

1/2 cup

Fruit

- Berries
- Pineapple
- Apple
- Banana
- Mango
- Cherries

1 cup

Liquid

- Water
- Dairy Milk (skim, 2%, whole)
- Non-Dairy milk (almond, cashew, soy) unsweetened
- Iced coffee

1/2 cup

Veggies

- Spinach
- Kale
- Beets
- Zucchini
- Pumpkin
- Carrots

1/4 cup

Add Protein

- Greek yogurt
- 1 scoop Protein powder
- Cottage Cheese

1/2 tsp

Flavor

- Vanilla Extract
- Cinnamon
- Cocoa Powder
- Ginger

2 tbsp

Healthy Fats

- Nut Butter
- Chia Seeds
- Flax Seeds
- Avocado

