

THIS IS HOW  
**I A.M.**

 **nutrilite™**



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# RISE AND SHINE WITH **This is How I A.M.**

A complete picture of wellness is built upon small changes that add up to big results—and setting short-term goals is a great way to spark those changes. This Nutrilite™ 10-day breakfast challenge will help you identify and achieve wellness goals over the course of 10 days to kickstart a healthier, happier lifestyle. To set yourself up for goal-crushing greatness, you'll also focus on building a strong base of nutritional health that'll be the foundation for your wellness journey. When it comes to creating a solid foundation, we believe breakfast is the perfect place to start.



## Why Breakfast

Breakfast has earned its “most important meal” reputation for a reason, and eating a good breakfast nourishes your body with benefits that go beyond starting the morning off right. When you have a well-rounded breakfast, you power up your entire day with more focus and energy.

One key component of a healthy breakfast? Protein! In addition to helping build muscle, a protein-rich diet helps you feel satisfied longer and keeps your energy stable throughout the day. While the recommended daily dose of protein is 46 grams for women and 56 grams for men, a lot of people wait until dinner to focus on protein and come up short for the day as a whole. That’s why starting your morning off with a complete serving of protein is a great way to balance your consumption and ensure your body is properly fueled for the day ahead.

## The Nutrilite™ Way

During an already-busy morning, ensuring your body is getting the key nutrients it needs can seem overwhelming. But by pairing expertly crafted, ultra-convenient Nutrilite™ supplements with a healthy breakfast, it’s easier than ever to nourish yourself for the day ahead. Each supplement is made with ingredients from plants grown on our farms and partner farms—so you can soak up some of the earth’s purest nutrients in every serving.



*This program is appropriate for any time when you are breaking your fast - for some people that's early in the morning, for others a bit later in the day.*



STEP 1: 

# Build a healthy foundation with multivitamins

Paired with a healthy breakfast of whole foods, the botanical benefits of Nutrilite™ supplements can enhance your morning routine in just three steps—starting with multivitamins. Designed to fill nutritional gaps and packed with good-for-you vitamins, minerals and plant nutrients, multivitamins are the perfect way to kick off each day.



or



or



**Nutrilite™ Double X™  
Multivitamin**

**Nutrilite™ Men's  
& Women's Daily  
Multivitamin**

**Nutrilite™ Organics  
Men's & Women's Daily  
Multi Gummies  
*(coming soon)***



# Meet your multi

Discover which Nutrilite™ multivitamin is right for you during the 10-day breakfast challenge and beyond.



STEP 2: 

# Fuel your morning with protein

Multivitamin? Check! Now it's time to add in the next phase of your refreshed morning regimen: protein. Beyond helping you build muscle, protein helps you feel satisfied longer and keeps your energy stable. And with these expertly crafted supplements from Nutrilite™, making protein a priority is easy.



