



Morning Kale Shake

Serving size – 2

4 handfuls of fresh kale, washed (can substitute with spinach)

2 handfuls of baby carrots

2 handfuls of blueberries, washed (can substitute with other berries)

1 pear, cored and sliced (can substitute with apple or other fruit)

1 Avocado, peeled

Fresh ginger root

(I add two scoops of Athletic greens too)

Add 2 cups water

Ice if you like your shake cold

Mix in a Vitamix or a blender. All of this won't fit in a Nutribullet at once

Enjoy!!

If you are on a Keto plan, you will be in negative macros with the amount of protein you get from this if you don't use any substitutions!

-Amy Jones