

THIS IS HOW
I A.M.



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RISE AND SHINE WITH **This is How I A.M.**

A complete picture of wellness is built upon small changes that add up to big results—and setting short-term goals is a great way to spark those changes. This Nutrilite™ 10-day breakfast challenge will help you identify and achieve wellness goals over the course of 10 days to kickstart a healthier, happier lifestyle. To set yourself up for goal-crushing greatness, you'll also focus on building a strong base of nutritional health that'll be the foundation for your wellness journey. When it comes to creating a solid foundation, we believe breakfast is the perfect place to start.



Why Breakfast

Breakfast has earned its “most important meal” reputation for a reason, and eating a good breakfast nourishes your body with benefits that go beyond starting the morning off right. When you have a well-rounded breakfast, you power up your entire day with more focus and energy.

One key component of a healthy breakfast? Protein! In addition to helping build muscle, a protein-rich diet helps you feel satisfied longer and keeps your energy stable throughout the day. While the recommended daily dose of protein is 46 grams for women and 56 grams for men, a lot of people wait until dinner to focus on protein and come up short for the day as a whole. That’s why starting your morning off with a complete serving of protein is a great way to balance your consumption and ensure your body is properly fueled for the day ahead.

The Nutrilite™ Way

During an already-busy morning, ensuring your body is getting the key nutrients it needs can seem overwhelming. But by pairing expertly crafted, ultra-convenient Nutrilite™ supplements with a healthy breakfast, it’s easier than ever to nourish yourself for the day ahead. Each supplement is made with ingredients from plants grown on our farms and partner farms—so you can soak up some of the earth’s purest nutrients in every serving.



This program is appropriate for any time when you are breaking your fast - for some people that's early in the morning, for others a bit later in the day.



STEP 1: 

Build a healthy foundation with multivitamins

Paired with a healthy breakfast of whole foods, the botanical benefits of Nutrilite™ supplements can enhance your morning routine in just three steps—starting with multivitamins. Designed to fill nutritional gaps and packed with good-for-you vitamins, minerals and plant nutrients, multivitamins are the perfect way to kick off each day.



**Nutrilite™ Double X™
Multivitamin**

or



**Nutrilite™ Men's
& Women's Daily
Multivitamin**



Meet your multi

Discover which Nutrilite™ multivitamin is right for you during the 10-day breakfast challenge and beyond.

I usually have breakfast...

At Home

On-the-go

I'm looking for a convenient way to help fill the vitamin and mineral gaps in my daily diet.



Nutrilite™ Men's & Women's Daily Multivitamin
1 tablet, 1x per day

I'm looking for the most advanced daily nutrition support with max health benefits, even if it requires more than one step.



Nutrilite™ Double X™ Multivitamin 10 Days
One convenient on-the-go packet
2x daily with meals.

STEP 2: 

Fuel your morning with protein

Multivitamin? Check! Now it's time to add in the next phase of your refreshed morning regimen: protein. Beyond helping you build muscle, protein helps you feel satisfied longer and keeps your energy stable. And with these expertly crafted supplements from Nutrilite™, making protein a priority is easy.



