

Scenarios:

Albert -

- 1) He is unsure where to start or what to do, but he realizes that the food he eats is where he must make his first change. Being a business owner leaves Albert very busy, often he skips breakfast. He decides that this is the perfect place to make change. Albert wants a quick breakfast that is both nutritional and tasty, so he decided to make Smoothies in the morning, which usually take less than 5 minutes to make and are very healthy and tasty.

Amanda-

- 1) Amanda has a great day at work, she is coming home to her boyfriend and she plans to spill out how great her day was to him and wants to treat her boyfriend to a healthy and special treat for dinner. Her boyfriend knows her well enough to not bring up anything related to politics or celebrities as her boyfriend is popular on social media. They put on some Frank Sinatra and play connect 4 while their chocolate lab drools over the fresh cuisine that Amanda is stirring up in the kitchen. Amanda

Johanathan-

- 2) After a long day of work and a less than healthy lunch, Johnathan comes home exhausted. Though, throughout his life he's never been the best cook he still wishes he could throw together something delicious and healthy to help him recover from the day. As he rifles through the fridge wanting to make a smoothie he wanders what combinations could even taste good together.