

BALANCED BABE

SMOOTHIE GUIDE

HORMONE BALANCING SMOOTHIE GUIDE

1/2 cup liquid

water, nut/soy/flax/oat milk



1-2 servings of fruit fresh or frozen



banana, berries, mango, pineapple, etc

1 handful dark leafy greens

spinach, kale



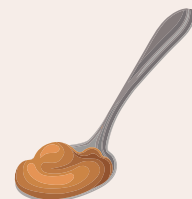
1 serving protein

protein powder, collagen, yogurt



1-2 tbsp healthy fats

flax seed, hemp seeds, chia seeds,
walnuts, nut/ seed butter, avocado



1-3 hormone balancing extras

maca powder, cinnamon, spirulina,
chlorella, turmeric, ashwagandha



BALANCED BABE

SMOOTHIE RECIPE

GO-TO HORMONE BALANCING SMOOTHIE

- 1 banana
- 1/4 cup frozen wild blueberries
- 1 handful of spinach
- 1 scoop chocolate protein powder
- 1 tsp maca powder
- 1/2 tsp cinnamon
- 5 chlorella tablets (optional)
- 1 tbsp flaxseed
- 1/2 cup almond milk

Blend and enjoy!

