## **Fruit Protein Smoothie**

## In a blender add the following:

	1/2	to	1	cup	of	frozen	fruit
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☐ ½ cup of refrigerated liquid

(water, nut milk, or fruit juice without added sugar)

☐ Ice cubes, if fruit is not frozen

☐ Stevia (liquid or powder) or honey to sweeten, if necessary

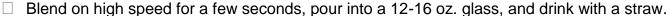
☐ 15 grams+\* of protein powder

□ 1-3 teaspoon(s) of oil

(3 teaspoonfuls = 1 tablespoonful)

- Brain Octane, extra virgin olive oil; MCT oil; coconut oil; or flax seed oil; or 1-3 teaspoon(s) ground flax seed
- o <u>Don't worry this won't make you fat!</u>

☐ May also add liquid or powder supplements (omega-3 fish oils, iodine, vitamin D, vitamin A, fruit and/or greens powders)



## Tips:

- If you end up with more than 16 oz. you may be getting too many calories! Try to use a smaller amount of fruit and/or liquids.
- If the smoothie is too thick, decrease the quantity of frozen fruit, wait until the fruit defrosts and/or add more liquids.
- Darker fruits typically have more antioxidants that repair the body and are healthier for you.

\*Protein requirement will vary according to sex, activity level and muscle mass. A typical female will need 15 grams of protein at each of the 3 meals. A male will probably need more to maintain the higher muscle mass.

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