

VALLEY CHIROPRACTIC ULTRA MEAL BREAKFAST DRINK

One scoop of ultra meal

One cup of pomegranitee juice and one to two cups of water (see below)

One scoop of whey protein powder

Three frozen strawberries or other frozen fruit

One frozen bannana (Allow to become ripe, peel and bag the bannana into freezer)

One tbsn of flax seed

Mix in blender and add water until desired consistency is reached

RESULTS:

Promotes lean muscle mass, minimizes fat storage

High in calcium; contains 300 mg/serving to help provide nutritional support for good bone health.

Contains 17 mg/serving of isoflavones from soy protein and soy fiber to provide nutritional support to those experiencing hormonal changes.

Less than 1 gram fat/serving and less than 5 mg cholesterol support a low-fat " heart healthy " diet.

Provides 4 grams of fiber/serving which, along with increased fluids, may promote regularity.

Excellent source of complex carbohydrates, which are essential in the morning to enable the body an optimal role for a healthy metabolism and energy utilization.

Tastes wonderful !