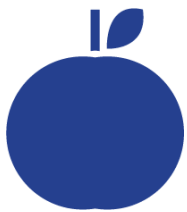




CLEAN & LEAN SHAKE GUIDE



START WITH FRUIT

- Frozen banana
- Frozen berries
- Unsweetened Cherries
- Avocado
- Pineapple / mango
- Powdered fruit supplement

01
STEP



ADD A VEGGIE

- Dark leafy greens: kale, swiss chard, spinach
- Beets / beet greens
- Pumpkin puree
- Cucumber / celery
- Powdered greens supplement

02
STEP



ADD PROTEIN POWDER

- Whey protein
 - Pea protein
 - Vegan protein
- Talk to your coach for brand recommendation.

03
STEP



DON'T FORGET LIQUID

- Unsweetened Nut Milk (almond, coconut, cashew)
- Unsweetened Hemp milk
- Iced green tea
- Water
- Coffee

04
STEP



OPTIONAL EXTRAS

- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Nut butter (peanut, almond, cashew, etc.)
- Coconut, Cacao nibs
- Oats, granola
- Cinnamon
- Pure vanilla extract
- Unsweetened cocoa powder

05
STEP