

Use this as a guide then create your own delicious nutritious meal.

Ingredient	Picture	Suggested Options
<p>Liquids</p> <p>½ to 1 cup liquid</p>		<p>Water, Almond Milk, Coconut Milk, Cider, Juice</p>
<p>Greens</p> <p>1+ handful chopped</p>		<p>Swiss Chard, Spinach, Kale, Lettuce, cucumber, zucchini, beet greens, cabbage</p>
<p>Fruits chopped</p> <p>½ to 1 cup</p>		<p>Berries, peaches, pears, apples, melon, mango, banana, coconut, dates</p>
<p>Nutrients</p>		<p>Flax, Chiai , Hemp, Maca, Cacao, Nut butter, Avocado, probiotics</p>
<p>Herbs & Spices</p> <p>To Taste 1/4 tsp</p>		<p>Mint, Ginger, cinnamon, basil, nutmeg, anise,</p>
<p>Ice</p>		<p>Optional</p>