### Basic Ingredients

<table>
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<th>Ingredient</th>
<th>Benefits</th>
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| 8 fl oz of Plain Kefir  
(non-dairy option: 8 fl oz unsweetened almond milk +5 oz coconut yogurt) | Source of Probiotics  
(good for gut health) |
| 1 cup Fruit  
(see below for ideas) | Source of Antioxidants  
(to keep your cells healthy) |
| 1/2 - 1 cup Spinach or Kale | Source of Healthy Fats  
(anti-inflammatory+fiber) |
| 1-2 tbsp Chia Seeds and/or Ground Flaxseed | |
| 1 scoop Protein Powder | Keep Muscles Strong |

### Fruit Combinations

- Banana + Strawberry
- Pineapple + Mango + Banana
- Orange + Strawberry
- Strawberry + Blueberry + Raspberry
- Cherry + Berries

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