Nutrilite™ Organics  
Plant Protein

or

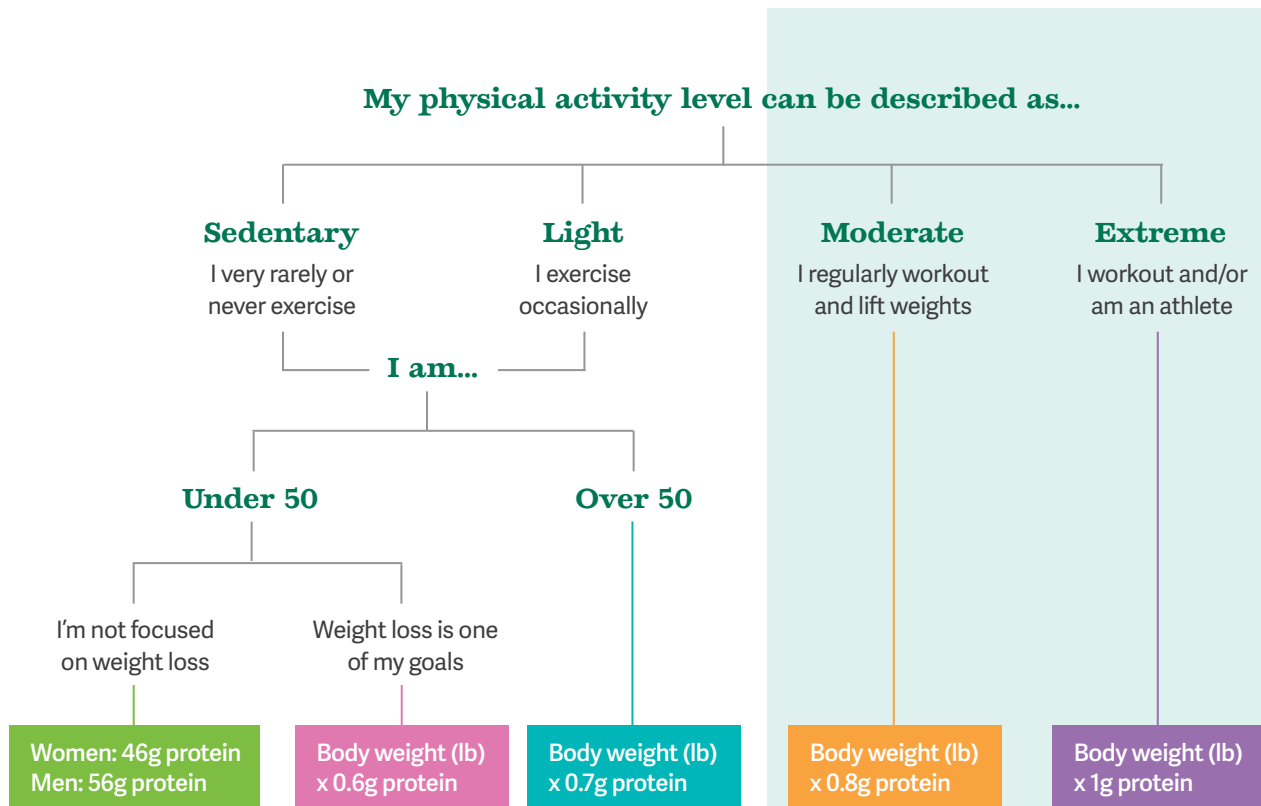


XS™ Protein Pods



# Pick your protein

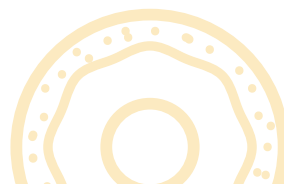
All well-balanced diets should include protein. But just how much do you actually need? Follow the flowchart to find out!



**Try Nutralite™ Organics Plant Protein**



**Try XS™ Protein Pods**



STEP 3:



# Personalize your plan with targeted supplements

Now that you have the tools to start building a healthy nutritional base, it's time to get specific about your goals. Complete the quiz to the right to identify the goal that best fits your wellness needs. Then, use the list below to find the targeted supplement that aligns with your new goal.

**ENERGY**

Nutrilite™ Organics Green Superfood Powder

**IMMUNE SUPPORT**

Nutrilite™ Organics Immunity Superfood Powder

**BEAUTY**

n\* by Nutrilite™ Collagen Peptides

**FOCUS**

XS™ Pre-Workout

**GENERAL WELLNESS**

Nutrilite™ Fiber Powder  
Nutrilite™ Balance Within™ Probiotic

**FITNESS**

XS™ Muscle Multiplier

With your goal in mind and 3-step supplement regimen mapped out, it's time to get started on your 10-day This is How I A.M. challenge!

**Lately, I've been waking up feeling like...**



Learn more about each Nutrilite™ supplement on page 16.

THIS IS HOW I A.M. 10-DAY HABIT TRACKER

# Crushing today's goals? Check!

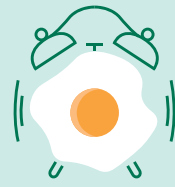
Stay on top of your shiny new breakfast regimen with a daily habit tracker. Use the blank spaces to fill in the goal-specific supplements you'll implement into your morning mealtime, plus any other healthy habits you want to adopt. We went ahead and added your daily multivitamin and protein powder!



