



brain smoothies

BLEND WITH WATER OR COCONUT WATER



pick one green

1.5+ cups of kale or spinach



pick one seed:

1t-1T: chia, flax, or hemp



pick two veggies:

1/2 c carrots, 1/2 a zucchini, 1/2 an avocado, handful of broccoli, or squash



pick three fruits:

banana, strawberry, blueberries, raspberry, mango, pineapple, or kiwi



pick one tamer:

kale and spinach can be bitter, add juice from 1/2 a lemon or lime



MENTAL WELLNESS COUNSELING

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