

dōTERRA[®] | Nutrition



Time to upgrade **your health.**



Nutrition Re-imagined

Give your body everything it needs to thrive and find the energy, clarity and resilience you need to live life to the fullest with dōTERRA® Nutrition.



Australian Made



Gut Health



Plant Based



Oil Infused



Muscle Health

We're going to show you how you can seamlessly blend our dōTERRA Nutrition Range products into your daily rituals by sharing handy usage tips and credible product insight from a registered Nutritionist. And we'll help you get the most out of each product with delicious new recipes– all designed to get you glowing from the inside out.

dōTERRA® | Nutrition

Protein



Protein is a vital part of a healthy diet.

Protein provides your body with the nutrients it needs to produce ATP—or energy! It also gives you the stamina you need to live your life to the fullest and stay healthy and strong, as it supports muscle growth and recovery.

Protein also helps control appetite. Every serving of dōTERRA Nutrition Protein contains 6 grams of fibre, which also supports proper digestive health.

dōTERRA Nutrition Protein provides 21-22 grams of protein per serving and is available in both chocolate and vanilla flavours. We also offer a plant-based, vegan-friendly version of dōTERRA Nutrition Protein.

Why Whey Protein?

We chose whey protein for dōTERRA Nutrition Protein because it's one of the most nutritionally complete proteins. It's also highly digestible because of its amino acid profile.

What's in dōTERRA Nutrition Whey Protein?

The chocolate and vanilla flavours of dōTERRA Nutrition Whey Protein are made with whey. Our whey protein comes from cows that are pasture-fed and are hormone free. In addition to the whey, you can trust that each of the ingredients in this supplement comes with the transparency and quality you expect from dōTERRA.

What about sugars?

dōTERRA Nutrition Protein is sweetened naturally with monk fruit (not artificial sugar!). This is another great thing about our dōTERRA Nutrition range - we don't add any sugar, unlike other products on the market, making dōTERRA Nutrition a much cleaner choice.



Whey Protein with Collagen + Probiotic

Chocolate & Vanilla

A vital part of your daily holistic health. Scientifically formulated to help build muscle tissue and satisfy hunger, dōTERRA Nutrition Whey Protein contains both non-essential and essential amino acids within 22 grams of premium protein, PLUS 6 grams of fibre per serve alongside collagen and probiotics.



Fun Facts

Why are essential amino acids so important?

Essential amino acids cannot be made by your body and therefore must be consumed through a well-balanced diet. They are vital for protein synthesis, tissue repair and nutrient absorption.



Why does the formula include probiotics?

Gut health plays a crucial role in many areas of health, including immunity – so, we've included probiotics in our dōTERRA Nutrition Whey Protein powders to help give your digestive health a boost.



What are the benefits of collagen?

Collagen has a raft of published health benefits, mostly around skin hydration and elasticity. Adding some collagen to your diet can help combat the fact that we naturally produce less collagen as we age.



Our dōTERRA Nutrition Whey Protein powders contain a hydrolysed form of collagen that is already broken down into small, easy-to-absorb particles.



Tips

- Blend one scoop with 250mL of water or your preferred milk until smooth and creamy.
- Add to a smoothie with fruits and vegetables for added flavour and nutrition.
- For a unique taste, add one drop of an essential oil like Wild Orange.
- Use in healthy snacks like protein balls or homemade protein bars.
- Try adding our dōTERRA Nutrition Whey Protein to your breakfast recipes for an ultra-delicious and super nutritious way to start your day.





Sheet-Pan Baked Pancakes *with* dōTERRA® Nutrition Whey Protein (Vanilla)

Serves 4 – 6

Ingredients

$\frac{2}{3}$ cup melted butter

2 cups buttermilk

2 eggs

2 cups plain flour

2 scoops dōTERRA Nutrition Whey Protein (vanilla flavour)

4 teaspoons baking powder

Method

Preheat oven to 220°C

Line a sheet-pan with baking paper. Our pan measured 43cm x 31cm. In a medium bowl, combine butter, buttermilk and eggs and whisk until well blended. In a large bowl, combine flour, dōTERRA Nutrition Whey Protein (vanilla flavour) and baking powder. Add the egg mixture to the flour and mix until just combined, the batter should still be a little lumpy.