## Morning Habit Suggestions:

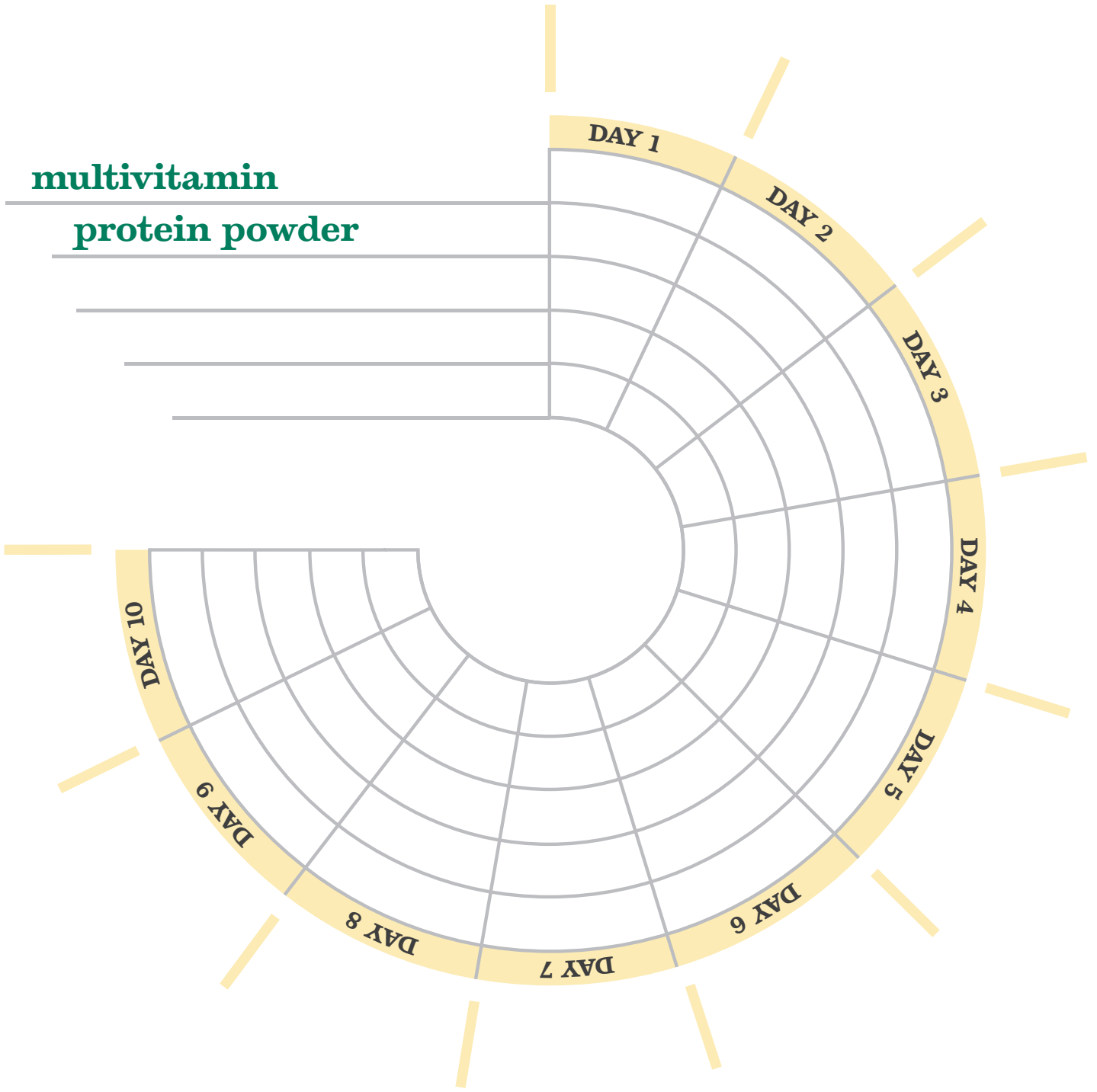
- Wake up on time
- Drink water
- Read
- Practice mindfulness
- Stretch or exercise
- Eat a protein-rich breakfast
- Write your daily to-do list
- Morning skincare regimen

**Share your progress on your social channels to show everyone how you A.M.!**



THIS IS HOW  
**I.A.M.**

**multivitamin**  
**protein powder**



## THIS IS HOW I A.M. GOALS REFLECTION

# Set, stick to it, reflect

Take some time on Day 1 of the challenge to outline your goals and reflect on how you're feeling. Then, check back in on Day 10. Compare your answers to see how far you've come, celebrate your progress, and think about what's next in your wellness journey.

### THIS IS HOW I A.M. – DAY 1

## Outlining your goals

My goal is \_\_\_\_\_

Steps I will take each morning to achieve this goal are:

- multivitamin** \_\_\_\_\_
- protein powder** \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

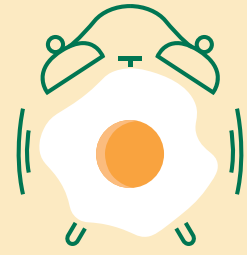
Reflection:

How am I feeling right now? \_\_\_\_\_

How do I want to feel? \_\_\_\_\_

Why is this wellness goal important to me? \_\_\_\_\_

\_\_\_\_\_



THIS IS HOW  
**I A.M.**

THIS IS HOW I A.M. – DAY 10

## Check-in & Reflection

My goal is \_\_\_\_\_

Steps taken each morning to achieve this goal are:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Reflection:

How am I feeling right now? \_\_\_\_\_

How do I want to feel? \_\_\_\_\_

How will I continue to strive for this wellness goal and/or others?

\_\_\_\_\_

# MEET THE dream team

## Learn more about the supplements that will help you rise to the breakfast challenge

Your body deserves the very best, which is why Nutrilite™ supplements are powered by ingredients made from plants grown on our farms and partner farms. Keep reading to get the inside scoop on each product, and discover delicious ways to incorporate them into your refreshed morning routine using the **#Goals4Breakfast Recipe Booklet**.

### STEP 1: MULTIVITAMIN



#### \*\* Nutrilite™ Double X™ Multivitamin

A powerful multivitamin packed with 12 essential vitamins, 10 essential minerals, and 22 nutrients from colorful fruits, vegetables, and herbs.



#### Nutrilite™ Men's & Women's Daily Multivitamins Tablets

Once-a-day multivitamin tablets that support specific needs for him & her with a comprehensive blend of plant-based nutrients.



