

Inflammation Alleviation

2 handfuls of Kale

½ avocado

¼ cup gluten-free rolled oats



1 tsb flaxseeds

1 cored apple

1 handful of blue berries

-water or dairy alternative (almond, soy, or rice milk) I prefer almond milk

Fill to the max line and extract or blend if using a blender-I use my nutribullet
www.nutribullet.com

Detox Blasts

Green Machine

25% Spinach

25% arugula

2 stalks celery

Juice of 1 lemon

1chlorella or spirulina tablet

Chilled unsweetened green tea

Fill to max line and extract

Sleepy Pie

¼ cup cooked oatmeal

2 dates

12 cashews

1 tsp cinnamon

Almond milk: almond milk to the max line extract/blend

*Did you know?
Staying awake
for over 17 hrs
impairs brain
functioning*