiotic
- 1 cup unsweetened almond milk (or milk of choice)
- ½ tsp cinnamon
- ¼ tsp ground ginger
- ½ tsp vanilla extract
- Optional: 1-2 tsp honey, maple syrup or sweetener of choice (to taste)
- Pinch of sea salt
- Optional: ghee or coconut cream for extra creaminess

Instructions

1. Slightly warm the milk in a small saucepan over low heat until warm to the touch (not boiling)
2. Whisk in resG, cinnamon, ginger, vanilla, sweetener of choice (optional), and sea salt
3. Use a milk frother or immersion blender to create foam (optional)
4. Pour into a mug and sip warm

resG™ Beet-Cacao Energy Bites

- 1 scoop resG™ prebeet® ENERGY Prebiotic
- ½ cup rolled oats
- ⅓ cup almond butter (or nut/seed butter of choice)
- 2 tablespoons ground flaxseed
- 1 tablespoon chia seeds
- 1 tablespoon raw cacao powder or cocoa powder
- 1 tablespoon maple syrup or honey
- ½ teaspoon cinnamon
- Pinch of sea salt
- Optional: mini dark chocolate chips or crushed walnuts for texture

Instructions

1. In a mixing bowl, combine all ingredients and stir until a sticky dough forms
2. If it's too dry, add a splash of almond milk or milk of choice; if too sticky, add more oats or flax
3. Roll into bite-sized balls (about 1 inch)
4. Refrigerate for 30 minutes to set
5. Store in the fridge for up to 1 week in air tight container