#### Nutrilite™ Organics Men's & Women's Daily Multi Gummies

USDA Organic, plant-powered gummy multivitamins that provide men & women with daily support tailored to their unique needs.



### STEP 2: PROTEIN



#### \*\* Nutrilite™ Organics Plant Protein

A USDA Organic smooth, great-tasting powder packed with 21g of plant-based protein from peas, brown rice, and chia seed. Available in chocolate and vanilla flavors.



#### XS™ Protein Pods

High-performance protein powder packed in convenient pods. Each serving contains 20g of Whey Protein to help build lean muscle.



## STEP 3: YOUR TARGETED SUPPLEMENT

## ENERGY

**Nutrilite™ Organics Green Superfood Powder**

Nutrients from a blend of 10 USDA Organic green vegetables and grasses help support overall wellness, energy, and digestive health.

## IMMUNE SUPPORT

**Nutrilite™ Organics Immunity Superfood Powder**

Nutrients from 10 USDA Organic superfruits including acerola cherry and elderberry provide natural immune support. †

## BEAUTY

**n\* by Nutrilite™ Collagen Peptides**

This unflavored mix-in can pair with any drink and contains 13 grams of collagen plus Aloe extract for antioxidant protection. †

## FOCUS

**XS™ Pre-Workout**

Help sharpen your focus with a blend of rhodiola rosea, CarnoSyn®\* beta alanine, and caffeine. †

†The statements above have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

†CarnoSyn® is a registered trademark of Natural Alternatives International, Inc.

GENERAL WELLNESS



**Nutralite™ Balance Within™ Probiotic**

A once-a-day probiotic supplement designed to support and maintain a healthy balance of good bacteria in your gut. †



**Nutralite™ Fiber Powder**

A convenient, taste-free supplement that adds fiber to your diet. A high-fiber diet can help support gut health and regularity. †

FITNESS



**XS™ Muscle Multiplier †\***

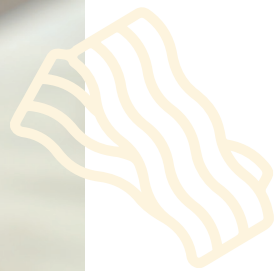
Build lean muscle mass and rebound faster with a next generation Essential Amino Acid (EAA) technology made to fuel performance before, during, and after exercise. †



Contact your Amway™ Independent Business Owner to take the **This is How I A.M.** breakfast challenge.

*\*When combined with regular weight/resistance training and a healthy diet.*

*†The statements above have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.*



# THIS IS HOW I A.M. recipes

Eat your #Goals4Breakfast with quick, tasty, nutrient-rich recipes powered by Nutrilite™. From sippable smoothies to make-ahead options, flip through to find meals that fit your morning routine and help fill nutritional gaps. Be sure to try recipes that include your goal-specific supplements!

To boost the benefits of any recipe, try some of these flavorless add-ins:

- Nutrilite™ Fiber Powder
- Nutrilite™ Balance Within™ Probiotic
- n\* by Nutrilite™ Collagen Peptides



Drinks & Smoothies  
(pg 22)



Baked Goods  
(pg 28)



Make-Ahead  
(pg 34)



Savory  
(pg 40)

Build your own breakfast smoothie with Nutrilite™

# Mix it up & make it your own!

## 1. Pour your base

Dairy or Non-dairy Milk | Fruit Juice | Water

## 2. Choose a few fruits

Strawberries | Blackberries | Bananas | Mango |  
Pineapple | Blueberries | Raspberries | Cherries

