



Gut Overhaul Daily Protein Drink

- 1 c almond milk or other milk preference (no sugar or artificial sweetener)
- 2 c Kale, lightly blanched it is give you gas or bloat when raw
- 2 c spinach
- ½ avocado
- ½ green apple*
- 1 green kwiki *
- 1tbsp - 3tbsp grated/diced fresh ginger
- 1 tbsp chia seed
- 1 tbsp ground flax
- 3 tbsp ground hemp seed
- 1 oz slice almonds
- dash of organic honey
- 1 scoop of your choice protein powder (30+ grams of protein)
- Ice cubes as desired

Blend to desired consistency and enjoy 1x/daily. Can substitute fresh mix berries for apple* & kiwis*



Integrative Nutrition Health Coach | Master Personal Trainer | Reformer Pilates Leader | 500 hr Yoga Instructor | Chopra Meditation Coach | Retreat Host | Speaker | Mom of Six | Sunshine Chaser & Rainbow Maker

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