

MindfulCare

H e a l i n g A r t s

www.mindfulcare.com

Mixing Instructions For The Greens First Meal Replacement Shake:



FIRST THING IN THE MORNING WITHIN 30 MINUTES UPON ARISING...

1. Put 8 ounces of cold water into the shaker cup.
2. Put 1 scoop of **Greens First** and 1 scoop of **Dream Protein** into the shaker cup of water. (GreensFirst is best kept refrigerated)
3. Put the lid on the shaker cup. Shake Well.
4. Take 1 **Complete Essentials-Omega 3-6-9** Softgel with the shake.

Your body has just had an alkalizing meal replacement shake that has:

- The antioxidant equivalent of 10+ servings of fruits and vegetables
- 20 grams of hormone-free, pure whey protein
- AND healthy oils!

Enjoy!

**If you have questions, please call us at 702.869.8702.
Tell Your Friends & Family About This Product!**