## 3. Pick your protein

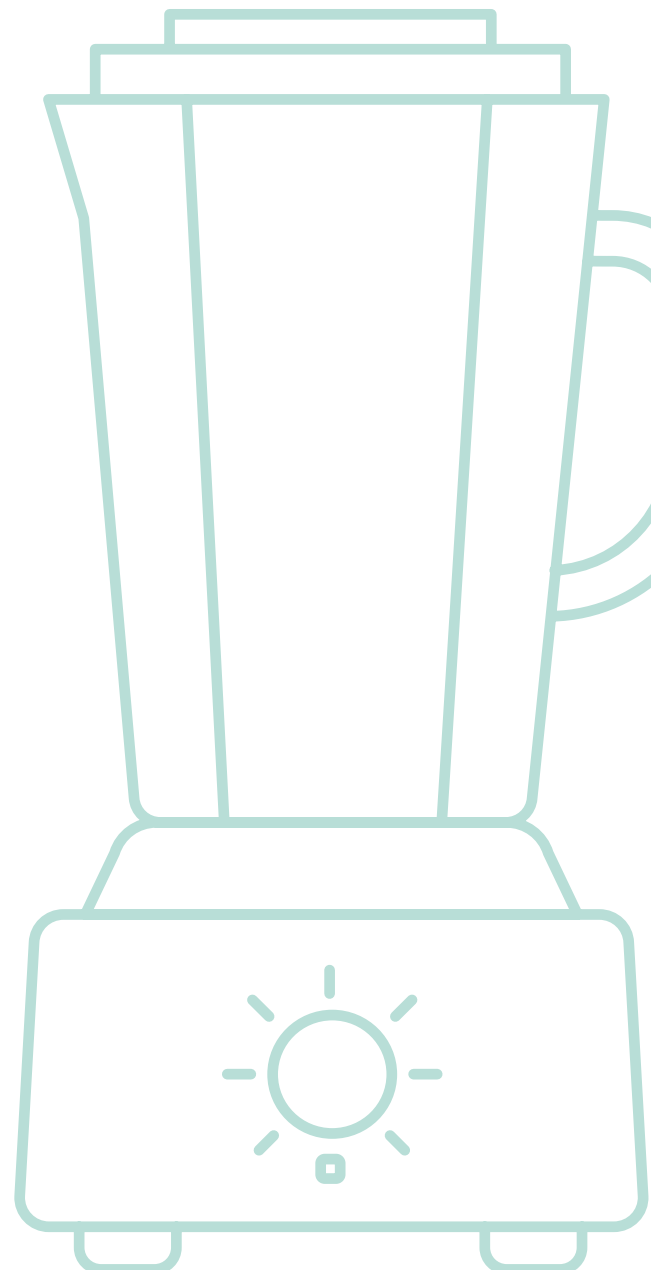
Nutrilite™ Organics Plant Protein Powder in  
chocolate or vanilla

## 4. Boost the nutrition

Nutrilite™ Organics Immunity Superfood Powder |  
Nutrilite™ Organics Green Superfood Powder |  
Nutrilite™ Balance Within™ Probiotic | Nutrilite™  
Fiber Powder | n\* by Nutrilite™ Collagen Peptides

## 5. Pack in some flavor

Nut Butter | Agave | Honey | Vanilla Extract |  
Cinnamon





# DRINKS & Smoothies



## Berry Beet Smoothie

- 1 cup milk of choice
- ½ cup yogurt of choice (plain, vanilla, or berry-flavored)
- 1 cup frozen berries
- ½ banana, frozen
- ½ cup grated beet
- 1 scoop Immunity Superfoods powder
- 1 packet #NoFilter Collagen Peptides (optional)

Add liquids to blender first, then add the rest of the ingredients. Blend thoroughly until smooth. Pour smoothie through strainer to ensure extra silky consistency.

Makes 1 serving

BEAUTY

IMMUNE SUPPORT

Nutrition Facts	
Serving size	(649g)
Amount per serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 370mg	16%
Total Carbohydrate 48g	17%
Dietary Fiber 8g	29%
Total Sugars 31g	
Includes 0g Added Sugars	0%
<b>Protein 22g</b>	
Vitamin D 4mcg	20%
Calcium 708mg	50%
Iron 2mg	10%
Potassium 879mg	20%
Vitamin C 198mg	220%
Zinc 1mg	10%
Selenium 5mcg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Berry Beet Smoothie

## Protein Hot Chocolate

GENERAL WELLNESS

- 1 cup extra creamy almond milk (or milk of choice)
- 1 tbsp unsweetened cocoa powder
- 1 scoop Chocolate Plant Protein
- 1 tsp agave syrup
- 1 packet Fiber Powder (optional)

Combine ingredients in small pot. Mix using milk frother or whisk and heat over medium-low heat for 5 minutes or until hot. Be sure to continuously stir. Serve immediately and add additional agave syrup if desired.

Makes 1 serving



Nutrition Facts	
Serving size	(277g)
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 15g	5%
Dietary Fiber 9g	32%
Total Sugars 5g	
Includes 5g Added Sugars	10%
Protein 13g	
Vitamin D 3mcg	15%
Calcium 482mg	35%
Iron 5mg	30%
Potassium 310mg	6%
Vitamin C 1mg	2%
Riboflavin 0.1mg	8%
Zinc 1mg	10%
Selenium 8mcg	15%

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## Iced Matcha with Superfood Greens

ENERGY

- 1 scoop Superfood Greens powder
- 1 tsp matcha powder
- 1/8 tsp cinnamon
- Dash of ginger
- 1 cup unsweetened almond milk
- 1 tsp agave syrup (optional)

Whisk together dry ingredients to incorporate, ensuring no lumps are visible. Pour almond milk and agave into a blender. Add the dry mix and blend until smooth. Pour over ice and enjoy.