Nutrilite™ Organics
Plant Protein

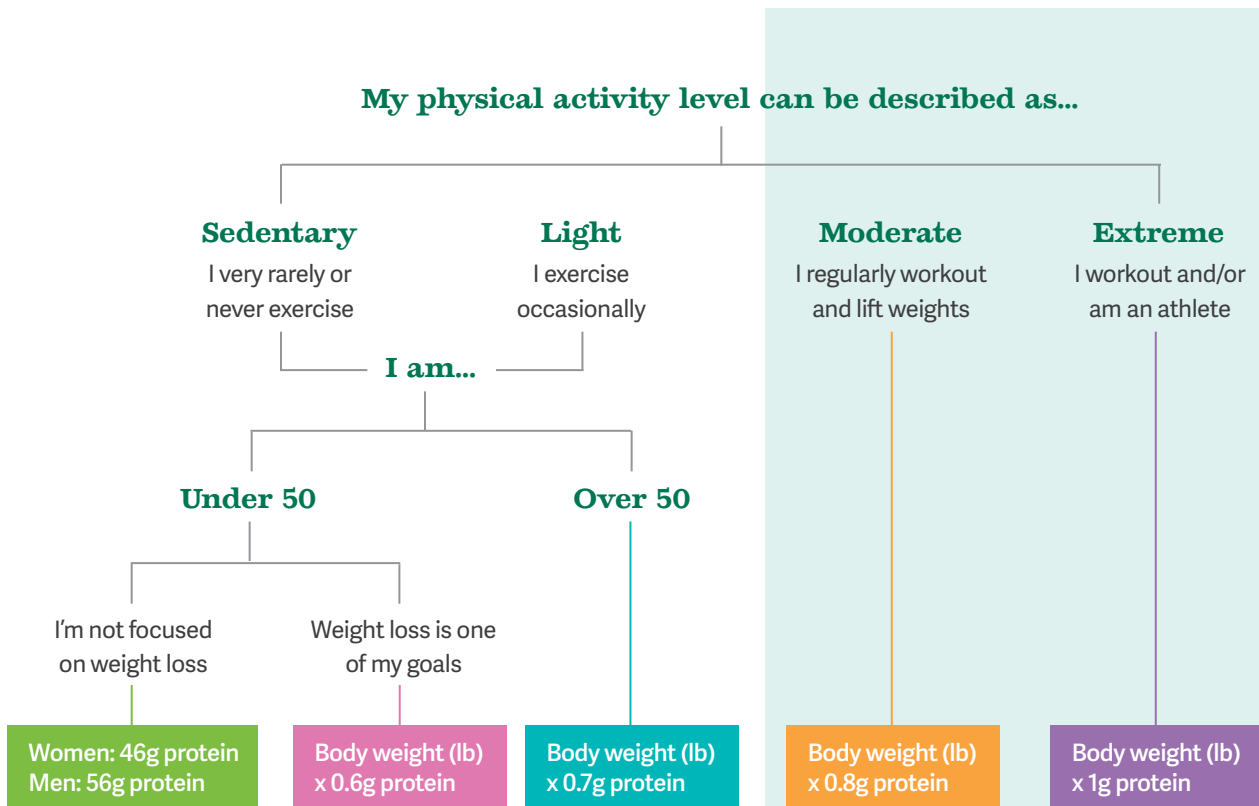
or



XS™ Sports
Protein Shake

Pick your protein

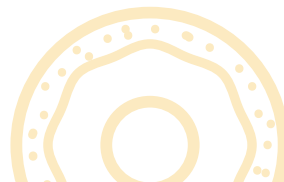
All well-balanced diets should include protein. But just how much do you actually need? Follow the flowchart to find out!



Try Nutralite™ Organics Plant Protein



Try XS™ Sports Nutrition Protein Shake



STEP 3:



Personalize your plan with targeted supplements

Now that you have the tools to start building a healthy nutritional base, it's time to get specific about your goals. Complete the quiz to the right to identify the goal that best fits your wellness needs. Then, use the list below to find the targeted supplement that aligns with your new goal.

ENERGY

n* by Nutrilite™ Slay the Day Gummies

IMMUNE SUPPORT

Nutrilite™ Immunity Defense

BEAUTY

Nutrilite™ SHiNe™ with Biotin and Vitamin C

FOCUS

XS™ Intense Pre-Workout Boost

GENERAL WELLNESS

Nutrilite™ Balance Within™ Probiotic

FITNESS

XS™ Muscle Multiplier

With your goal in mind and 3-step supplement regimen mapped out, it's time to get started on your 10-day This is How I A.M. challenge!

Lately, I've been waking up feeling like...



Learn more about each Nutrilite™ supplement on page 16.

THIS IS HOW I A.M. 10-DAY HABIT TRACKER

Crushing today's goals? Check!

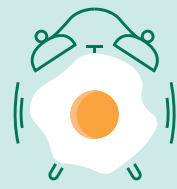
Stay on top of your shiny new breakfast regimen with a daily habit tracker. Use the blank spaces to fill in the goal-specific supplements you'll implement into your morning mealtime, plus any other healthy habits you want to adopt. We went ahead and added your daily multivitamin and protein powder!



Morning Habit Suggestions:

