

Keys to Becoming

Healthy * Fit * Fierce

www.keystobecoming.com

THE PERFECT SMOOTHIE

Make it a meal add Protein, Fibre & Fat

BASE 1 CUP



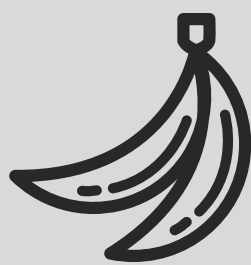
- Water
- Ice
- Nut Milk (almond, cashew)
- Herbal Tea
- Cold Coffee
- Coconut Water

GREENS 2-3 HANDFUL



- Spinach
- Kale
- Swiss chard
- Dandelion greens
- Celery
- Cucumber
- Collard greens
- Zucchini
- Beet greens
- Mint
- Cilantro
- Parsley

FRUIT 1 HANDFUL



- Blueberries
- Strawberries
- Raspberries
- Banana
- Pineapple
- Plum
- Kiwi
- Pears
- Apple
- Mangoes

HEALTHY FATS 1-2 TBSP



- Avocado
- Flax seed oil
- Coconut oil
- Chia seeds
- Almond butter
- Peanut butter
- Sunflower butter
- Pumpkin seeds

ADD ONS



- Protein Powder
- Egg Whites
- Hemp seeds
- Dates
- Raw Honey
- Maple Syrup

