

### Smoothie Guide



**Snack Smoothie** = Liquid + Fruit + Vegetable

**Meal Smoothie** = Liquid + Fruit + Vegetable + Plant Fat + Protein/Grain

**Optional**: Flavorings & Sweeteners

Liquid	<b>Fruit</b> (1/2– 1 cup) Banana	<b>Vegetable</b> (1/2– 1 cup) Kale	Make sure at least one of your fru or vegetables is frozen, or add 1/ cup ice for a thicker consistency	
(1 cup) Water 100% Fruit Juice Unsweetened Almond Milk Milk Unsweetened Soy Milk	Strawberries Grapes	Spinach Carrots	Plain Greek yogurt Cooked Quinoa s* The Natural Citizen Organic Protein*	
		Cucumber Brussel Sprouts		
	Apples Pears	Tomatoes The Natural Citizen		
Unsweetened Coconut Milk Coconut Water	k Peaches Pineapple	Organic Greens* Broccoli		
Unsweetened tea Coffee/Espresso	Pomegranate Arils	Cauliflower Pumpkin Puree	The Natural Citizen Organic Energy* Beans	
Plant Fats	Flavorir	ngs	Sweeteners	
(1Tbsp)	Vanilla or almond extract (1 tsp)		Honey (1 Tbsp)	
Nut butter	Cinnamon		Agave Nectar (1 Tbsp)	
Chia seeds	Unsweetened Cocoa Powder (1 Tbsp)		Stevia (1/2 tsp)	
Hemp Hearts	Pumpkin Pie Spice (2 tsp or 1 drop Thieves YLEO)		Dates (3-5)	
Ground Flax Seed	Orange zest		Semi-sweet Chocolate Chips (1 Tbsp)	
Sliced/chopped nuts	Peppermint (1/2 tsp extract or 1 drop YLEO)		100% Pure Maple Syrup (1Tbsp)	
Avocado	Black pepper		Coconut Sugar	

\*Visit <u>TheNaturalCitizen.com</u> and use code: MILKANDHONEY for 15% off your purchase.

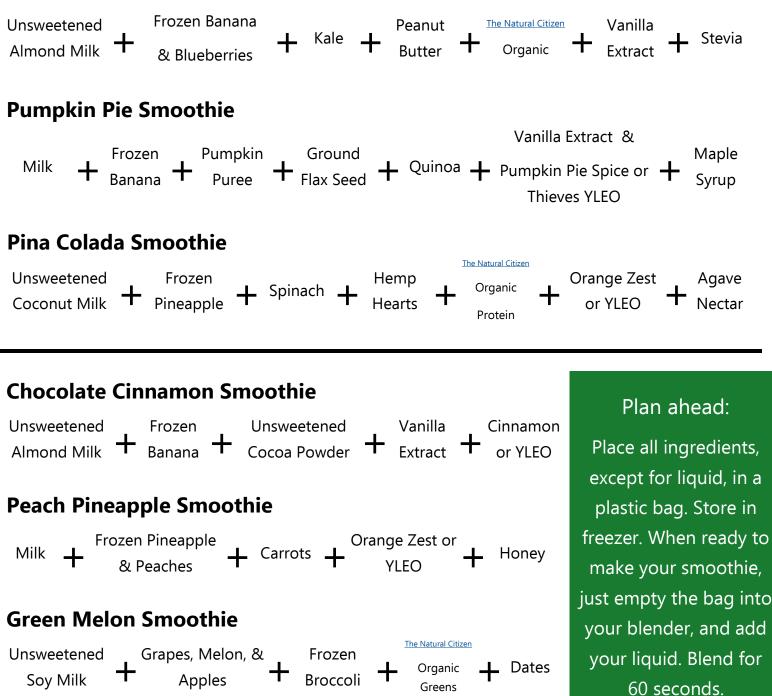
YLEO = Young Living Essential Oil





### **Meal & Snack Smoothies**

#### **Banana Berry Kale Smoothie**









### PROTEIN & NUTRITION BOOSTERS

Organic





# Natural CITIZEN Organic DROTEIN

### What is it & what's in it?

The Natural Citizen Organic Protein is a vegan, gluten free, organic, non-GMO protein powder. It contains hemp, brown rice, pea, and sacha inchi proteins. It is flavorless, and heat stable... meaning you can mix it into anything. It contains no fillers, sweeteners, or flavorings... making it safe for children to consume in small amounts, unlike other protein powders.

