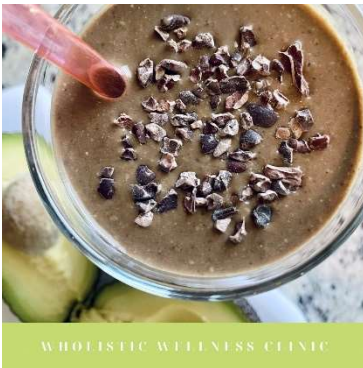


### Fab4 (Blood Sugar Balance) Smoothies

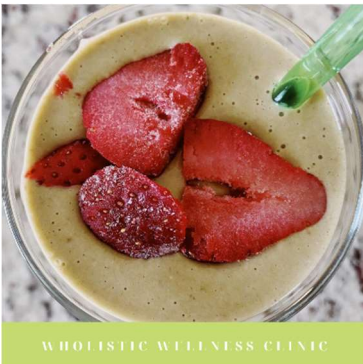
Nourishment is important for our bodies to be able to heal! During your latest visit you were recommended to start incorporating Fab4 Smoothies into your diet, most likely for breakfast. A Fab4 Smoothie consists of 4 things: Protein, Fat, Fiber, and Greens. You can get as creative as you'd like, or keep it simple following our suggested recipes.



#### **Fab4 Avo (Almond) Chocolate Dream**

- Ice
- 2 cups unsweetened almond/coconut milk
- Chocolate protein (we like Standard Process Veg E Complete)
- 1/4 Avocado – *Not a fan of avocados, use 1 Tbsp of Almond Butter instead*
- 1 Tbsp fiber (chia seeds, cycle seeds, or fiber powder)
- 1 tsp cocoa nips
- Spinach

AND BLEND!



#### **Fab4 PB&J**

- Unsweetened almond milk
- 1/4c frozen strawberries
- 1 Tbsp organic peanut butter
- 1 serving of vanilla protein
- A lil' extra collagen powder (optional)
- 2 Tbsp fiber (cycle seeds or fiber powder)
- Spinach (maybe trick those kiddos into eating some greens?!)

AND BLEND!

There are so many options following the Fab4 Smoothie Guidelines! Want to check out more recipe ideas? Here's a link to nutritionist and author Kelly Leveque: <https://kellyleveque.com/recipes/smoothies>

We would also highly encourage you to check out Kelly Leveque's book, Body Love. Nutrition can be overwhelming, but her book does a great job at breaking down foods to help balance blood sugar, and ultimately, promote healing.

We hope you enjoy!

WWC Team