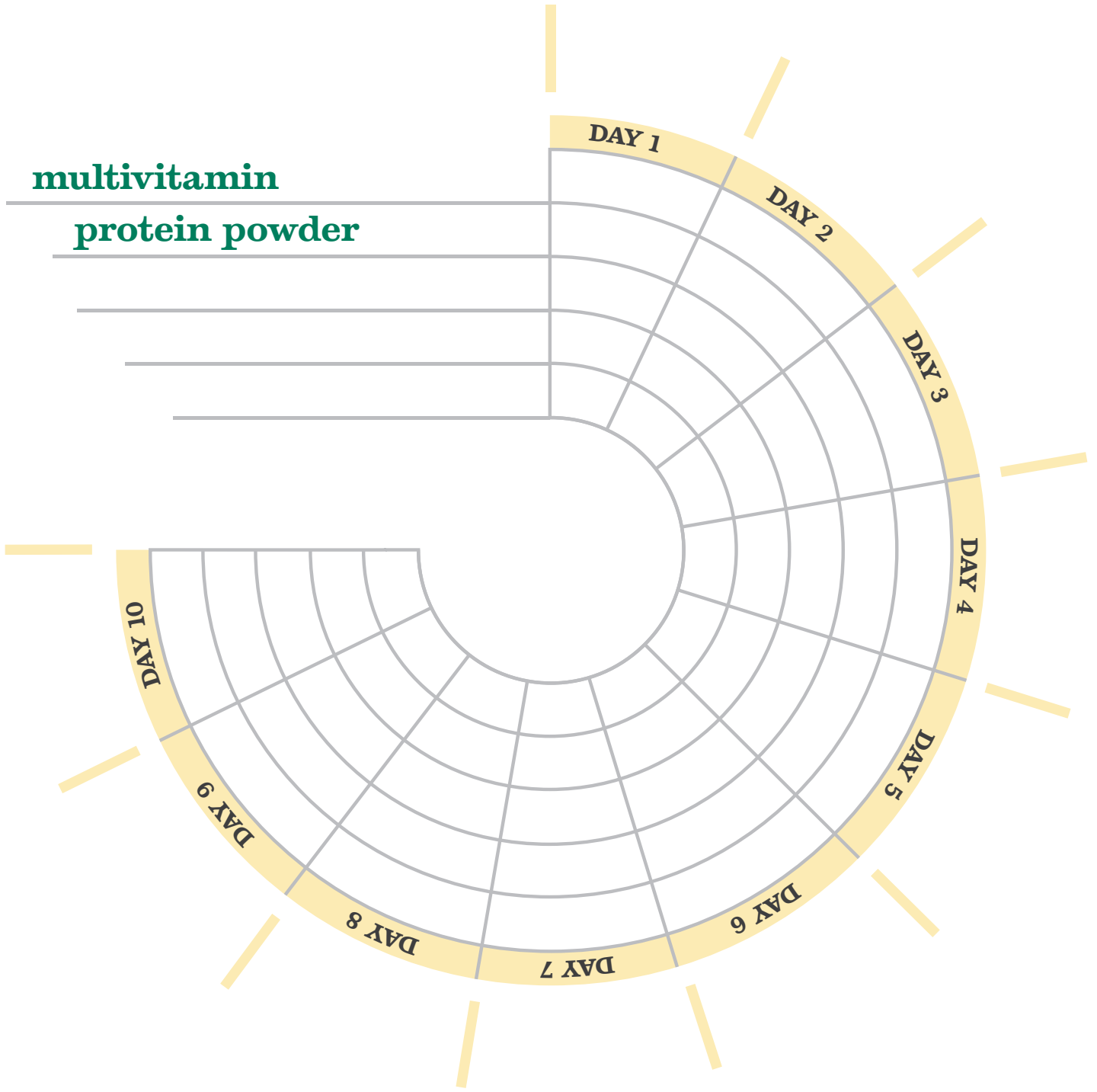
- Wake up on time
- Drink water
- Read
- Practice mindfulness
- Stretch or exercise
- Eat a protein-rich breakfast
- Write your daily to-do list
- Morning skincare regimen

**Share your progress on your
social channels to show
everyone how you A.M.!**



THIS IS HOW
I.A.M.

multivitamin
protein powder



THIS IS HOW I A.M. GOALS REFLECTION

Set, stick to it, reflect

Take some time on Day 1 of the challenge to outline your goals and reflect on how you're feeling. Then, check back in on Day 10. Compare your answers to see how far you've come, celebrate your progress, and think about what's next in your wellness journey.

THIS IS HOW I A.M. – DAY 1

Outlining your goals

My goal is _____

Steps I will take each morning to achieve this goal are:

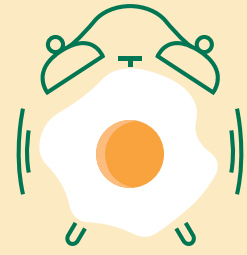
- multivitamin** _____
- protein powder** _____
- _____
- _____
- _____

Reflection:

How am I feeling right now? _____

How do I want to feel? _____

Why is this wellness goal important to me? _____



THIS IS HOW
I A.M.

THIS IS HOW I A.M. – DAY 10

Check-in & Reflection

My goal is _____

Steps taken each morning to achieve this goal are:

- _____
- _____
- _____
- _____
- _____

Reflection:

How am I feeling right now? _____

How do I want to feel? _____

How will I continue to strive for this wellness goal and/or others?

MEET THE dream team

Learn more about the supplements that will help you rise to the breakfast challenge

Your body deserves the very best, which is why Nutrilite™ supplements are powered by ingredients made from plants grown on our farms and partner farms. Keep reading to get the inside scoop on each product, and discover delicious ways to incorporate them into your refreshed morning routine using the **#Goals4Breakfast Recipe Booklet**.

STEP 1: MULTIVITAMIN



Nutrilite™ Double X™ Multivitamin

A powerful multivitamin packed with 12 essential vitamins, 10 essential minerals, and 22 nutrients from colorful fruits, vegetables and herbs.



Nutrilite™ Men's & Women's Daily Multivitamin

Once-a-day plant-based multivitamin to help fill the vitamin and mineral gaps in your daily diet.

STEP 2: PROTEIN



Nutrilite™ Organics Plant Protein

A USDA Organic smooth, great-tasting powder packed with 21g of plant-based protein from peas, brown rice, and chia seed. Available in chocolate and vanilla flavors. No sugar added.



XS™ Sports Nutrition Protein Shake

Delicious, convenient and packed with 25 grams of whey and casein proteins and 0 grams of sugar.

