



Remember, quality counts! Be sure you're not taking any ol' supplements as they can cause more harm than good if they aren't high quality (the opposite of what we're trying to achieve!).

dietitian cassie's PFC Balanced PROTEIN SMOOTHIE

This is a simple,
quick way to
get in your
P, F and C.

P

- A couple scoops of high quality protein powder

F

- Half an avocado
- **OR** a couple tablespoons of nut butter
- **OR** 1/4 cup of coconut milk

C

- A handful of berries
- **OR** half a banana
- **OR** any carb of your choice!

Blend ingredients together with ice and enough water to make the smoothie your desired consistency.

It's also a great idea to add a scoop of [MultiVive Powder™](#), [Pure GlutaPowder™](#) and a scoop of [Dynamic Fruits & Greens](#) for a metabolism-boosting nutrient punch!