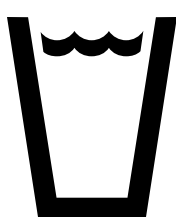




QUICK/HEALTHY/SIMPLE
SUPER SMOOTHIES

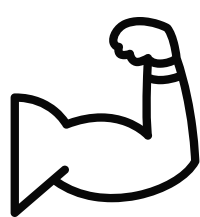
LIQUID



4-8 oz. liquid

- Water
- Milk
- Non-dairy milk
- Tea

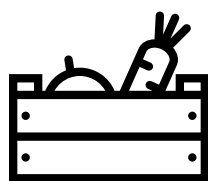
PROTEIN



20-30 g protein

- Whey
- Pea
- Casein
- Rice
- Hemp

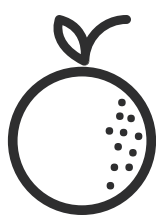
VEGETABLES



1-2 handfuls of vegetables

- Spinach, kale, chard
- Pumpkin, sweet Potato
- Beets
- Cucumber
- Celery

FRUIT



1-2 handfuls of fruit

- Berries
- Banana
- Mango
- Peach
- Apple

FAT



1-2 tablespoons

- Coconut
- Nut butters
- Flax, hemp, chia seeds
- Avocado

BLEND



- Optional:
- Ice
 - Yogurt

** Watch out for added sugars in your ingredients **