



SMOOTHIE BASE

1 CUP
COCONUTWATER
1/4 CUP RAW OATS
1 SCOOP OF
PROTEIN POWDER

OPTION 1

1 BANANA
1/2 TBSP NATURAL
PEANUT BUTTER
1TSP INSTANT
COFFEE

OPTION 2

1/2 CUP BERRIES
30G ALMONDS
1/4 CUP SHREDDED
COCONUT

OPTION 3

1/2 BANANA
1/2 AVOCADO
1/2 CUP FROZEN
MANGO
1 SCOOP MIXED
GREENS POWDER