





Healthy Menu Recommendations

	<p>Signature Salads Grain bowls</p>
	<p>Greens & Grains Bowls Salads</p>
	<p>Check Nutrition Information on base blend. Start with those that have around 30 grams carbohydrates or less and 20 grams of protein or more. Examples:</p> <ul style="list-style-type: none"> - Get Fit Blend-Lean Vanilla - Feel Energized Blend-The Activator Recovery Chocolate - Manage Weight Blend-Slim-n-Trim Vanilla <p>Sweeten with fruit or stevia in place of juice blends.</p> <p>Recommended enhancers:</p> <ul style="list-style-type: none"> - Fitness Enhancers (protein powders) - Wellness Enhancers of Super Grains - Fiber Blend <p>Suggested nutrition for final smoothie:</p> <ul style="list-style-type: none"> - Total Carbohydrates: <50 grams - Total Protein: 25-30 grams - Fiber: >5 grams - Saturated Fat: <3 grams - Example: The Activator Chocolate + Dairy Whey Blend + Banana (20 oz): <ul style="list-style-type: none"> o Total Carbohydrates: 46 grams o Fiber: 7 grams o Protein: 30 grams o Saturated Fat: 3.5 grams
	<p>Check Nutrition Information. Choose Splenda for all smoothies instead of sugar. Any Fresh Add Ins are ok.</p> <ul style="list-style-type: none"> - Detox Island Green - Peanut Paradise with Pea - Peanut Paradise with Whey - Sunrise Sunset - Paradise Point - Mango Magic - Jetty <p>Other menu recommendation: Mixed Berry Greek Yogurt Bowl</p>