





ADD FRUIT

Choose 1 cup of fruit

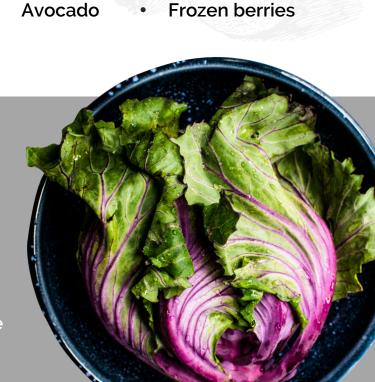
- Grapes
- Peach
- Mango
- **Apple**
- Pineapple
- Watermelon Strawberry
- Banana
- Frozen berries



Add 1-2 cups of leafy greens

- Spinach
- Swiss Chard
- Kale
- Bok Choy

- Collards
- Romaine Lettuce





ADD PROTEIN

Add one serving of protein

- Greek yogurt
- Whey protein
- Silken tofu
- Peanut butter
- **Plant Based Protein**
- Chia Seeds

CHOOSE A BASE

Add 1-2 cups of liquid

- Milk
- Coconut Milk
- Water
- Coconut Water
- Soy Milk
- Almond Milk







THICKEN UP

Add these to achieve a creamier texture, this is optional

- Ice cream
- Oats
- Yogurt
- **Greek Yogurt**
- Ice Cubes
- **Peanut Butter**



Boost flavour with sweeteners, spices and herbs

- Honey Mint
- Vanilla Extract
- Maple Syrup
- Ginger
- Cocoa Powder
- Cinnamon