Spread batter into the pan smoothly. Bake for 6-7 minutes. Test the middle with a skewer to ensure it is cooked through. Cut with a serrated knife or cookie cutters.

Serve warm with maple syrup and berries.



Tahini Vanilla Nice Cream *with* dōTERRA® Nutrition Whey Protein (Vanilla)

Serves 3 – 4

Ingredients

4 ripe bananas
2 scoops dōTERRA Nutrition Whey Protein (vanilla flavour)
3 dates
2 tablespoons tahini, (we used hulled)
Pinch of sea salt flakes, (optional)

Method

Line a tray with baking paper. Slice the bananas into 1cm slices and place in a single layer on the tray. Cover and freeze for 4 hours or overnight.

Add all the ingredients to a food processor and blend for 3-4 minutes or until smooth.

This delicious, nice cream can be served immediately or spooned into a container to keep frozen.

Whey Vanilla Protein

A favourite cooling summer drink is a Mango Lassi. It's even more satisfying when you know it's good for you.

Combine ½ cup of milk, ½ cup yoghurt with a cup of fresh or frozen mango. Add 2 scoops of dōTERRA Nutrition Whey Vanilla Protein and a cup of ice and blend until silky smooth.

Flavour options to spice it up are fresh mint and lime juice or a big pinch of cardamom or cinnamon.



Whey Protein (Vanilla) Smoothies

These recipes yield approximately two smoothie servings (8mL per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fibre can be adjusted accordingly.

Kiwi Strawberry Splash

400mL water
2 scoops dōTERRA Nutrition
Whey Protein (Vanilla flavour)
1 kiwi, peeled
½ cup strawberries
1 handful ice cubes
1 drop Lemon essential oil

Cool Berry Twist

½ cup almond milk
2 scoops dōTERRA Nutrition
Whey Protein (Vanilla flavour)
½ cup frozen strawberries
⅓ cup blueberries
⅓ cup plain yogurt
1 drop Lemon essential oil

Citrus Sunset

¾ cup almond or cashew milk
2 scoops dōTERRA Nutrition
Whey Protein (Vanilla flavour)
1 frozen banana
1 cup frozen mango
1 mandarin orange
¼ cup plain yogurt
1 drop Grapefruit essential oil

Method

Add all ingredients and blend until smooth. Enjoy!





No-bake Peanut Butter Bars *with* dōTERRA® Nutrition Whey Protein (Chocolate)

Makes approx. 18 bars

Ingredients

- ½ cup of butter
- 2 scoops dōTERRA Nutrition Whey Protein (chocolate flavour)
- ½ cup unsweetened peanut butter, (we used smooth)
- 1 cup of almond flour
- 1 cup of chopped peanuts
- 1 cup of dark chocolate chips
- 1 tablespoon butter, (extra)

Method

Line a slice pan with baking paper, allowing the paper to overhang on each side. Our pan measured 15cm x 25cm.

Melt the butter and mix in the peanut butter, dōTERRA Nutrition Whey Protein (chocolate flavour) and almond flour. Stir until smooth, then spread into the lined pan. Scatter the chopped peanuts over the top and press them in lightly. Melt the chocolate chips and extra butter together and pour evenly over the top. Cover and refrigerate for 3-4 hours.

Using the paper, transfer the slice from the pan to a cutting board. Cut into slices to serve. The slice can be kept refrigerated for up to 5 days in an airtight container.



Tahini Chocolate Power Bites *with* dōTERRA® Nutrition Whey Protein (Chocolate)

Makes 24

Ingredients

4-6 dates
1 ½ cups shredded unsweetened coconut
2 tablespoons dōTERRA Chocolate Whey Protein
1 ½ cups almond flour
3 tablespoons hemp seeds
¼ teaspoon cinnamon
⅓ cup tahini
⅓ cup coconut oil

To decorate

4-6 dates
1 ½ cups shredded unsweetened coconut

Method

Soak the dates in boiling water for 5 minutes, then drain. Add all ingredients to a food processor. Process for 4 minutes, until the mix is well blended, thick and 'scoopable'. Combine the extra coconut and cocoa in a small bowl.