Makes 1 serving

Nutrition Facts	
Serving size	(256g)
Amount per serving	
<b>Calories</b>	<b>70</b>
	% Daily Value*
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 5g Added Sugars	10%
Protein 3g	
Vitamin D 3mcg	15%
Calcium 454mg	35%
Iron 1mg	6%
Potassium 222mg	4%
Vitamin C 2mg	2%
Thiamin 0.6mg	50%
Riboflavin 0.7mg	50%
Vitamin B <sub>6</sub> 0.9mg	50%
Biotin 15mcg	50%

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Iced Matcha with Superfood Greens





Mocha Protein Shake

## Mocha Protein Shake

- 1 cup cold coffee
- ½ cup milk of choice
- 1 tsp agave syrup
- 1 scoop Chocolate Plant Protein
- 1 packet Fiber Powder (optional)
- Handful of ice

Add liquids to blender followed by protein powder and ice. Blend, then check for consistency, adding more milk or ice if needed. Add additional agave syrup until shake is at desired level of sweetness.

Makes 1 serving

### GENERAL WELLNESS

Nutrition Facts	
servings per container	
Serving size	(385g)
Amount per serving	
<b>Calories</b>	<b>120</b>
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 9g	3%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 2g Added Sugars	4%
<b>Protein 11g</b>	
Vitamin D 1mcg	6%
Calcium 255mg	20%
Iron 4mg	20%
Potassium 264mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Chocolate Berry Protein Shake

- 1 ¼ cups milk of choice
- 1 cup frozen berries
- 2 tbsp almond butter
- 1 scoop Chocolate Plant Protein
- 1 scoop Immunity Superfoods powder

Add milk to blender followed by the rest of the ingredients. Blend, then check for consistency, adding milk by ¼ cups as needed.

Makes 1 serving

IMMUNE SUPPORT

Nutrition Facts	
Serving size	(438g)
Amount per serving	
<b>Calories</b>	<b>370</b>
% Daily Value*	
Total Fat 23g	29%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 420mg	18%
Total Carbohydrate 27g	10%
Dietary Fiber 11g	39%
Total Sugars 13g	
Includes 0g Added Sugars	0%
<b>Protein 19g</b>	
Vitamin D 3mcg	15%
Calcium 606mg	45%
Iron 5mg	30%
Potassium 467mg	10%
Vitamin C 189mg	210%
Zinc 2mg	20%
Selenium 8mcg	15%

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Chocolate Berry Protein Shake



Iced Chai with Vanilla Protein Foam

# Iced Chai with Vanilla Protein Foam

- 1 cup milk of choice
- 1 cup prepared + cooled chai
- ¼ cup milk of choice (dairy, macadamia nut, or oat work best for frothing)
- ¼ tsp agave (optional)
- 1 tbsp + 1 tsp Vanilla Plant Protein
- 1 packet Fiber Powder (optional)
- Dash of cinnamon

Pour equal amounts of almond milk and prepared chai tea together. Mix and pour over ice in two glasses.

In a separate cup, add ¼ cup of milk, agave, 1 tbsp Vanilla Plant Protein. Froth for 30 seconds to incorporate. Add in the additional 1 tsp of protein powder and froth an additional 15-30 seconds to thicken. Spoon over iced chai glasses, adding a dash of cinnamon.

Makes 2 servings

## GENERAL WELLNESS

Nutrition Facts	
Serving size	(279g)
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 1g Added Sugars	2%
<b>Protein 5g</b>	
Vitamin D 2mcg	10%
Calcium 284mg	20%
Iron 2mg	10%
Potassium 130mg	2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.





# BAKED Goods

## Protein Blueberry Muffins

- 1 mashed banana
- 1 egg
- 2 tbsp almond butter
- 1 tsp agave syrup
- 1/3 cup flour
- 1/4 tsp cinnamon
- 1 scoop Vanilla Plant Protein
- 1 scoop Immunity Superfoods powder
- 1/2 cup blueberries, plus additional to top

Preheat oven to 350 degrees. Mix wet and dry ingredients in separate bowls, then combine. Fold in 1/2 cup blueberries. Add to greased muffin tin and top with additional blueberries. Bake for 25-30 minutes, testing for doneness when tops start to brown. Let cool 5 minutes and enjoy.

*Shortcut: Add protein + superfoods powders to your fav boxed muffin mix*

### IMMUNE SUPPORT

#### Nutrition Facts

Serving size	(92g)
Amount per serving	
<b>Calories</b>	<b>190</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 75mg	3%
Total Carbohydrate 26g	9%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 1g Added Sugars	2%
<b>Protein 8g</b>	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 2mg	10%
Potassium 214mg	4%
Vitamin C 50mg	60%
Zinc 1mg	10%
Selenium 11mcg	20%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 servings



**Protein Blueberry Muffins**

## Protein Baked Oats

- ½ cup milk of choice
- ½ cup oats
- ½ banana
- 1 tsp baking powder
- 1 scoop Vanilla Plant Protein
- 1 packet Fiber Powder (optional)

Preheat oven to 350 degrees. Add milk to blender followed by the rest of the ingredients. Pour mixture into small ramekin and bake 30 minutes. Let cool 5 minutes and enjoy.

