



SATISFYING WEIGHTLOSERS

BLUE FLOWER SURPRISE

- 1 scoop protein Pulver (vanilla flavored)
- 1/2 cup cauliflower
- 1 Tbsp. peanut butter
- 1/2 cup blueberries
- 1 Tbsp. chia seeds
- 1 cup of almond milk or any favorable plant-based milk (preferably sugar free)

This enticing blueberry cauliflower smoothie is packed with tons of nutrients and the creaminess of the drink is due to the cauliflower so don't let it put you off. It is simply yummy and such a satisfying weight loss delight. Mix all the ingredients and enjoy this satisfying and guilt free smoothie.

PIÑA COLADA GUILTFREE

- 1/2 cup frozen pineapple chunks
- 1 frozen banana, broken into chunks
- 1 teaspoon spirulina powder
- 1 Tbsp cacao butter (optional)
- 1 cup of almond milk or any favorable plant-based milk (preferably sugar free)

A tropical paradise drink with algae superfood. It doesn't get better than this. Mix all ingredients in blender and enjoy a afternoon zip!

BEST EVER HEALTHY GREEN

- Hand full fresh spinach
- 1 cup frozen pineapple
- 1 cup Frozen mango
- 1 banana
- water

Mix all ingredients in a blender. I cut fresh pineapple and mango and freeze in portions. That saves me time and money. Nothing more to add than a smile on your face!