Using a tablespoon to keep the size uniform, roll into balls and into the decorating mix to coat.

These bites can be frozen for 2 months, simply defrost to serve.

Whey Chocolate Protein

For an easy to make protein rich breakfast or afternoon snack, blend ½ cup of strong coffee with ½ cup of milk, 2 scoops of dōTERRA Nutrition Whey Chocolate Protein and 1 cup of ice.

Extra additions can make it extra delicious, try your favourite nut butter or cocoa nibs.



Whey Protein (Chocolate) Smoothies

These recipes yield approximately two smoothie servings (8mL per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fibre can be adjusted accordingly.

Raspberry Rush

- 1 cup cashew or almond milk
- 2 scoops dōTERRA Nutrition Whey Protein (Chocolate flavour)
- 1 cup frozen raspberries
- 1 drop Lime essential oil

Berry Good Morning

- 400mL water
- 2 scoops dōTERRA Nutrition Whey Protein (Chocolate flavour)
- 1 cup mixed berries
- 1 banana
- ¼ cup oats
- 1 handful ice cubes
- 1 drop Lime essential oil

Chocolate Almond Swirl

- ½ cup almond milk
- 2 scoops dōTERRA Nutrition Whey Protein (Chocolate flavour)
- 1 banana, frozen
- 1 teaspoon almond butter
- 1 handful ice cubes
- 1 toothpick swirl Cinnamon Bark essential oil

Method

Add all ingredients and blend until smooth. Enjoy!



Plant Protein Vanilla

Enhance a healthy, plant-based diet. Satisfy your hunger and boost your energy levels with this flavourful and supportive protein source. Our dōTERRA Nutrition Plant Protein has the same amount of protein per serve as our whey protein powders, (21-22 grams per serve) and delivers a broad balance of all 20 amino acids, alongside 48% of your recommended daily dose of iron and 7 grams of fibre per serve.



Formulated with sustainable pea protein, brown rice, fava bean and pumpkin seed protein, it's the ideal supplement to a healthy, plant-based or vegan diet.

Fun Facts

Why pea protein?

Pea protein provides strong protein levels, along with an amazing amino acid profile with a broad balance of all 20 amino acids.

Additionally, pea protein is great in terms of taste and texture. It's a vegan protein that people are familiar with, has a good taste profile, and offers a smoother mouth texture. Pea protein is also far more sustainable, available, and affordable than some other plant-based protein sources.



Why should we eat more plant foods?

Research shows people who eat at least 30 different types of plant foods a week have a better gut microbiome than those who eat less than 10.



Why is a healthy gut microbiome so important?

The gut microbiome is the community of microorganisms that exist in your gut to help with digestion, overall gut health and a range of other areas of health, such as immune system function.



Tips

- Blend one scoop with 250mL of water or your preferred milk until smooth and creamy.
- Add to a smoothie with fruits and vegetables for added flavour and nutrition.
- For a unique taste, add one drop of an essential oil like Wild Orange.
- Use in healthy snacks like protein balls or homemade protein bars.
- Try adding our dōTERRA Nutrition Plant Protein to your favourite muffin recipes to boost the protein content.



Vegan-Friendly Berry Muffin *with* dōTERRA® Nutrition Plant Protein (Vanilla)

Makes 12

Ingredients

1 cup self-raising flour
¾ cup plant-based milk
½ cup sugar or monk fruit sweetener
½ cup extra virgin olive oil (light flavoured)
2 flax eggs
1½ cups frozen strawberries (defrosted)
⅓ cup dōTERRA Nutrition Plant Protein

Method

Mix all ingredients together apart from 1/2 cup of strawberries.
Top with reserved strawberries. Bake for 15-20 mins at 180°C

Plant Protein - Vanilla

A great way to hydrate and increase your protein intake before exercise is to add a scoop of dōTERRA Plant Protein to 3 cups of fresh or frozen watermelon and blend. It's so easy, so delicious and so good for you.

