

Pina Colada Smoothie

SP Complete - # scoops for 2 smoothies - see container

(optional—2 scoops Whey Pro Complete)

1-2 Tablespoons coconut oil or other good fat

1+ Cup Pineapple

¼ cup unsweetened shredded coconut

2 cups baby spinach or dark greens

1 cup coconut milk or coconut water

1 cup purified water

Blend all ingredients in blender until smooth. Add water to desired consistency.

Drink 1/2 for breakfast and 1/2 for snack