Day 4, Meal 1: Breakfast: Green Breakfast Smoothie

Ingredients:
- FitMiss Vanilla Chai protein powder, 1 scoop
- Spinach, 1 handful
- Plain low-fat Greek yogurt, 2 oz.
- Almond butter, 1 tbsp
- Lightly sweetened almond milk 6 oz.

Directions:
1. Blend all ingredients in a blender on high for 60-90 seconds.
2. Sip slowly and enjoy!

Nutrition Facts
- Serving size: 1 smoothie
- Recipe yields 1 smoothie

Calories: 294
- Fat: 14 g
- Carbs: 14 g
- Protein: 28 g