

Vitamin K

DEFICIENCY

1. *Significant bleeding*
2. *Poor bone development*
3. *Osteoporosis*
4. *Risk of cardiovascular disease*
5. *Hemorrhage*

RECOMMENDED SUPPLEMENTS

1. *Healthvit vitamin K*
2. *Vitals multivitamin*
3. *Himalayan organics vitamin k2*

SMOOTHIES

1. *Apple banana strawberry juice*
2. *Yogurt banana chocolate smoothie*
3. *Watermelon juice*
4. *Litchi juice*

LUNCH/ DINNER

1. *Quinoa fried rice*
2. *Spicy sauteed spinach*
3. *Spinach with mushrooms*
4. *Garlic spinach*
5. *Broccoli hash with fried egg*

SNACKS

1. *Kale and onion grilled cheese*
2. *Garlic and grilled spinach*
3. *Spinach scramble*
4. *Sweet potato and kale balls*

SALADS

1. *Swiss chard with olives*
2. *Walnut parsley pesto*
3. *Provençal Endive Salad*
4. *Zesty honey kale*