### Why should you use it?

Organic Protein has just 4 ingredients: Hemp, brown rice, pea, and sacha inchi protein. It's vegan, with an anti-inflammatory ingredient profile... it's ok for almost anyone to consume (but please check with your doctor or dietitian first). In fact, sacha inchi seeds (likely the one ingredient leaving you scratching your head) has one of the highest omega 3 contents known (17x that of salmon) and 8 essential amino acids.





### How can you use it?

You can use Organic Protein in just about anything: smoothies, oatmeal, cookies, energy bites, pancakes, waffles, etc. I like to replace coconut flour or almond flour (up to half of the amount called for) with it in pancakes!

milk & honey Use code: MILKANDHONEY for 15% off at <u>TheNaturalCitizen.com</u>  $\subset$ 



## organic ENERGY



### What is it & what's in it?

The Natural Citizen Organic Energy is a vegan, gluten free, organic, non-GMO nutritional booster. It contains quinoa, maca, green tea, and rhodiola rosea. If eaten by itself, it tastes mainly like quinoa with a slight kick because of the green tea. It does contain a small amount of naturally occurring caffeine.

### Why should you use it?

The four ingredients in Organic Energy (quinoa, maca, green tea, and rhodiola rosea) provide some heavy hitting, all-natural energy. Quinoa provides a protein source, and complex carbohydrates known to be a great help for mental alertness and an energy booster. Maca may help raise mood and mental disposition. Green Tea provides an all-natural source of caffeine and energy. And Rhodiola Rosea may help relieve symptoms of mental fatigue & depression.





### How can you use it?

You can use Organic Energy in smoothies, oatmeal, no bake energy bites, or simply add it to a glass of milk, all natural juice, or water.

Use code: MILKANDHONEY for milk & honey



## organic GREENS

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### What is it & what's in it?

The Natural Citizen Organic Greens is a vegan, gluten free, organic, non-GMO nutritional booster. It contains moringa, spirulina, alfalfa leaf, and barley grass. It contains no added flavors or sweeteners, and tastes very similar to dark leafy greens with a touch of salt. It has a very dark green color that is quite visible when added to recipes.

### Why should you use it?

The four ingredients in Organic Greens (moringa, spirulina, alfalfa leaf, & barley grass) pack a big nutritional punch. Moringa is a small tree with many antiinflammatory and medicinal properties and has been reported to possibly help with arthritis (and other joint pain) as well as GI discomfort. Spirulina, a form of blue-green algae, may be helpful in reducing seasonal allergy symptoms. And both alfalfa leaf and barley may be helpful in lowering cholesterol levels.



milk & honey



#### How can you use it?

You can use Organic Greens in smoothies, oatmeal, baked goods, no bake energy bites, or add it to a glass of milk or all natural juice. I've even blended it into some homemade nut butter for an added leafy green kick!

Use code: MILKANDHONEY for 15% off at <u>TheNaturalCitizen.com</u>



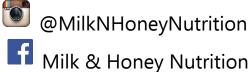
#### Mary Ellen Phipps, MPH, RDN, LD



I'm Mary Ellen Phipps, the registered dietitian nutritionist behind Milk & Honey Nutrition. I have expertise in family nutrition, family meal planning, corporate wellness, adult weight management, adult diabetes management, metabolic syndrome, and sports nutrition.

I grew up in Sugar Land, TX, received my Bachelor's degree in Nutrition Sciences from Baylor University in Waco, TX; and my Master's of Public Health degree in Epidemiology from The University of Texas School of Public Health in Houston, TX. I currently live in the Houston-area with my husband and two daughters.

I'm very passionate about what I do and helping people feel confident in their nutrition choices. Whether for disease management, or general wellness and healthy eating, I can help you feel healthy and confident about the food you're eating. Milk & Honey Nutrition is here to make healthy eating realistic, efficient, and affordable for busy individuals, families, and businesses. Browse my website to see what I have to offer (www.milknhoneynutrition.com) or shoot me an email at maryellen@milknhoneynutrition.com for more information. And don't forget to check me out on social media too:



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