STEP 3: YOUR TARGETED SUPPLEMENT

ENERGY



n* by Nutrilite™ Slay the Day Energy Gummies

Fueled with Vitamin B6, B12 and Ginseng these tasty gummies will help you power through your day.

IMMUNE SUPPORT



Nutrilite™ Immunity Defense

Immune and respiratory support with a unique combination of ingredients: Holy Basil, Zinc, Selenium, Copper and Orange Bioflavonoids!

BEAUTY



Nutrilite™ SHiNe™ with Biotin and Vitamin C

Contains biotin and other nutrients that promote healthy hair, skin and nails and vitamin C to protect against free radicals.

FOCUS



XS™ Intense Pre-Workout Boost

Energizes and helps combats fatigue and sharpens focus with rhodiola rosea.

GENERAL WELLNESS



Nutrilite™ Balance Within™ Probiotic

A once-a-day probiotic supplement designed to support and maintain a healthy balance of good bacteria in your gut.



Nutrilite™ Fiber Powder

A convenient, taste-free supplement that adds fiber to your diet. A high-fiber diet can help support gut health and regularity.

FITNESS



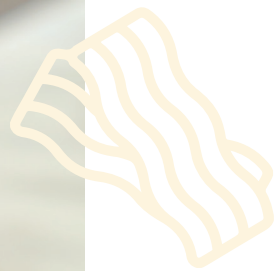
XS™ Muscle Multiplier *

Build lean muscle mass and rebound faster with a next generation Essential Amino Acid (EAA) technology made to fuel performance before, during, and after exercise.



Contact your Amway™ Independent Business Owner to take the **This is How I A.M.** breakfast challenge.

**When combined with regular weight/resistance training and a healthy diet.*



THIS IS HOW I A.M. recipes

Eat your #Goals4Breakfast with quick, tasty, nutrient-rich recipes powered by Nutrilite™. From sippable smoothies to make-ahead options, flip through to find meals that fit your morning routine and help fill nutritional gaps. Be sure to try recipes that include your goal-specific supplements!

To boost the benefits of any recipe, try some of these flavorless add-ins:

- Nutrilite™ Fiber Powder
- Nutrilite™ Balance Within™ Probiotic



Drinks & Smoothies
(pg 22)



Baked Goods
(pg 28)



Make-Ahead
(pg 32)



Savory
(pg 38)

Build your own breakfast smoothie with Nutrilite™

Mix it up & make it your own!

1. Pour your base

Dairy or Non-dairy Milk | Fruit Juice | Water

2. Choose a few fruits

Strawberries | Blackberries | Bananas | Mango |
Pineapple | Blueberries | Raspberries | Cherries

3. Pick your protein

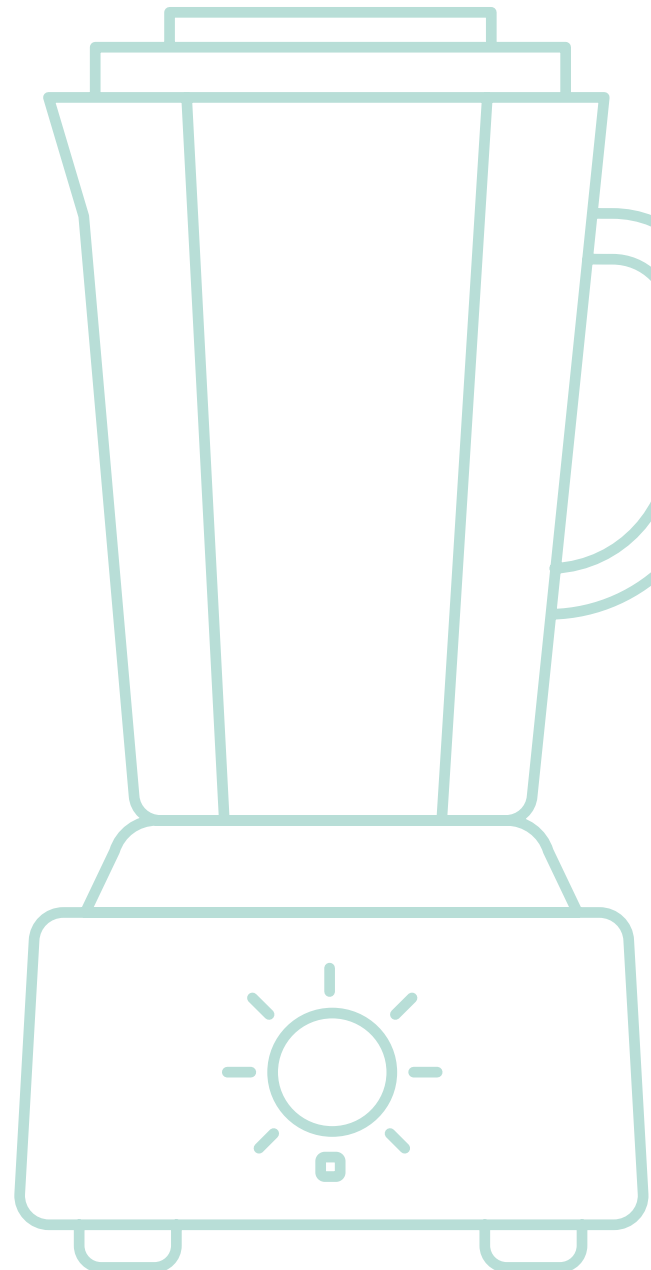
Nutrilite™ Organics Plant Protein Powder in
chocolate or vanilla

