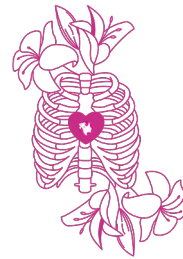


LOVE YOUR BONES GREEN SMOOTHIE



GREEN SMOOTHIE BASE INGREDIENTS



1 cup Frozen
Blueberries



¼ cup
Peanut Butter



1-2 serving
Protein Powder



1 cup Kale



2 Bananas



Ice



Water

GREEN SMOOTHIE DIRECTIONS

Begin by adding the softer ingredients to the blender starting with the bananas, kale, peanut butter, protein powder, blueberries, ice cubes, water.

Blend and add more ice or water to reach ideal consistency.

Pour into cups and enjoy!

OPTIONAL ADD-ON INGREDIENTS

To Add Sweetness:

Honey, Maple Syrup or Stevia

Nutrition Boost Options:

Flax, Hemp or Chia Seeds, Spirulina, Wheatgrass, Chlorella

TIGER TIP

EAT NATURAL WHOLE FOODS



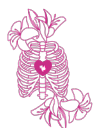
Get your sunshine "Vitamin D"

Eat leafy greens, soy, eggs for vitamin K

Magnesium is important and found in leafy greens, whole grains, nuts, seeds

Your body needs Omega-3 fatty acids that are found in fish, plant oils, supplements

Vitamin C from fruits, citrus or tasty to blend as a powered supplement



LOVE YOUR BONES

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