



How to Build the Perfect Smoothie

Liquid—8-10 oz of Your Choice:

Milk (Dairy, Almond, Coconut, etc.) Water Coconut Water Juice

Greens—1 cup of Your Choice:

Spinach Kale Romaine Mixed Greens

Fruits—1 cup of Your Choice:

Mixed Berries Banana Blueberries Strawberries

Vegetables—1 cup of Your Choice:

Riced Cauliflower Cucumber Zucchini Celery

Herbs—1 tsp of Your Choice:

Cinnamon Ginger Turmeric Mint

Healthy Fats—2 tsp of Your Choice:

Nut Butter (Peanut, Almond, Cashew, etc.) Avocado Coconut Oil Chia Seeds

Protein—2/3 cup of Your Choice:

Protein Powder Yogurt Chickpeas Tofu