4. Boost the nutrition

Nutrilite™ Organics Antioxidant Superfood Powder
| Nutrilite™ Balance Within™ Probiotic | Nutrilite™
Fiber Powder

5. Pack in some flavor

Nut Butter | Agave | Honey | Vanilla Extract |
Cinnamon





DRINKS & Smoothies



Berry Beet Smoothie

- 1 cup of Almond Milk
- ½ cup yogurt of choice (plain, vanilla, or berry-flavored)
- 1 cup frozen berries
- ½ banana, frozen
- ½ cup grated beet
- 1 scoop Antioxidant Superfood powder

Add liquids to blender first, then add the rest of the ingredients. Blend thoroughly until smooth. Pour smoothie through strainer to ensure extra silky consistency.

Makes 1 serving

GENERAL WELLNESS

Nutrition Facts	
Valeur nutritive	
Per (649 g)	
pour (649 g)	
Calories 300	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 4.5 g	6 %
Saturated / saturés 1.5 g	
+ Trans / trans 0 g	8 %
Carbohydrate / Glucides 48 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 31 g	31 %
Protein / Protéines 22 g	
Cholesterol / Cholestérol 5 mg	
Sodium 370 mg	16 %
Potassium 900 mg	19 %
Calcium 700 mg	54 %
Iron / Fer 2 mg	11 %
Vitamin C / Vitamine C 198 mg	220 %
Vitamin D / Vitamine D 4 µg	20 %
Zinc 1.5 mg	14 %
Selenium / Sélénium 5 µg	9 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Berry Beet Smoothie

Protein Hot Chocolate

GENERAL WELLNESS

- 1 cup extra creamy almond milk (or milk of choice)
- 1 tbsp unsweetened cocoa powder
- 1 scoop Chocolate Plant Protein
- 1 tsp agave syrup
- 1 stick pack Fiber Powder (optional)

Combine ingredients in small pot. Mix using milk frother or whisk and heat over medium-low heat for 5 minutes or until hot. Be sure to continuously stir. Serve immediately and add additional agave syrup if desired.

Makes 1 serving



Nutrition Facts	
Valeur nutritive	
Per (277 g) pour (277 g)	
Calories 150	% Daily Value* % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 15 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	
Sodium 350 mg	15 %
Potassium 300 mg	6 %
Calcium 500 mg	38 %
Iron / Fer 4.5 mg	25 %
Vitamin C / Vitamine C 1 mg	1 %
Vitamin D / Vitamine D 2.5 µg	13 %
Riboflavin / Riboflavine 0.05 mg	4 %
Zinc 1 mg	9 %
Selenium / Sélénium 8 µg	15 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Iced Matcha with Superfood Greens

ENERGY

- 1 scoop Green Superfood powder
- 1 tsp matcha powder
- 1/8 tsp cinnamon
- Dash of ginger
- 1 cup unsweetened almond milk
- 1 tsp agave syrup (optional)

Whisk together dry ingredients to incorporate, ensuring no lumps are visible. Pour almond milk and agave into a blender. Add the dry mix and blend until smooth. Pour over ice and enjoy.

Makes 1 serving

Nutrition Facts	
Valeur nutritive	
Per (256 g) pour (256 g)	
Calories 70	% Daily Value*
Fat / Lipides 2.5 g	3 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 11 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 170 mg	7 %
Potassium 225 mg	5 %
Calcium 450 mg	35 %
Iron / Fer 1.25 mg	7 %
Vitamin C / Vitamine C 2.5 mg	3 %
Vitamin D / Vitamine D 2.5 µg	13 %
Thiamine 0.6 mg	50 %
Riboflavin / Riboflavine 0.7 mg	54 %
Vitamin B₆ / Vitamine B₆ 0.85 mg	50 %
Biotin / Biotine 15 µg	50 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



Iced Matcha with Superfood Greens



Mocha Protein Shake

Mocha Protein Shake

- 1 cup cold coffee
- ½ cup milk of choice
- 1 tsp agave syrup
- 1 scoop Chocolate Plant Protein
- 1 stick pack Fiber Powder (optional)
- Handful of ice

Add liquids to blender followed by protein powder and ice. Blend, then check for consistency, adding more milk or ice if needed. Add additional agave syrup until shake is at desired level of sweetness.

