

## **My Breakfast Routine**

- 1) I walk into my kitchen
- 2) I pick up my NutriBullet cup off of the open shelf
- 3) I put it on the counter next to the refrigerator
- 4) I open the freezer door
- 5) I take out 3 ice cubes and put the ice cubes in the NutriBullet cup
- 6) I shut the freezer door
- 7) I open the refrigerator door
- 8) I take out the Almond Milk
- 9) I unscrew the cap to the Almond Milk
- 10) I pour the Almond Milk into the NutriBullet cup up to the line that is on the cup
- 11) I screw the cap back onto the Almond Milk
- 12) I put the Almond Milk back into the refrigerator
- 13) I shut the refrigerator door
- 14) I pick up the NutriBullet cup and I walk over the kitchen cart that houses the base of the NutriBullet, a tub of protein powder, and the extractor blade
- 15) I put the NutriBullet cup down on the kitchen cart
- 16) I unscrew the top to the tub of protein and put the lid on the table
- 17) Using the scoop that is in the tub of protein, I measure one full scoop of protein powder
- 18) I dump the powder into the NutriBullet cup
- 19) I put the scoop back in the tub of protein
- 20) I screw the lid back on the tub of protein
- 21) I pick up the extractor blade and screw that to the NutriBullet cup
- 22) I pick up the NutriBullet cup that now has the extractor blade attached, and screw that onto the Base of the NutriBullet (\*The NutriBullet automatically begins to blend up my drink when it is attached)
- 23) I wait 45 seconds and unscrew the NutriBullet extractor blade from the base of the NutriBullet
- 24) I put the cup down on the kitchen cart.
- 25) I unscrew the extractor blade from the cup
- 26) I put the extractor blade in the sink
- 27) I pick up the cup and drink my protein shake