



HOPE WELLNESS CENTER

San Angelo, Texas

The Smoothie Recipe

- 1-2 cups frozen blueberries, raspberries, blackberries, or organic strawberries (a frozen banana is optional too)
- 1 scoop Spectramino Powder
- 1 scoop RiSolubles
- 1-2 teaspoons L-Glutamine Powder
- Green Powder
- MCT Oil
- Thai Kitchen Coconut Milk 1 cup of dilution or to desired consistency , like a milkshake (dilute 1 can milk with 2 cans water into a pitcher and store in the frig) 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. Or purchase the coconut milk powder (use 1 scoop per 1 cup water)
- * 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 raw honey for taste.
- * Do NOT drink after 6:00 pm.