

# THE *herban* ALCHEMIST

DR. GABRIELLE FRANCIS Naturopathic Doctor, Chiropractor, Acupuncturist, Licensed Massage Therapist

## SPORTS & FITNESS (BUILDER) SMOOTHIE

### (Chocolate Whey and Vanilla Whey)

The **Sports and Fitness Builder** is a “Super Food” Smoothie that enhances performance and recovery for an active lifestyle. The Sports and Fitness Builder Smoothie is a meal replacement for breakfast and should accompany the ***Rx Remedy Detox Food Guide*** or ***The Health Food Rocks!*** Guide for the other meals of the day.

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

### Ingredients: (included in bundle)

- **GlucO BALANCE Whey** 1 scoop
- **Gut REVIVE** 1 scoop
- **Rainbow GREENS** 1 scoop
- **MAGNESIUM Chelate Powder**-2 TB
- **COLLAGEN Complex** 1 TB
- **FLAX Oil** 1 TB

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

- Matcha Powder 1 tsp
- Cacao+ Keto Powder 1 tsp
- MCT Oil 1 TB
- Spices: Turmeric or Ginger ½ tsp

### Instructions:

- Mix the above ingredients into 12-16 oz. of purified water
- You may add 1/2 cup of frozen organic berries, pineapple, or papaya
- Optional: You may add 1/2 cup of yogurt, rice milk, almond milk or soy milk
- Spice it up with some turmeric or ginger for extra inflammation support

### Guidelines:

- All smoothie ingredients should be refrigerated.
- The smoothie is a meal replacement for breakfast and has about 20 grams of protein.
- Take 30-60 minutes or more to drink it. It is a meal.
- This **Sports and Fitness Elixir** is intended for use with the ***Health Food Rocks!*** guidelines for other meals of the day