



LEAN GREEN MACHINE

Prep Time: 30 seconds | Serves: 2

INGREDIENTS

- 2 cups chopped spinach
- 1 cup chopped kale
- 1 cup diced cucumber
- ½ cup chopped broccoli
- ¼ cup chopped frozen pineapple
- ¼ cup chopped frozen mango
- 1 small carrot, chopped
- 1 to 2 cups water
- 1 tablespoon chia seeds
- Fresh grated ginger

NUTRITION DATA

101 calories | 2.9g fat | 4.8g protein | 19.3g carbs | 5.7g fiber | 7.5g sugar | 68mg sodium

STEPS

01

Combine all of the ingredients in a blender.

02

Pulse several times then blend on high speed for 30 to 60 seconds.

03

Pour into a large glass and enjoy immediately.



DR. GORGE J HOLISTIC HEALTH AND HEALING

drgeorgej.com  dr.georgej  drgeorgej

Source: Outback Vision Protocol