

# Little Buddies

Here's a super simple set up for those uber busy days.

This way when you can't do meal prep- or you're traveling you're good to go!

I set out ideal times to have each as well. Enjoy!



## 1. **Amazing Grass.** Greens on the Go!

[Amazinggrass.com](http://Amazinggrass.com)

perfect for getting those hard to find greens in + keeping that pesky belly bloat at bay.

Simply drop a packet of greens into your bottle of H2O and you're gut is saved! No pesky bloat and you can be proud you got your greens in.

It's all thanks to healthy super heroes like wheat grass, spirulina, alfalfa, spinach, chlorella, broccoli, goji, maca, acai, carrot, flaxseed and more, pretty awesome - right?!

Drop one packet in about 12 oz water early AM (before breakfast) & another round 3-5 PM. Boosts your immune system and energy! I highly suggest packing a shorty blender bottle to mix well.



Blender Ball Bottle - Perfect for mixing up amazing grass super well.

ALSO - if there is no good breakfast choices. Add 1 packet protein powder to this WITH 1 packet amazing grass (or 1 tablet dissolved) - Add the protein (2 best choices below) and shake the dickens out of it! - Whallah Bfast on the go!

## Protein Powder



### Ancient Nutrition Bone Broth Vanilla

Best Quality protein Hands down - Chock full of B vitamins, super high quality nutrient and Protein.



Next best choice = egg white protein- Jay Robb is a great choice + comes in travel packets . Good easy to digest protein - not as much nutrients as Bone broth protein. SO definitely opt for Ancient Nutrition , if you can

SO! if you ARE going to have a full sit down breakfast - awesome. Just down the amazing grass before .

No breakfast = 1 scoop Amazing Grass + 1 scoop bone broth or Jay Robb protein in blender ball bottle - add about 14 oz water.. shake and down it!

Then wait till hungry... Try and stretch your hunger to at least 3 hours. 4-5 would be best

Then opt for either

1. Nut Butter Packet

[justins.com](http://justins.com)



Perfect when you're about to eat your arm off - but your next meal is coming up in an hour or two. Perfect for when you're stuck sitting and hungry . No need for carbs at times like that. Just a little blast of protein + healthy fat will set you up solid.

I keep these little packets in my desk drawer, glovebox and purse. Simply rip it open and squeeze some delicious nut butter in your mouth. No need to add anything to this.

greens + protein + healthy fats.

OR



Nuts and Flakes! 8 macadamia + 5 brazil + 1/4 cup unsweetened coconut flakes

If you can't get to a real lunch - simply keep opting for either nut butter OR nuts and flakes - waiting at least 3 hours - until dinner

No great dinner?

Down another amazing grass - in the EVE 3-5 wish

also a great option before dinner - IF it looks like veg options are slim to non for dinner

**For when you can sit down to an actual meal.**



Bowl o' greens, egg + sausage.

Perfect for breakfast, lunch or dinner.

When you're looking to clean up your act, lean out, bump up your energy and build defined muscles you need one thing at all your meals. Protein, Veggies (Greens) + Healthy Fats

The perfect go to is

2 free range eggs + 1 organic sausage (veggie or meat) + bunch of cooked

greens (kale, chard, spinach..) then top it all with some cashews and avocado.

This combination has it all for you. Every nutrient and vitamin your hard working body and mind needs. Next time you need a great post workout meal or healthy dinner option serve yourself up this beauty:)