

Breakfast (or any time) Smoothie!

A complete meal for one adult. Only non-expired organic foods contain viable nutrients.

2 cups WATER (no sugar) or COCONUT WATER (lots of sugar, etc.)

1 cup fresh or frozen organic GREENS (baby spinach, baby kale, etc.)

½ cup NUTS, if prone to constipation : ¼ cup NUTS, if prone to loose stool

(Best: walnuts, almonds, pistachios, cashew, hazelnut, pecans)

(Occasionally: Brazil nuts, macadamia nuts, chestnuts, pine nuts)

½ cup BERRIES (blueberries, strawberries, goji, cherries, etc.)

1 piece FRUIT (banana, peach, pear, orange, etc.)

1 Tablespoon organic COCOA powder

1 Tablespoon BARLEY MALT, organic (local) HONEY, or MAPLE SYRUP

2 – 6 Tablespoons of Daniel's suggested powder mix (BAOBAB, BEET, etc.)

1 *teaspoon* organic SPICE (GINGER and/or TURMERIC)

1 *teaspoon* FISH OIL

1 *teaspoon* XYLITOL

MULTI-VITAMIN - as recommended

Desiccated LIVER powder – as recommended

PROBIOTIC (must be a very good brand) – as recommended