

MEAN GREEN SUPREME

This shake is great for the detox week. If using after detox week, this recipe covers ½ Protein, Vegetable, and Fruit at your meal. Feel free to add an additional scoop of protein powder to cover your protein, and a tbsp of MCT oil or butter for your Fat.



8 oz. unsweetened coconut milk

½ cup kale

1-1/2 cups cucumber

1 small green apple

1 scoop Pure Vitality Vanilla Protein Powder

20 drops liquid stevia

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.