



BUILD A SHAKE!

Ingredients

- 8-10oz liquid
- 1-2 scoops protein powder
- 2 handfuls leafy greens
- 1-1.5 cups fruit
- 2 tablespoons (or 1 serving fat)
- 1 serving powdered superfoods (optional)

Directions (choose 1 from each)

1. **LIQUID:** Water, coconut water, plant based milk, organic grass fed dairy milk
2. **PROTEIN:** vegan, rice, pea, hemp, grass-fed, organic whey
3. **GREENS:** spinach, swiss chard, kale, beet greens/leaves, romaine, collard greens, powdered greens
4. **FRUIT:** berries, banana, apple, cherries, dates, pineapple, mango, powdered fruit blend, etc
5. **FAT:** walnuts, almonds, cashews, flax meal, hemp hearts/seeds, chia seeds, nut butters, avocado (1-2 slices)
4. **SUPERFOODS:** cracked chlorella, moringa powder, wheat grass, spirulina, tumeric, maca, cacao