

- 1-2 cups frozen blueberries, raspberries, blackberries, or organic strawberries (a frozen banana is optional too)
- 1 scoop RiSolubles
- 1 heaping tablespoon Beyond-Whey
- 2 tablespoons (one packet) Organic Liquid Life Vitamins
- 1-2 teaspoons L-Glutamine Powder
- Green Powder
- MCT Oil
- Inflammacore
- Thai Kitchen Coconut Milk to taste (dilute 1 can milk with 2 cans water) Optional if coconut milk is not tolerated well: almond milk, hemp milk, or rice milk (at 3 months on the Road to Health diet). HEB carries these items.
- \* Any other liquid or powder supplements that you take on a daily basis can be added to the smoothie, such as, wheat grass or coconut oil. You may also add honey for taste.
- \* Do NOT drink after 6:00 pm.