

V.I.People & Pets

Pet Sitting/Personal Training/Errands



Super Fiber & Nutrient Shake (GREAT in the morning)

1 banana
5-8 Fresh/Frozen Strawberries (frozen's consistency not as good as fresh)
1/4-1/3 C Fresh/Frozen Blueberries (frozen's consistency not as good as fresh)
1/2 C Skim Milk
1 Handful Ice (crushed is best)
15g Protein Powder
1 TBSP Psyllium Seed Husk Powder (for its fiber content)
1 TBSP flax seed oil (for its omega fatty acids content)

Blend and Enjoy!

Nutritional Info:

Fats – 12.2g

Unsaturated (good) Fats - 10g

Saturated (bad) Fats - 1.3g

Carbs – 59.7g

Fiber (good, complex carbs) – 8.4g

Sugars – 38g (non-desirable carbs tho these are natural sugars that do not affect insulin response as much as processed sugars)

Protein – 20.7g

Potassium – 941.4mg

CARBS..... 55.4%

PROTEIN..... 19.2%

FATS..... 25.5%

CALORIES..... 431.4 HEALTHY CALORIES!

*This falls in-line with a
55/20/25 % ratio*

www.vitaminshoppe.com is also local (off Peachtree in Atlanta). Also check out the "FREE HEALTH INFO" tab on their site, to the right, when you are viewing the webpage. Here's what I recommend for your ingredients:

Psyllium Seed Husk Powder

https://www.vitaminshoppe.com/store/en/browse/sku_detail.jsp?id=VS-1654

Spectrum Naturals Ultra Lignan Flax Oil

http://www.vitaminshoppe.com/store/en/browse/sku_detail.jsp?id=SA-1129

Spiru-Tein Vanilla Protein Powder

https://www.vitaminshoppe.com/store/en/browse/sku_detail.jsp?id=NT-1611

www.VIPeopleandPets.com
Jeff Ball, Owner (678) 231-2874
info@VIPeopleandPets.com