



Fruits

- ☐ 1/2 Apple
- ☐ 2 Banana
- ☐ 2 cups Strawberries

Breakfast

- ☐ 2 tbsps Granola
- ☐ 2 tbsps Maple Syrup

Seeds, Nuts & Spices

- ☐ 1 1/2 cups Chia Seeds

Frozen

- ☐ 1 1/2 cups Frozen Berries

Vegetables

- ☐ 1/4 Beet

Boxed & Canned

- ☐ 3 cups Lite Coconut Milk

Baking

- ☐ 1 tbsp Cocoa Powder
- ☐ 1 tbsp Dark Chocolate Chips
- ☐ 1 tbsp Vanilla Extract

Cold

- ☐ 1/4 cup Plain Greek Yogurt
- ☐ 3/4 cup Unsweetened Coconut Yogurt

Other

- ☐ 1 1/2 cups Protein Powder



Watermelon Banana Chia Pudding

1 serving
4 hours 10 minutes

Ingredients

1/4 cup Chia Seeds
1/4 cup Protein Powder (Vega Clear)
1/2 cup Lite Coconut Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1/2 cup Strawberries
1/2 Banana (sliced)

Directions

- 1 Add chia seeds, protein powder, strawberries, coconut milk, maple syrup and vanilla extract in a high speed blender or food processor. Blend until smooth.
- 2 Add sliced banana into jar and pour chia mixture in. Let sit in the fridge for a few hours before eating. Enjoy!

Nutrition

Amount per serving	
Calories	486
Fat	23g
Carbs	47g
Fiber	20g
Sugar	17g
Protein	28g
Cholesterol	4mg
Sodium	77mg
Vitamin A	46IU
Vitamin C	47mg
Calcium	442mg
Iron	4mg



Watermelon Yogurt Granola Chia Pudding

1 serving
4 hours 10 minutes

Ingredients

1/4 cup Chia Seeds
1/4 cup Protein Powder (Vega Clear)
1/2 cup Lite Coconut Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1/2 cup Strawberries
1/2 Banana (sliced)
1/4 cup Plain Greek Yogurt
2 tbsps Granola

Directions

- 1 Add chia seeds, protein powder, strawberries, coconut milk, maple syrup and vanilla extract in a high speed blender or food processor. Blend until smooth.
- 2 Layer into jar with yogurt and top with granola. Let sit in the fridge for a few hours before eating. Enjoy!

Nutrition

Amount per serving	
Calories	606
Fat	28g
Carbs	58g
Fiber	21g
Sugar	21g
Protein	36g
Cholesterol	12mg
Sodium	116mg
Vitamin A	362IU
Vitamin C	51mg
Calcium	578mg
Iron	5mg



Watermelon Strawberry Chia Pudding

1 serving
4 hours 10 minutes

Ingredients

1/4 cup Chia Seeds
1/4 cup Protein Powder (Vega Clear)
1/2 cup Lite Coconut Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1 cup Strawberries (sliced)

Directions

- 1 Add chia seeds, protein powder, half of the strawberries, coconut milk, maple syrup and vanilla extract in a high speed blender or food processor. Blend until smooth.
- 2 Layer chia mixture between the strawberries. Let sit in the fridge for a few hours before eating. Enjoy!

Nutrition

Amount per serving	
Calories	457
Fat	23g
Carbs	39g
Fiber	20g
Sugar	13g
Protein	28g
Cholesterol	4mg
Sodium	77mg
Vitamin A	17IU
Vitamin C	85mg
Calcium	450mg
Iron	5mg



Mixed Berry Yogurt Chia Pudding

1 serving
4 hours 10 minutes

Ingredients

1/4 cup Chia Seeds
1/4 cup Protein Powder (Vega Clear)
1/2 cup Lite Coconut Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1 cup Frozen Berries (sliced)
1/2 Banana (sliced)
1/4 cup Unsweetened Coconut Yogurt

Directions

- 1 Add chia seeds, protein powder, half of the berries, coconut milk, maple syrup and vanilla extract in a high speed blender or food processor. Blend until smooth.
- 2 Add yogurt into the jar. Layer chia mixture in the jar and top with the berries. Let sit in the fridge for a few hours before eating. Enjoy!

Nutrition

Amount per serving	
Calories	571
Fat	25g
Carbs	64g
Fiber	24g
Sugar	28g
Protein	29g
Cholesterol	4mg
Sodium	89mg
Vitamin A	38IU
Vitamin C	45mg
Calcium	581mg
Iron	6mg



Watermelon Beet Apple Yogurt Chia Pudding

1 serving
4 hours 10 minutes

Ingredients

1/4 cup Chia Seeds
1/4 cup Protein Powder (Vega Clear)
1/2 cup Lite Coconut Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1/2 cup Frozen Berries
1/2 Apple (shredded)
1/4 Beet (shredded)

Directions

- 1 Add chia seeds, protein powder, the berries, half of the beets, coconut milk, maple syrup and vanilla extract in a high speed blender or food processor. Blend until smooth.
- 2 Layer chia mixture in the jar and top with the shredded apples and beets. Let sit in the fridge for a few hours before eating. Enjoy!

Nutrition

Amount per serving	
Calories	507
Fat	23g
Carbs	52g
Fiber	22g
Sugar	24g
Protein	28g
Cholesterol	4mg
Sodium	93mg
Vitamin A	56IU
Vitamin C	25mg
Calcium	449mg
Iron	5mg



Watermelon Chocolate Banana Chia Pudding

1 serving
4 hours 10 minutes

Ingredients

1/4 cup Chia Seeds
1/4 cup Protein Powder (Vega Clear)
1/2 cup Lite Coconut Milk
1 tsp Maple Syrup
1/2 tsp Vanilla Extract
1/2 Banana (sliced)
1/2 cup Unsweetened Coconut Yogurt
1 tbsp Cocoa Powder
1 tbsp Dark Chocolate Chips

Directions

- 1 Add chia seeds, protein powder, cocoa powder, coconut milk, maple syrup and vanilla extract in a high speed blender or food processor. Blend until smooth.
- 2 Add sliced banana into jar and pour chia mixture in. Layer in yogurt. Top with chocolate chips. Let sit in the fridge for a few hours before eating. Enjoy!

Nutrition

Amount per serving	
Calories	620
Fat	32g
Carbs	58g
Fiber	22g
Sugar	21g
Protein	30g
Cholesterol	4mg
Sodium	102mg
Vitamin A	38IU
Vitamin C	5mg
Calcium	687mg
Iron	5mg