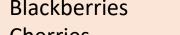
Greens

- Kale
- Spinach
- Celery
- **Beet Greens**
- **Swiss Chard**
- **Carrot Tops**
- Parsley
- Cilantro
- Microgreens wheatgrass is popular but has a VERY strong taste.

Fruit (fresh or frozen)

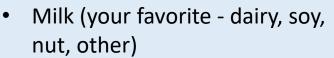
- Blueberries
- Blackberries



- Cherries
- Strawberries
- Raspberries
- Pineapple
- Tropical Mix (mango, pineapple, strawberry, grapes)
- **Apples or Pears**
- Peaches
- Banana

Liquid

- Water
- Kombucha



- Juice
- Yogurt greek or regular
- Kefir
- Tea (any variety/flavor you like)

Healthy Add-Ins

- Apple Cider Vinegar
- Honey
- Nuts
- Protein Powder
- Powdered Gelatin (from grass-fed beef)
- Chia or Flax
- Fresh Ginger



Favorite Combinations

Apple, Kale, 1 tsp. Apple Cider Vinegar, 1 tsp. Honey, Water Kale, Any kind of Berry, Water Raspberry, Banana, Spinach, Greek Yogurt Tropical Fruit Mix, Kale, Cilantro, Ginger, Kombucha Blueberry, Spinach, Kombucha

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