Makes 1 serving

GENERAL WELLNESS

Nutrition Facts	
Valeur nutritive	
Per (385 g) pour (385 g)	
Calories 100	% Daily Value* % valeur quotidienne*
Fat / Lipides 4 g	5 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 9 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 11 g	
Cholesterol / Cholestérol 0 mg	
Sodium 270 mg	12 %
Potassium 250 mg	5 %
Calcium 250 mg	19 %
Iron / Fer 3.5 mg	19 %
Vitamin D / Vitamine D 1.5 µg	8 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Chocolate Berry Protein Shake

GENERAL WELLNESS

- 1 ¼ cups milk of choice
- 1 cup frozen berries
- 2 tbsp almond butter
- 1 scoop Chocolate Plant Protein
- 1 scoop Antioxidant Superfood powder

Add milk to blender followed by the rest of the ingredients. Blend, then check for consistency, adding milk by ¼ cups as needed.

Makes 1 serving

Nutrition Facts		
Valeur nutritive		
Per (438 g)		
pour (438 g)		
Calories 370		% Daily Value*
		% valeur quotidienne*
Fat / Lipides 23 g		31 %
Saturated / saturés 3.5 g		18 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 27 g		
Fibre / Fibres 11 g		39 %
Sugars / Sucres 13 g		13 %
Protein / Protéines 19 g		
Cholesterol / Cholestérol 0 mg		
Sodium 420 mg		18 %
Potassium 450 mg		10 %
Calcium 600 mg		46 %
Iron / Fer 5.5 mg		31 %
Vitamin C / Vitamine C 189 mg		210 %
Vitamin D / Vitamine D 2.5 µg		13 %
Zinc 1.75 mg		16 %
Selenium / Sélénium 8 µg		15 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



Chocolate Berry Protein Shake



Iced Chai with Vanilla Protein Foam

Iced Chai with Vanilla Protein Foam

- 1 cup milk of choice
- 1 cup prepared + cooled chai
- ¼ cup milk of choice (dairy, macadamia nut, or oat work best for frothing)
- ¼ tsp agave (optional)
- 1 tbsp + 1 tsp Vanilla Plant Protein
- 1 stick pack Fiber Powder (optional)
- Dash of cinnamon

Pour equal amounts of almond milk and prepared chai tea together. Mix and pour over ice in two glasses.

In a separate cup, add ¼ cup of milk, agave, 1 tbsp Vanilla Plant Protein. Froth for 30 seconds to incorporate. Add in the additional 1 tsp of protein powder and froth an additional 15-30 seconds to thicken. Spoon over iced chai glasses, adding a dash of cinnamon.

Makes 2 servings

GENERAL WELLNESS

Nutrition Facts		Valeur nutritive	
Per (279 g)			
pour (279 g)			
Calories	60	% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	2.5 g		3 %
Saturated / saturés	0.5 g		3 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	6 g		
Fibre / Fibres	3 g		11 %
Sugars / Sucres	1 g		1 %
Protein / Protéines	5 g		
Cholesterol / Cholestérol	0 mg		
Sodium	160 mg		7 %
Potassium	125 mg		3 %
Calcium	300 mg		23 %
Iron / Fer	1.5 mg		8 %
Vitamin D / Vitamine D	1.5 µg		8 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup





BAKED Goods

Protein Blueberry Muffins

- 1 mashed banana
- 1 egg
- 2 tbsp almond butter
- 1 tsp agave syrup
- 1/3 cup flour
- 1/4 tsp cinnamon
- 1 scoop Vanilla Plant Protein
- 1 scoop Antioxidant Superfood powder
- 1/2 cup blueberries, plus additional to top

Preheat oven to 350 degrees. Mix wet and dry ingredients in separate bowls, then combine. Fold in 1/2 cup blueberries. Add to greased muffin tin and top with additional blueberries. Bake for 25-30 minutes, testing for doneness when tops start to brown. Let cool 5 minutes and enjoy.

Makes 4 servings

GENERAL WELLNESS

Nutrition Facts	
Valeur nutritive	
Per (92 g) pour (92 g)	
Calories 180	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 8 g	
Cholesterol / Cholestérol 45 mg	
Sodium 75 mg	3 %
Potassium 225 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 2 mg	11 %
Vitamin C / Vitamine C 50 mg	56 %
Zinc 0.75 mg	7 %
Selenium / Sélénium 11 µg	20 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



Protein Blueberry Muffins

Protein Baked Oats

- ½ cup milk of choice
- ½ cup oats
- ½ banana
- 1 tsp baking powder
- 1 scoop Vanilla Plant Protein
- 1 stick pack Fiber Powder (optional)

Preheat oven to 350 degrees. Add milk to blender followed by the rest of the ingredients. Pour mixture into small ramekin and bake 30 minutes. Let cool 5 minutes and enjoy.