All the dōTERRA Nutrition Protein powders can be included in a range of family baked favourites, a spoonful can be added to a mug cake, or added to baked oats, chocolate cakes, crumble toppings etc.

Pumpkin Chai Muffins *with* dōTERRA® Nutrition Plant Protein (Vanilla)

Makes 12

Ingredients

300mL plant milk, (we used soy)
1 tablespoon apple cider vinegar
2 cups plain flour
2 scoops dōTERRA Nutrition Plant Protein
1 teaspoon bicarb soda
1 teaspoon baking powder
1 ½ teaspoon cinnamon
¾ teaspoon ground ginger
½ teaspoon ground nutmeg
¼ teaspoon all spice
¼ teaspoon cardamom
1 cup grated pumpkin
100mL olive oil

Method

Preheat oven to 175°C

Prepare a 12-cup muffin tin with paper liners or brush with olive oil.

In a medium bowl, combine milk and vinegar to create vegan buttermilk. Stand for 5 minutes.

In a large bowl, add flour, dōTERRA Nutrition Plant Protein, bi-carb soda, baking powder and spices. Whisk briefly to blend.

Mix the grated pumpkin and olive oil into the buttermilk and add to the flour mix. Stir briefly until just combined. Fill muffin tins to ¾ full and bake for 18-22 minutes or until cooked through.

Plant Protein (Vanilla) Smoothies

These recipes yield approximately two smoothie servings (8mL per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fibre can be adjusted accordingly.

Tropical Dream

1 cup almond or cashew milk
2 scoops dōTERRA Nutrition Plant Protein (Vanilla flavour)
1 frozen banana
1 cup strawberries
1 drop Wild Orange essential oil

Carefree with Coconut

¾ cup coconut milk
2 scoops dōTERRA Nutrition Plant Protein (Vanilla flavour)
2 cups frozen raspberries
1 frozen banana
1 drop Lime essential oil

Citrus Sunset

¾ cup almond or cashew milk
2 scoops dōTERRA Nutrition Plant Protein (Vanilla flavour)
1 frozen banana
1 cup frozen mango
1 mandarin orange
1 cup spinach
1 handful ice cubes
1 drop Wild Orange essential oil

Method

Add all ingredients and blend until smooth. Enjoy!



dōTERRA® | Nutrition

Fibre

Give gut-health and immunity a fibre-packed boost. Scientifically formulated using natural, wholefood ingredients, dōTERRA Nutrition Fibre is an effortless way to support a healthy and regular digestive system.



Fun Facts

What's in dōTERRA Nutrition Fibre?



Our dōTERRA Nutrition Fibre contains both soluble and insoluble fibre sources, delivering 7g of fibre per serve to keep your gut happy and healthy.

dōTERRA Nutrition Fibre comes from natural, whole-food sources like apple, tapioca and flaxseed. In addition to the fibre content, this drink also contains an incredible prebiotic blend, Lemon essential oil and 200mg of vitamin C.

How much fibre do we need for good health?



As adults, we need between 25 and 30g of fibre in our diet each day to keep our digestive tract healthy. While fibre can be found naturally in wholegrain cereals, fruit and vegetables, it's not always easy to achieve the required amount of fibre through diet alone. When that's the case, including a well-balanced fibre supplement to your diet is beneficial.

What are the benefits of the soluble and insoluble fibre in dōTERRA Nutrition Fibre?



dōTERRA Nutrition Fibre is all about healthy digestion: soluble fibre helps control appetite while insoluble fibre supports a healthy

and regular digestive system. Plus, the prebiotic blend helps improve the health of your gut microbiome.

Why are prebiotics beneficial?

Prebiotics are an essential piece in building a healthy gut microbiome—they are sort of like food for probiotics!

Our gut microbiome has been nicknamed 'the second brain' because there are a lot of small molecules produced in the gut that impact the rest of your body, including your immune system and your brain. It is vital to keep your microbiome healthy and thriving. Prebiotics help with this.

