

BLUEBERRY



CINNAMON

FAT BURNER



~detox & burn fat with this tasty breakfast shake~

INGREDIENTS

8 oz unsweetened almond milk
1 scoop of any GYF Protein
1/4 cup fresh or frozen blueberries
1 handful of spinach or kale
1 tsp cinnamon
4-6 ice cubes

DIRECTIONS

Combine the ingredient in a blender.

Blend until all ingredients are mixed.

Enjoy in the morning to boost your metabolism and detox your body so you are ready to conquer your day!

NUTRITIONAL FACTS

Calories - 176 Fat - 5g Carbs - 13g
Fiber - 3g Sugars - 4g Protein - 20g