Suggested mix-ins: berries, chocolate chips, nuts

Makes 1 serving

GENERAL WELLNESS

Nutrition Facts		Valeur nutritive	
Per (246 g)			
pour (246 g)			
Calories	290	% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	6 g	8 %	
Saturated / saturés 1.5 g		8 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides	48 g		
Fibre / Fibres 11 g		39 %	
Sugars / Sucres 8 g		8 %	
Protein / Protéines	17 g		
Cholesterol / Cholestérol	0 mg		
Sodium	600 mg	26 %	
Potassium	450 mg	10 %	
Calcium	600 mg	46 %	
Iron / Fer	5 mg	28 %	
Vitamin D / Vitamine D	1.5 µg	8 %	
* 5% or less is a little, 15% or more is a lot			
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup			



Protein Baked Oats



Chocolate Zucchini Breakfast Cookies

ENERGY

- 1 cup oats
- 1 mashed banana
- ½ small zucchini, grated + moisture squeezed out
- ¼ cup almond butter
- ¼ cup chocolate chips
- 1 scoop Chocolate Plant Protein
- 1 scoop Green Superfood powder

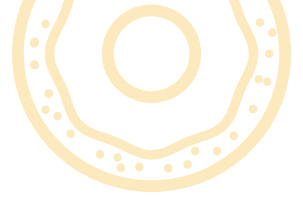
Preheat oven to 350 degrees and line a baking sheet with parchment paper. Mix all ingredients in medium-sized bowl. Form dough into 1-inch balls and flatten into cookie shape. Bake for 12-15 minutes or until cooked through. Let cool 5 minutes then enjoy.

Makes 4 servings

Nutrition Facts		Valeur nutritive	
Per (84 g)			
pour (84 g)			
Calories	280	% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides	14 g		19 %
Saturated / saturés	3.5 g		18 %
+ Trans / trans	0 g		
Carbohydrate / Glucides	32 g		
Fibre / Fibres	6 g		21 %
Sugars / Sucres	11 g		11 %
Protein / Protéines	9 g		
Cholesterol / Cholestérol	0 mg		
Sodium	80 mg		3 %
Potassium	350 mg		7 %
Calcium	75 mg		6 %
Iron / Fer	2.5 mg		14 %
*5% or less is a little, 15% or more is a lot			
*5% ou moins c'est peu, 15% ou plus c'est beaucoup			



MAKE- Ahead



Overnight Chocolate Protein Bites

FITNESS

- 1/3 cup old-fashioned oats
- 1/3 cup almond butter
- 2 tbsp agave syrup
- 1/2 tsp vanilla extract
- 2 tbsp unsweetened cocoa powder
- 1 scoop Chocolate Plant Protein
- Pinch of salt

Mix all ingredients in medium-sized bowl, adding additional mix-ins if desired. Roll into 1-inch balls. Refrigerate at least 30 minutes before enjoying.

Hitting the gym? Mix the XS™ Muscle Multiplier with water and grab a few protein bites for an on-the-go meal.

Suggested mix-ins: nuts, chia seeds, cacao nibs

Makes 3 servings

Nutrition Facts		Valeur nutritive	
Per (63 g) pour (63 g)			
Calories 290		% Daily Value*	
		% valeur quotidienne*	
Fat / Lipides 18 g			24 %
Saturated / saturés 2.5 g			13 %
+ Trans / trans 0 g			
Carbohydrate / Glucides 25 g			
Fibre / Fibres 6 g			21 %
Sugars / Sucres 12 g			12 %
Protein / Protéines 11 g			
Cholesterol / Cholestérol 0 mg			
Sodium 380 mg			17 %
Potassium 350 mg			7 %
Calcium 125 mg			10 %
Iron / Fer 3 mg			17 %

* 5% or less is a little, 15% or more is a lot
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup





Overnight Chocolate Protein Bites

MAKE AHEAD

Overnight Raspberry Chia Seed Pudding

- 1 cup fresh raspberries
- 1 Twist Tube 2GO™ Immunity Health
- 1 scoop Antioxidant Superfood powder
- ¼ cup chia seeds
- 1 cup milk of choice

In a medium bowl combine raspberries and twist tube. Partially mash berries to incorporate. Stir in superfood powder + chia seeds. Add milk + stir. Cover and refrigerate overnight before enjoying.

Suggested toppings: fresh raspberries, nuts, fresh mint
Makes 1 serving

IMMUNE SUPPORT

Nutrition Facts	
Valeur nutritive	
Per (431 g) pour (431 g)	
Calories 320	% Daily Value*
Fat / Lipides 16 g	21 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 46 g	
Fibre / Fibres 23 g	82 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 180 mg	8 %
Potassium 500 mg	11 %
Calcium 750 mg	58 %
Iron / Fer 5 mg	28 %
Vitamin C / Vitamine C 1213 mg	1348 %
Vitamin D / Vitamine D 2.5 µg	13 %
Thiamine 0.6 mg	50 %
Riboflavin / Riboflavine 0.45 mg	35 %
Niacin / Niacine 12 mg	75 %
Vitamin B ₆ / Vitamine B ₆ 0.55 mg	32 %
<small>*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup</small>	



Overnight Raspberry Chia Seed Pudding



Fruit on the Bottom Yogurt

Make-Ahead Fruit on the Bottom Yogurt

- 1 ½ cups fresh or frozen blueberries
- 1 scoop Antioxidant Superfood powder
- 3 tbsp chia seeds
- ½ cup water
- 2 tbsp agave syrup
- Yogurt of choice

Combine all ingredients except yogurt in a medium saucepan over medium heat. Bring to a boil, reduce heat and simmer, stirring often until sauce thickens.

