



PINEAPPLE KALE

- ✓ 1 cup kale
- ✓ 1 banana
- ✓ 1 tbsp chia seeds
- ✓ 1 cup pineapple



DOUBLE BERRY SMOOTHIE PACK

- ✓ 1/2 cup frozen strawberries
- ✓ 1/2 cup frozen raspberries,
- ✓ 1 banana
- ✓ 1 tbsp almonds (optional)
- ✓ 1 cup almondmilk



PINA COLADA

- ✓ 1/2 cup shredded coconut
- ✓ 1 banana
- ✓ 1 cup pineapple



KIWI-GRAPE SMOOTHIE PACK

- ✓ 1 cup green grapes
- ✓ 1 cup kale leaves
- ✓ 2 kiwi
- ✓ 1 tsp almonds (optional)
- ✓ 1 cup almond milk



BLUEBERRY MUFFIN

- ✓ 1 banana
- ✓ 1 cup blueberries
- ✓ 1 tbsp almond butter
- ✓ 1/2 cup yogurt -10 Super



TROPICAL SMOOTHIE PACK

- ✓ 1/2 cup frozen pineapple
- ✓ 2/3 cup frozen mango
- ✓ 1 tbsp almonds (optional)
- ✓ 1 cup almond milk