Can dōTERRA Nutrition Fibre help support immunity?

Between the vitamin C content and gut support, dōTERRA Nutrition Fibre is excellent for supporting a healthy immune system.

What does dōTERRA Nutrition Fibre taste like?

The primary flavour for dōTERRA Nutrition Fibre comes from the Lemon essential oil, which tastes fantastic. The apple found in dōTERRA Nutrition Fibre also comes through in the flavour.

Tips

- Mix one scoop of dōTERRA Nutrition Fibre with 300mL of water. Drink immediately.
- Add half a scoop to soups or fruit smoothie recipes.
- Increase the fibre content of your pancakes, homemade slices or snack bars by adding a small amount of dōTERRA Nutrition Fibre to the recipe.





Zucchini and Haloumi Fritters *with* dōTERRA® Nutrition Fibre

Makes approx. 18 bars

Ingredients

- ½ cup of butter
- 2 scoops dōTERRA Nutrition Whey Protein (chocolate flavour)
- ½ cup unsweetened peanut butter, (we used smooth)
- 1 cup of almond flour
- 1 cup of chopped peanuts
- 1 cup of dark chocolate chips
- 1 tablespoon butter, (extra)

Method

Line a slice pan with baking paper, allowing the paper to overhang on each side. Our pan measured 15cm x 25cm.

Melt the butter and mix in the peanut butter, dōTERRA Nutrition Whey Protein (chocolate flavour) and almond flour. Stir until smooth, then spread into the lined pan. Scatter the chopped peanuts over the top and press them in lightly. Melt the chocolate chips and extra butter together and pour evenly over the top. Cover and refrigerate for 3-4 hours.

Using the paper, transfer the slice from the pan to a cutting board. Cut into slices to serve. The slice can be kept refrigerated for up to 5 days in an airtight container.

Fibre

Homemade granola is not only easy to make, but infinitely customisable to food allergies or intolerances and taste preference.

dōTERRA Nutrition Fibre can be added to your favourite combination of ingredients,

Homemade Granola *with* dōTERRA® Nutrition Fibre

Makes 12

Ingredients

3 cups of oats
1 scoop of dōTERRA Nutrition Fibre,
1 cup of raw nuts or seeds (pecans,
pepitas and chia seeds)
½ teaspoon sea salt
⅔ cup cranberries
¼ cup of olive oil
½ cup of maple syrup

Method

Mix well all together and pour over a lined baking tray and bake in a moderate oven until golden, stirring occasionally to ensure it all cooks evenly. It is important to allow it to cool completely before packing those delicious clumps into an airtight container, ready for easy breakfast prep with yoghurt, or snacking on the go.

Fibre Smoothies

These recipes yield approximately two smoothie servings (8mL per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fibre can be adjusted accordingly.

Mango on the Go

1 cup almond or cashew milk
2 scoops dōTERRA Nutrition Fibre
1 cup frozen raspberries
1 cup frozen mango
1 drop Lime essential oil

Tropical Morning

½ cup vanilla yogurt
½ medium peeled banana
¼ cup mango juice or papaya juice
2 scoops dōTERRA Nutrition Fibre
Crushed or cubed ice (½ cup)

Method

Add all ingredients and blend until smooth. Enjoy!



dōTERRA® | Nutrition

Greens

Go green for optimum nutrition. Specifically blended to boost your energy levels and improve your vitality, this unique, whole-food fruit and vegetable supplement is packed with life-loving nutrients and protective antioxidants.



Fun Facts



What's in dōTERRA Nutrition Greens?

dōTERRA Nutrition Greens powder contains a nutritious mix of raw, wholefood fruit and vegetables alongside dōTERRA pure CPTG® essential oils and a unique superfood complex.

In just one scoop you're getting cabbage, collard greens, kale, spinach, broccoli, dandelion leaf, parsley, alfalfa, barley grass, oat grass, wheatgrass, pineapple, mango, guava, and acerola cherry. A great source of vitamin C, this nourishing blend also contains of special superfood blend of moringa leaf, noni fruit, acai berry, mangosteen fruit, and goji fruit.