Once sauce has cooled, spoon 2 tbsp into the bottom of a small jar. Top with yogurt and refrigerate. Sauce yields 1 ½ cups of fruit mixture; add to 6-8 small single-serving jars with the yogurt, or use to top pancakes or overnight oats.

Makes 6 servings

GENERAL WELLNESS

Nutrition Facts	
Valeur nutritive	
Per (379 g)	
pour (379 g)	
Calories 250	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 6 g	8 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 40 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 31 g	31 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 10 mg	
Sodium 150 mg	7 %
Potassium 600 mg	13 %
Calcium 400 mg	31 %
Iron / Fer 0.75 mg	4 %
Vitamin C / Vitamine C 36 mg	40 %
Vitamin D / Vitamine D 2.5 µg	13 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Vanilla Protein Overnight Oats



Vanilla Protein Overnight Oats

GENERAL WELLNESS

- ½ cup old-fashioned oats
- 1 scoop Vanilla Plant Protein
- 1 stick pack Balance Within™ Probiotic (optional)
- ½ cup milk of choice
- ¼ cup yogurt of choice
- 1-2 tsp agave syrup (optional)

Mix all ingredients in a medium-sized bowl, adding additional mix-ins if desired, and serve.

Suggested mix-ins: nuts, chia seeds, cacao nibs

Makes 1 serving

Nutrition Facts	
Valeur nutritive	
Per (246 g) pour (246 g)	
Calories 280	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 7 g	9 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 39 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 19 g	
Cholesterol / Cholestérol 5 mg	
Sodium 280 mg	12 %
Potassium 350 mg	7 %
Calcium 400 mg	31 %
Iron / Fer 4.5 mg	25 %
Vitamin D / Vitamine D 2 µg	10 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

* Mix-in options are not incorporated into the Nutritional Facts and may result in additional calories.





Savory

Sweet + Savory Granola

FOCUS

- 1 cup oats
- ¼ cup raw pecans
- 2 tbsp raw pumpkin seeds
- ¼ cup oil
- 2 tbsp agave syrup
- 1 scoop Vanilla Plant Protein
- 1 tsp chili powder
- ½ tsp ginger
- ½ tsp turmeric
- ¼ tsp salt

Nutrition Facts	
Valeur nutritive	
Per (60 g) pour (60 g)	
Calories 310	% Daily Value* % valeur quotidienne*
Fat / Lipides 22 g	29 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 0 mg	
Sodium 200 mg	9 %
Potassium 150 mg	3 %
Calcium 30 mg	2 %
Iron / Fer 2 mg	11 %
*5% or less is a little, 15% or more is a lot *5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Preheat oven to 275 degrees. Mix oil, seasonings, agave syrup and protein powder together. Mix oats, seeds and nuts, then add seasoning mixture, stirring to coat oats evenly. Bake for one hour or until golden and crispy, stirring every 15 minutes to prevent burning. Let cool and enjoy. Store in airtight container.

Need to focus? Mix XS™ Pre-Workout with water and grab some granola for an on-the-go meal.

Enjoy with: plain yogurt, avocado toast, salads
Makes 4 servings

Avocado Toast with Lemon Mustard Dressing

DRESSING:

3 tbsp olive oil
2 tsp Dijon mustard
Juice of ½ lemon
½ scoop Green Superfood powder
½ tsp salt
¼ tsp cracked black peppe

TOAST:

1 avocado
½ scoop Green Superfood powder
Pinch of salt
1 slice whole grain bread, toasted
Handful of leafy greens

Mix ingredients for dressing. Mash avocado with salt + Green Superfood powder, mixing until combined. Spread onto toast, top with greens + drizzle with dressing.

Suggested toppings: pumpkin seeds, crumbled feta (or your fav dairy-free cheese), pomegranate seeds

Makes 2 servings

* Mix-in options are not incorporated into the Nutritional Facts and may result in additional calories.



Avocado Toast with Lemon Mustard Dressing

Nutrition Facts Valeur nutritive	
Per (105 g) pour (105 g)	
Calories 180	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 2 g	
+ Trans / trans 0 g	10 %
Carbohydrate / Glucides 14 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 0 mg	
Sodium 560 mg	24 %
Potassium 350 mg	7 %
Calcium 125 mg	10 %
Iron / Fer 1 mg	6 %
Vitamin C / Vitamine C 10 mg	11 %
Thiamine 0.3 mg	25 %
Riboflavin / Riboflavine 0.35 mg	27 %
Niacin / Niacine 3 mg	19 %
Vitamin B ₆ / Vitamine B ₆ 0.45 mg	26 %
Biotin / Biotine 6.5 µg	22 %
Pantothenate / Pantothénate 1.7 mg	34 %
* 5% or less is a little, 15% or more is a lot	
* 5% ou moins c'est peu, 15% ou plus c'est beaucoup	