



# MEAN GREEN SUPREME

By Dr. Cindy Tanzar  
(Standard)

This shake is great for the detox week. If using after detox week, this recipe covers ½ Protein, Vegetable, and Fruit at your meal. Feel free to add an additional scoop of protein powder to cover your protein, and a tbsp of MCT oil or butter for your Fat.

Makes 1 serving.



## INGREDIENTS

8 oz. unsweetened coconut milk  
½ cup kale  
1-1/2 cups cucumber  
1 small green apple  
1 scoop Vanilla Protein Powder  
20 drops liquid stevia

## INSTRUCTIONS

Place all ingredients into a blender. Blend on high until creamy and frothy. Serve immediately.