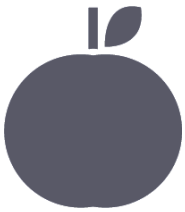




COMPLETELY FIT SHAKE GUIDE



START WITH FRUIT (B)

- Frozen banana
- Frozen berries
- Unsweetened Cherries
- Avocado (C)
- Pineapple / mango
- Powdered fruit supplement

01
STEP



ADD A VEGGIE (B)

- Dark leafy greens: kale, swiss chard, spinach
- Beets / beet greens
- Pumpkin puree
- Cucumber / celery
- Powdered greens supplement

02
STEP



ADD PROTEIN POWDER (A)

- Whey protein
- Pea protein
- Vegan protein

03
STEP



DON'T FORGET LIQUID

- Unsweetened Nut Milk (almond, coconut, cashew)
- Unsweetened Hemp milk
- Iced green tea
- Water
- Coffee

04
STEP



OPTIONAL EXTRAS (B,C)

- Walnuts
- Flax, hemp, chia seeds
- Cashews
- Almonds
- Nut butter (peanut, almond, cashew, etc.)
- Coconut, Cacao nibs
- Oats, granola
- Cinnamon
- Pure vanilla extract
- Unsweetened cocoa powder
- Peanut Butter powder

05
STEP



CHUNKY-MONKEY

COMPLETELY FIT SHAKE

- 1 Scoop Chocolate Protein Powder
- Unsweetened Cashew, Almond or Coconut milk
- 1/2 Frozen Banana
- 1 Handful Spinach
- 1 T Peanut Butter Powder
- 1 T Extra Dark Cocoa Powder
- 1 pkg Truvia (optional)
- 3-4 Ice cubes (optional)
- Water as needed for desired consistency

- 1** Place ingredients in blender
- 2** Add water or ice as needed for desired consistency
- 3** Enjoy!

* If you would like to swap out any of these ingredients, refer to the Completely Fit Shake Guide for ideas.

FOR MORE RECIPES
JOIN THE COMPLETELY FIT MEMBERSHIP COMMUNITY AT
WWW.BECOMPLETLYFIT.COM



BERRY-NILLA

COMPLETELY FIT SHAKE

- 1 Scoop Vanilla Protein Powder
- Unsweetened Cashew, Almond or Coconut milk
- 1/2 cup Frozen Berries
- 1 Handful Spinach
- 1T Chia Seeds
- 3-4 Ice cubes (optional)
- Water as needed for desired consistency

- 1** Place ingredients in blender
 - 2** Add water or ice as needed for desired consistency
 - 3** Enjoy!
- * If you would like to swap out any of these ingredients, refer to the Completely Fit Shake Guide for ideas.

FOR MORE RECIPES
JOIN THE COMPLETELY FIT MEMBERSHIP COMMUNITY AT
WWW.BECOMPLETLYFIT.COM