



Breakfast smoothies

Breakfast berry burst

Half cup of blueberries

1/4 cup of frozen strawberry and banana smoothie mix

1 scoop of Protein powder either I recommend Tropeca, 22days nutrition or PH women

1/2 cup of almond milk or coconut milk

Table Spoon of chia seeds

Dash of water

Blend together and then mix in rolled oats and flaxseed

Superfood avo & Blueberry smoothie

Half cup spinach

Half a cup of blueberries

4 strawberries (frozen optional)

Half avocado

1/4 cup of coconut or almond dairy free milk Tsp almond butter and then blend all together.