

# THE *herban* ALCHEMIST

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## SKINNY WEIGHT MANAGEMENT SMOOTHIE (Dairy Free)

(Chocolate DF and Vanilla DF)

The **Skiny Smoothie** is a Functional Food Combination designed to support healthy weight balance. It is recommended to accompany the **Health Food Rocks!** guidelines for best results.

We recommend that you consult your physician before using the supplements to be sure they are appropriate for you.

**Ingredients:** (included in bundle)

- **Gluco BALANCE DF** 1 scoop
- **FIBER Complete** 1 scoop
- **Rainbow GREENS** 1 TB
- **FLAX Oil** 1 TB

**Optional Super Food Boosters:** (add 1-2 for additional goodness)

- Cacao + KETO powder 1 TB
- MCT Powder 1 scoop
- KETO Boost 1 scoop
- Daily SuperFood Detox Booster 1 packet
- Spices: Ginger, Cinnamon, Fenugreek ½ tsp

**Instructions:**

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic berries, orange, grapefruit, or pineapple
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Grapefruit, Lemon, and Cucumber add extra weight loss benefits
- Spices such as Ginger, Cinnamon, and Fenugreek

**Guidelines:**

- The smoothie ingredients should be refrigerated.
- The smoothie is best as a meal replacement for breakfast.
- It has nearly 15 grams of protein.
- Take 30 minutes or more to drink it. It is a meal.
- This smoothie is best when accompanied by **Health Food Rocks!** guidelines