

Chat N Chew

Healthy Post Workout Shake

- *Green chard*
- *Apples*
- *Spinach*
- *Kale*
- *Banana*
- *Strawberries*
- *Blackberries*
- *Raspberries*
- *Carrot*
- *Celery*
- *Red grapes*
- *Low fat Greek yogurt*
- *Protein powder*
- *Juice*



Blend and enjoy after a workout!

Healthy Living for Wellness of Body, Mind and Spirit

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