



WHOLE LOVELY LIFE

# AIP COMPLIANT NUTRIENT DENSE SMOOTHIE ROADMAP

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Add an ingredient from each section to a blender, mix until smooth and creamy and enjoy. It's that simple!

## **LIQUID**

Filtered or Spring Water, Coconut Milk, Coconut Water, Herbal Tea,

## **VEGGIES**

Spinach, Kale, Romaine, Parsley, Cilantro, Celery, Cauliflower, Sweet Potato, Zucchini, Beets

NOTE: YOU CAN STEAM VEGGIES AND FREEZE OR USE RAW. IT'S UP TO YOU!

## **FRUIT**

Blackberries, Strawberries, Raspberries, Blueberries, Lemon, Lime, Açai, Coconut, Banana, any you like!

## **PROTEIN**

Pasture Raised Collagen Peptides

## **FAT**

Avocado, Coconut Milk, Unrefined Coconut oil, Coconut Butter, MCT Oil, Olive Oil, Tigernut Butter