



# SHAKE GUIDE

<p><b>STEP 1</b></p>	<p><b>START WITH FRUIT</b></p> <ul style="list-style-type: none"> <li>• Frozen banana</li> <li>• Frozen berries</li> <li>• Unsweetened cherries</li> <li>• Avocado</li> <li>• Pineapple/Mango</li> <li>• Powdered fruit supplement</li> </ul>
<p><b>STEP 2</b></p>	<p><b>ADD A VEGGIE</b></p> <ul style="list-style-type: none"> <li>• Dark leafy greens: Kale, Swiss Chard, Spinach</li> <li>• Pumpkin puree</li> <li>• Cucumber/ Celery</li> <li>• Powdered greens supplement</li> </ul>
<p><b>STEP 3</b></p>	<p><b>ADD PROTEIN POWDER</b></p> <ul style="list-style-type: none"> <li>• Whey protein</li> <li>• Pea protein</li> <li>• Vegan Protein</li> </ul>
<p><b>STEP 4</b></p>	<p><b>DON'T FORGET LIQUID</b></p> <ul style="list-style-type: none"> <li>• Unsweetened Nut Milk (Almond, Coconut, Cashew)</li> <li>• Unsweetened Hemp Milk</li> <li>• Iced Green Tea</li> <li>• Water</li> <li>• Coffee</li> </ul>
<p><b>STEP 5</b></p>	<p><b>OPTIONAL EXTRAS</b></p> <ul style="list-style-type: none"> <li>• Walnuts</li> <li>• Flax, Hemp, Chia seeds</li> <li>• Cashews</li> <li>• Almonds</li> <li>• Nut butter (Peanut, Almond, Cashew, etc)</li> <li>• Coconut, Cacao nibs</li> <li>• Oats, Granola</li> <li>• Cinnamon</li> <li>• Pure Vanilla extract</li> <li>• Unsweetened Cocoa powder</li> </ul>