

On The Go Smoothie

Prep Time: 15 Min **Total Time:** 15 Min
Serves 1

Ingredients

2 Cups of Leafy Spinach or Cabbage

1 to 1-1/2 Scoops of Pea Protein powder (depending on the brand and calorie count)

1 Apple or 1 Cup of Strawberries

1/8 tsp of powdered Stevia (or amount to taste and sweetness desired) Flavored or unflavored Stevia drops also allowed - Lemon stevia drops work well.

1 to 2 Cups of Green Tea (depending on the amount of liquid you need to mix all together)

1 Tbsp. Apple Cider Vinegar (this can be left out if you don't like it but I like a bit of tart)

Melba toast (optional)

Instructions

- 1 Blend all together until smooth and drink your green healthy smoothie along with eating your melba toast and you have a complete protocol meal to go!

Notes

If you have one of those super blenders like a vitamix or a blendtec this works great for a lunch on the go!

I have also added 1 tsp. of ginger (or cinnamon with apples is nice) depending on my mood and wanting to switch up flavors.

You can add a cup of ice if you like to make a frozen smoothie.

You can also use any of the approved veggies for phase 2, however, the two given works best.

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