

The Morning Smoothie



An easy way to get in your PFC (+ easily add in some powdered nutrients to start the day off strong!)

RECIPE #1:

- ▶ 1 scoop [Pure Primal Protein](#) (chocolate or french vanilla!) (for boosted metabolism & lean muscle building)
- ▶ Full serving of your favorite fat source
- ▶ (2 Tbsp. nut butter, 1/2 avocado, 1/4 cup coconut milk, etc.)
- ▶ 1 large handful of spinach or 1/4 cup berries
- ▶ 1/2 cup of ice
- ▶ 1/2 cup of almond milk, coconut milk or water (more or less to your desired consistency)
- ▶ 1 scoop of [Fruits & Greens Redefined](#)



RECIPE #2:

Tropical Hormonal Balance

- ▶ 2 Scoops [Estro Bal Powder Redefined](#)
- ▶ 1/2 an avocado
- ▶ 1/3 frozen banana
- ▶ 1/4 cup frozen pineapple chunks
- ▶ 1 scoop of [Fruits & Greens Redefined](#)
- ▶ 1/2 cup of almond milk, coconut milk or water (more or less to your desired consistency)

