



KRAFT
FITNESS



STRAWBERRY POWER SMOOTHIE

Combine our hand-crafted Kraft Fitness supplements to make this healthy, power packed smoothie.

TAKE ON THE GO IN A SHAKER BOTTLE!

8OZ	WATER
1 SCOOP	WHEY PROTEIN ISOLATE OR VEGGIE FUSION PLANT BASE PROTEIN
1 SERVING	PH VITABALANCE
1 SCOOP	GREENS
3-4	DICED STRAWBERRIES
1 TSP	CINNAMON (OPTIONAL)
2-4 FULL DROPS	FULVIC RECHARGE
7-8	RAW ALMONDS (OR YOUR CHOICE OF FATS)
1-2 TABLETS	INCINERATE
1-2 TABLETS	ELIMINATE

You can repeat this smoothie twice daily, or get creative with your protein depending on your goals. Make smoothie at breakfast, then take individual scoops of Protein and Greens on the go to have later in the day!