

## Breakfast

### Protein Fruit Smoothie

Choose *one* of the following:

½ cup            applesauce or stewed apple  
                     frozen or fresh blueberries  
                     frozen or fresh strawberries  
                     frozen or drained canned unsweetened peaches  
                     fresh or frozen or drained canned unsweetened mango  
                     fresh or frozen or drained canned unsweetened pineapple

4 level scoops BioPure – Meta Slim Vanilla – Meta Slim Carob

1 tsp.            coldpressed almond oil or nut butter  
250-500 ml    pure water (optional sparkling mineral water)  
                     ice cubes  
                     sprinkling of various spices and flavours:  
                     cinnamon - nutmeg – fresh mint - vanilla essence

