

Smoothies & Snacks

1. Morning Smoothie

- Two Dates (remove pits!)
- One Banana
- One cup Wild Maine Blueberries
- Handful of Kale and/or Spinach
- Cilantro
- One cup of Coconut Water
- One cup of Coconut Milk or Filtered water
- Protein (hemp or vegan)
- Probiotics
- Psyllium husks (2-3 teaspoons if needed for constipation)

2. Snacks

- One Date, Two Celery Sticks, and one red apple
- Avocado Boats - Romaine Lettuce with 1/2 Avocado (cut in slices), lemon splash and olive oil
- Nuts - mix Walnuts, Pistachios, Macadamia and Brazil nuts

NOTE: I recommend that you use organic only for smoothies. If you use non-organic fruits and vegetables, you will get high doses of herbicides and pesticides which are harmful to your body!