

# MAKE YOUR FAVORITE SMOOTHIE!

Pick your favorite ingredients and get an adult to help you blend it all together.  
 Feel free to add your own ingredients, too.  
 Snap photos of it and tag @MyModesh!

**PICK YOUR FRUITS**

Bananas	Pineapple	Grapefruit
Apples	Mango	Apricots
Strawberries	Peaches	Plums
Blueberries	Pears	Cantaloupe
Blackberries	Cherries	Melon
Rasberries	Kiwi	Grapes
Oranges	Watermelon	

**KICK UP THE NUTRITION**

Spinach	Carrots	Swiss Chard
Kale	Celery	Bok Choy
Avocados	Cucumber	

**ADD A BASE**

Low-fat Milk	%100 Juice	Coconut Milk
Water	Rice Milk	Coconut Water
Almond Milk	Low-fat Yogurt	

**THROW IN SOME ADD-INS (OPTIONAL)**

Peanut Butter	Walnuts	Honey
Nut Butter	Almonds	Agave Nectar
Flax Seed	Oatmeal	Cinnamon
Chia Seeds	Vanilla Extract	Ginger

**PLACE ALL INGREDIENTS IN BLENDER, BLEND AND ENJOY!**

**WHAT'S YOUR 30?**  
30 MINUTES. 30 DAYS.



**SKECHERS**

**modesh**

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