*Suggested mix-ins: berries, chocolate chips, nuts*

Makes 1 serving

### GENERAL WELLNESS

Nutrition Facts	
Serving size	(246g)
Amount per serving	
<b>Calories</b>	<b>300</b>
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 600mg	26%
Total Carbohydrate 48g	17%
Dietary Fiber 11g	39%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 17g	
Vitamin D 1mcg	6%
Calcium 615mg	45%
Iron 5mg	30%
Potassium 441mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Protein Baked Oats



## Chocolate Zucchini Breakfast Cookies

ENERGY

- 1 cup oats
- 1 mashed banana
- ½ small zucchini, grated + moisture squeezed out
- ¼ cup almond butter
- ¼ cup chocolate chips
- 1 scoop Chocolate Plant Protein
- 1 scoop Superfood Greens powder

Preheat oven to 350 degrees and line a baking sheet with parchment paper. Mix all ingredients in medium-sized bowl. Form dough into 1-inch balls and flatten into cookie shape. Bake for 12-15 minutes or until cooked through. Let cool 5 minutes then enjoy.

Makes 4 servings

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>(84g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>270</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 3.5g	<b>18%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 32g	<b>12%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 11g	
Includes 6g Added Sugars	<b>12%</b>
<b>Protein</b> 9g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 3mg	15%
Potassium 362mg	8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Chocolate Protein Pancakes**



BEAUTY

## Chocolate Protein Pancakes

1 mashed banana  
 2 eggs  
 ¼ cup flour  
 1 tbsp unsweetened cocoa powder  
 1 tsp baking powder  
 ¼ cup chocolate chips  
 1 scoop Chocolate Plant Protein  
 1 packet #NoFilter Collagen Peptides (optional)  
 Pinch of salt

Mix all ingredients in medium-sized bowl. Bring a greased flat-bottomed pan or griddle to medium heat. Drop batter onto pan and when pancakes start to bubble, flip. Cook other side until golden brown and serve right away.

**Suggested toppings:** bananas, berries, cacao nibs, nuts

**Shortcut:** Add protein powder to your fav boxed pancake mix

Nutrition Facts	
Serving size	(92g)
Amount per serving	
<b>Calories</b>	<b>200</b>
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 95mg	32%
Sodium 330mg	14%
Total Carbohydrate 27g	10%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 6g Added Sugars	12%
<b>Protein 11g</b>	
Vitamin D 1mcg	6%
Calcium 114mg	8%
Iron 3mg	15%
Potassium 233mg	4%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes 4 servings



# MAKE- Ahead

## Overnight Chocolate Protein Bites

FITNESS

- 1/3 cup old-fashioned oats
- 1/3 cup almond butter
- 2 tbsp agave syrup
- 1/2 tsp vanilla extract
- 2 tbsp unsweetened cocoa powder
- 1 scoop Chocolate Plant Protein
- Pinch of salt

Mix all ingredients in medium-sized bowl, adding additional mix-ins if desired. Roll into 1-inch balls. Refrigerate at least 30 minutes before enjoying.

Hitting the gym? Mix the XS™ Muscle Multiplier with water and grab a few protein bites for an on-the-go meal.

Suggested mix-ins: nuts, chia seeds, cacao nibs

Makes 3 servings

Nutrition Facts	
Serving size	(63g)
Amount per serving	
<b>Calories</b>	<b>290</b>
	% Daily Value*
<b>Total Fat</b> 18g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 380mg	17%
<b>Total Carbohydrate</b> 25g	9%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 9g Added Sugars	18%
<b>Protein</b> 11g	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 3mg	15%
Potassium 325mg	6%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



**Overnight Chocolate Protein Bites**

MAKE AHEAD

## Overnight Raspberry Chia Seed Pudding

- 1 cup fresh raspberries
- 1 Immunity Health Twist Tube 2GO
- 1 scoop Immunity Superfoods powder
- ¼ cup chia seeds
- 1 cup milk of choice

In a medium bowl combine raspberries and twist tube. Partially mash berries to incorporate. Stir in superfoods powder + chia seeds. Add milk + stir. Cover and refrigerate overnight before enjoying.

**Suggested toppings:** fresh raspberries, nuts, fresh mint  
Makes 1 serving

IMMUNE SUPPORT

Nutrition Facts	
Serving size	(431g)
Amount per serving	
<b>Calories</b>	<b>350</b>
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 180mg	8%
Total Carbohydrate 46g	17%
Dietary Fiber 22g	79%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 9g</b>	
Vitamin D 3mcg	15%
Calcium 746mg	60%
Iron 5mg	30%
Potassium 517mg	10%
Vitamin C 1213mg	1350%
Thiamin 0.6mg	50%
Riboflavin 0.4mg	30%
Niacin 12mg	80%
Vitamin B <sub>6</sub> 0.6mg	35%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Overnight Raspberry Chia Seed Pudding



## Make-Ahead Fruit on the Bottom Yogurt

- 1 ½ cups fresh or frozen blueberries
- 1 scoop Immunity Superfoods powder
- 3 tbsp chia seeds
- ½ cup water
- 2 tbsp agave syrup
- Yogurt of choice

Combine all ingredients except yogurt in a medium saucepan over medium heat. Bring to a boil, reduce heat and simmer, stirring often until sauce thickens.

