What's in my sample day Fit Kit?

PROTEIN SHAKE MIX: Vanilla or Chocolate
Start with 8oz. of either unsweetened coconut or nut milk. Add a handful of fresh or a handful frozen berries plus spinach and other veggies. Use 1/2 to 1 scoop of Fiber Boost and a tablespoon of nut butter as desired for healthy fat.
A completely vegan protein mix free from gluten, dairy and soy. Made with yellow pea (the easiest plant protein to digest), cranberry and rice protein. This is the base of your morning fruit and veggie smoothie to get your day started.

DIGESTION PLUS Stick:
Add to 4oz. of water and stir.
Provides prebiotics, probiotics and enzymes to help support optimal digestive health and intestinal balance, which aids your immune system.

1 ENERGY FIZZ STICK:
Add to 8 - 16 oz. of cold water (do not pour Into full water bottle as fizzing could cause overflow).
High-energy fizz sticks help promote alertness and enhance cognitive performance and also help promote endurance and enhance motor performance. Contains antioxidants with B vitamins and chromium to help boost energy. A non-acidic replacement for coffee!

1 HERBAL DETOX TEA bag:
Steep in hot water for 5 minutes. Also great iced.
Part of your daily routine. A delicious, mild, decaffeinated herbal tea with 9 botanicals that support the liver and kidneys for overall health.

1 FIT CHEW:
An ideal on-the-go snack, this bite-size treat helps control cravings while keeping energy levels sustained.

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