



BREAKFAST SMOOTHIE RECIPE

- 1.5 cups of water or 1 cup of dairy-free milk + 1/2 cup of water
- A handful of smoothie greens
- 1/4-1/2 cup of fruit
- 1 serving of plant-based protein (soy-free)
- 1-2 scoops of collagen
- 0.5 to 1 tsp of ground cinnamon
- 0.5 to 1 tsp of turmeric
- 0.5-1 tbsp of MCT Oil
- Reishi Mushrooms
- Lion's Mane Mushrooms
- Whatever the seeds are for where I am in my menstrual cycle