Once sauce has cooled, spoon 2 tbsp into the bottom of a small jar. Top with yogurt and refrigerate. Sauce yields 1 ½ cups of fruit mixture; add to 6-8 small single-serving jars with the yogurt, or use to top pancakes or overnight oats.

Makes 6 servings

### IMMUNE SUPPORT

Nutrition Facts	
Serving size	(379g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>250</b>
	% Daily Value*
<b>Total Fat</b> 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 150mg	7%
<b>Total Carbohydrate</b> 40g	15%
Dietary Fiber 6g	21%
Total Sugars 31g	
Includes 5g Added Sugars	10%
<b>Protein</b> 12g	
Vitamin D 2mcg	10%
Calcium 419mg	30%
Iron 1mg	6%
Potassium 576mg	10%
Vitamin C 36mg	40%

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**Vanilla Protein Overnight Oats**



MAKE AHEAD

# Vanilla Protein Overnight Oats

GENERAL WELLNESS

- ½ cup old-fashioned oats
- 1 scoop Vanilla Plant Protein
- 1 packet Balance Within™ Probiotic (optional)
- ½ cup milk of choice
- ¼ cup yogurt of choice
- 1-2 tsp agave syrup (optional)

Mix all ingredients in a medium-sized bowl, adding additional mix-ins if desired, and serve.

*Suggested mix-ins: nuts, chia seeds, cacao nibs*

Makes 1 serving

<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>(246g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>290</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 280mg	<b>12%</b>
<b>Total Carbohydrate</b> 39g	<b>14%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 10g	
Includes 5g Added Sugars	<b>10%</b>
<b>Protein</b> 19g	
Vitamin D 2mcg	10%
Calcium 386mg	30%
Iron 4mg	20%
Potassium 374mg	8%

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# Savory

## Sweet + Savory Granola

- 1 cup oats
- ¼ cup raw pecans
- 2 tbsp raw pumpkin seeds
- ¼ cup oil
- 2 tbsp agave syrup
- 1 scoop Vanilla Plant Protein
- 1 tsp chili powder
- ½ tsp ginger
- ½ tsp turmeric
- ¼ tsp salt

FOCUS

Nutrition Facts	
Serving size	(60g)
Amount per serving	
<b>Calories</b>	<b>310</b>
% Daily Value*	
Total Fat 22g	28%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 7g Added Sugars	14%
<b>Protein 7g</b>	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 150mg	4%

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Preheat oven to 275 degrees. Mix oil, seasonings, agave syrup and protein powder together. Mix oats, seeds and nuts, then add seasoning mixture, stirring to coat oats evenly. Bake for one hour or until golden and crispy, stirring every 15 minutes to prevent burning. Let cool and enjoy. Store in airtight container.

Need to focus? Mix XS™ Pre-Workout with water and grab some granola for an on-the-go meal.

*Enjoy with: plain yogurt, avocado toast, salads*

*Makes 4 servings*



## Avocado Toast with Lemon Mustard Dressing

### DRESSING:

3 tbsp olive oil  
 2 tsp Dijon mustard  
 Juice of ½ lemon  
 ½ scoop Superfood Greens powder  
 ½ tsp salt  
 ¼ tsp cracked black pepper

### TOAST:

1 avocado  
 ½ scoop Superfood Greens powder  
 Pinch of salt  
 1 slice whole grain bread, toasted  
 Handful of leafy greens

Mix ingredients for dressing. Mash avocado with salt + Superfood Greens powder, mixing until combined. Spread onto toast, top with greens + drizzle with dressing.

**Suggested toppings:** pumpkin seeds, crumbled feta (or your fav dairy-free cheese), pomegranate seeds

Makes 2 servings



Avocado Toast with Lemon Mustard Dressing

Nutrition Facts	
Serving size	(105g)
Amount per serving	
<b>Calories</b>	<b>180</b>
% Daily Value*	
Total Fat 14g	18%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 14g	5%
Dietary Fiber 6g	21%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 3g</b>	
Vitamin D 0mcg	0%
Calcium 116mg	8%
Iron 1mg	6%
Potassium 352mg	8%
Vitamin C 10mg	10%
Thiamin 0.3mg	25%
Riboflavin 0.3mg	25%
Niacin 3mg	20%
Vitamin B <sub>6</sub> 0.4mg	25%
Biotin 7mcg	25%
Pantothenic Acid 2mg	40%

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