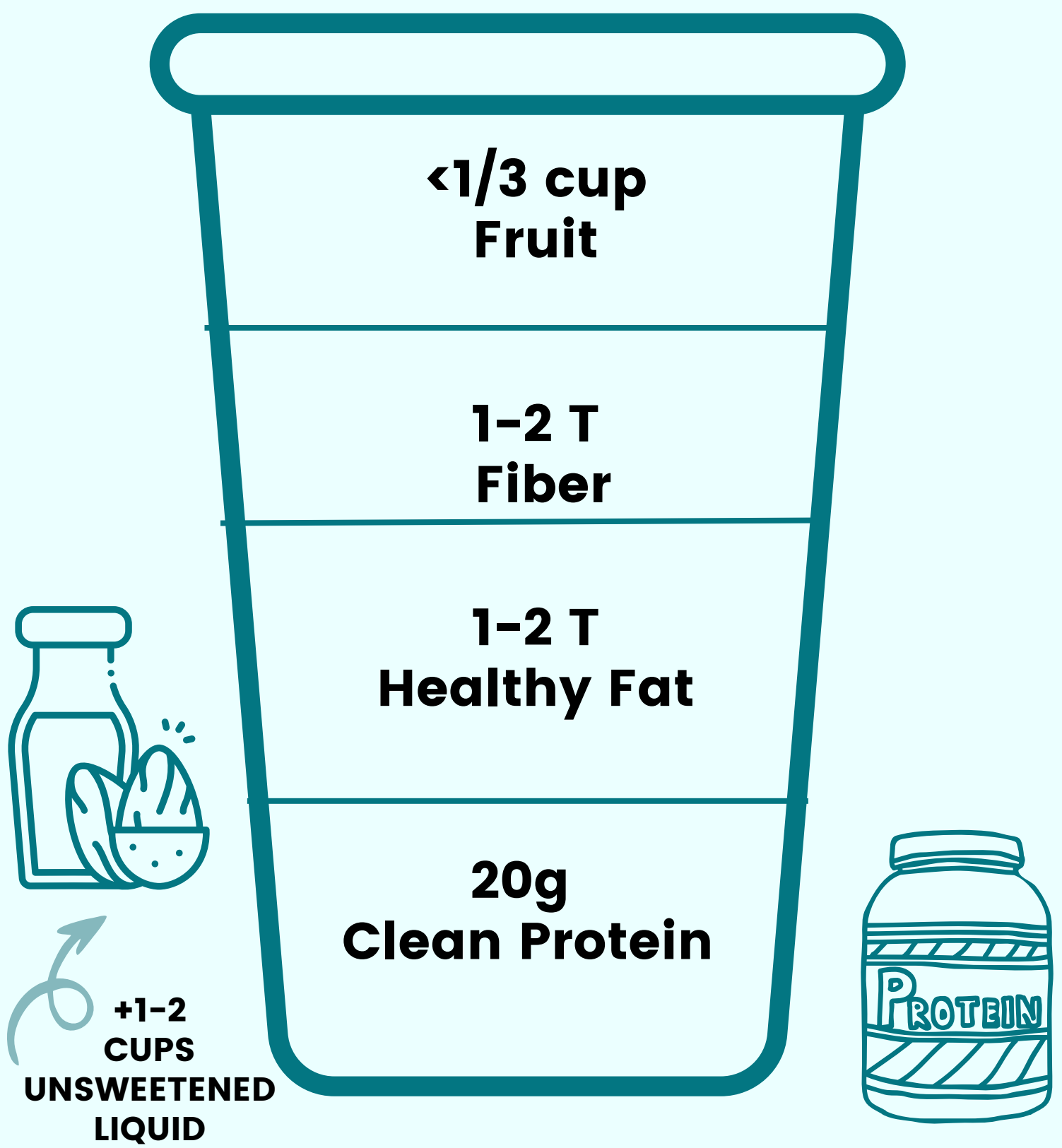
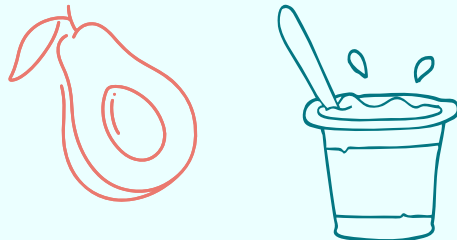

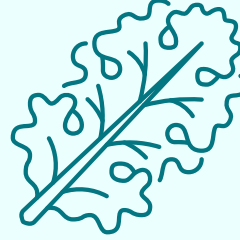
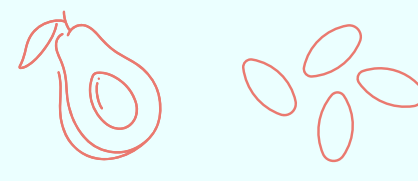



Building

A Balanced Smoothie



| HEALTHY FAT | FIBER | FRUIT |
|--|--|--|
|  <ul style="list-style-type: none">• Yogurt• Avocado• Coconut Milk• Chia Seeds• Hemp Seeds• Nut Butter  |  <ul style="list-style-type: none">• Kale• Spinach• Chia Seeds• Nuts• Chard• Berries  | <ul style="list-style-type: none">• Try to stick with berries: Strawberries, blueberries, raspberries, blackberries, etc.  |

A note on protein powders:

Aim for a simple formulation with ingredient lists you understand, no or very little added sugar. Monkfruit or stevia are preferred sweeteners. Aim for 20-30g of protein/serving.

Be Well By Kelly and Vega Protein are reputable brands