What about sugars?

dōTERRA Nutrition Greens is sweetened naturally from the fruits found in the supplement as well as using monk fruit extract.



What are the benefits?

You may be wondering what your life with dōTERRA Nutrition Greens will look like. First of all, you'll have more energy. dōTERRA Nutrition Greens is nutrient dense and a good source of dietary fibre. It can also help support a healthy metabolism, immune health, and digestive function.

Why are the phytonutrients in dōTERRA Nutrition Greens so important?

At the end of the day dōTERRA Nutrition Greens is really a phytonutrient story. Aside from the vitamins and minerals that they deliver, phytonutrients are also providing a lot of antioxidant material. One of the reasons that you should consume fruits and vegetables with every meal is because as you digest your food, you generate free radicals, but the antioxidants you get from the fruits and vegetables will scavenge those free radicals and keep them in check, which is important for cellular health.

What does dōTERRA Nutrition Greens taste like?

dōTERRA Nutrition Greens has a sweet, grassy, herbal taste and overall mixed berry flavour to it with just a hint of lemon and ginger.



Tips

- Mix 1 scoop of dōTERRA Nutrition Greens with 250mL of water. Drink immediately.
- Add 1 scoop of dōTERRA Nutrition Greens to your favourite smoothie.
- Mix 1 scoop of dōTERRA Nutrition Greens powder with 250mL of water or coconut water and a handful of fresh berries in the blender.
- Try adding our dōTERRA Nutrition Greens to your favourite healthy snack recipe to enhance the nutritional value.



Pumped-up Lamb Burgers *with* dōTERRA® Nutrition Greens

Makes 4-6 burgers

Ingredients

500g lamb or plant-based mince
1 scoop dōTERRA Nutrition Greens powder
1 onion, peeled and finely chopped
1 zucchini, grated
¼ cup mint leaves, chopped
¼ cup parsley leaves, chopped
2 eggs
1 tsp salt flakes to season
¼ tsp ground pepper
Juice and zest of 1 lemon
Olive oil

Method

In a medium sized bowl, combine mince, dōTERRA Nutrition Greens powder, onion, zucchini, herbs, eggs, seasoning and lemon juice and zest. Mix by hand or with the paddle attachment on your mixer for 3-5 minutes or until thoroughly blended. Form into burger shapes to your preference.

We made 6 mini burgers. Heat a frying pan over medium to high heat. Brush the burgers with olive oil and cook on both sides until cooked through.

Serve with salad greens and/or burger buns and the condiments you like. Using the paper, transfer the slice from the pan to a cutting board. Cut into slices to serve. The slice can be kept refrigerated for up to 5 days in an airtight container.

Greens

dōTERRA Nutrition Greens makes it so easy to increase the variety of healthy greens in your diet.

Why not try adding it to one of these:

Dressing

Sauces

Curries

Fritters

Burgers

Super Green Jalapeño Sauce *with* dōTERRA® Nutrition Greens

Makes about 250mL

Ingredients

350g of fresh or 1 can of jalapeños
(or chillies of choice)
1 bunch fresh coriander leaves, chopped
1 teaspoon garlic powder
1 teaspoon Himalayan pink salt
½ cup sour cream
Juice from 1 fresh lime
2 scoops dōTERRA Nutrition Greens

Method

Place the jalapeños or chillies of choice, coriander leaves, garlic powder, salt, sour cream, lime juice, and dōTERRA Nutrition Greens in a food processor and puree until smooth.

Greens Smoothies

These recipes yield approximately two smoothie servings (8mL per serving). For those who prefer a larger smoothie size for one serving, the recipe and amount of fibre can be adjusted accordingly.

Blueberry Patch

400mL water
2 scoops dōTERRA Nutrition Greens
1 frozen banana
⅓ cup frozen blueberries
1 handful ice cubes
1 drop Lemon essential oil

Mixed Berry Blast

400mL water
2 scoops dōTERRA Nutrition Greens
1 cup mixed berries
1 handful ice cubes
1 drop Lime essential oil

Method

Add all ingredients and blend until smooth. Enjoy!



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