



BATHING SUIT WEATHER IS HERE!

For the month of July, we are offering a couple of recipes to assist in your weight balancing/loss season (and a 10% off special)!

Shake Example:

- 1-3 scoops Complete Paleo/Greens Renew Powder/Total Greens/Complete Whey-G
- 1 Total TM
- 2 Total Veggie
- 1 Total Protect
- 1 cup unsweetened almond milk or filtered water
- 2 heaping tablespoons organic almond butter
- 1/2 medium banana
- 1/2 tsp. each: vanilla, orange, walnut and almond extract
- 4 ice cubes

Blend all ingredients. If using Complete Whey G, add at very end of blending and only lightly pulse to gently mix in the whey.

Lunch Idea:

Drink a small can of V-8 with the same supplements (1 Total TM, 2 Total Veggie, 1 Total Protect, and fish oils & co-factors). Then eat protein such as chicken breast, hamburger patty, etc. Add a large salad with natural dressing (no hydrogenated fat).

Dinner Suggestion:

Repeat the supplements with the green shake. Then a protein (about 4-6 ounces and a vegetable).



***** JULY SPECIAL *****

For month of July, the following products are 10% OFF!

Complete Glutathione
Greens Renew
Total Protect

Complete Paleo
Total Fiber
Total TM

Complete Whey-G
Total Green Protein
Total Veggie

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