



Ensalada de Fruta

Sandía, melón, piña, papaya, menta; queso cottage opcional

Banana Split

Plátano, yogurt de fresa, frutos rojos, granola, chispas de chocolate

Chía Fría de Arándanos y Coco

Semillas de chía, avena, miel, leche de coco, raspadura de limón, arándanos

Parfait de Yogurt

Yogurt light, granola, frutos rojos, miel de agave

Frambuesa

Perlas de tapioca, té de frambuesa, leche condensada

Coco-Vainilla

Perlas de tapioca, té negro, leche de coco, vainilla, miel

Leche Matcha

Perlas de tapioca, té matcha, leche de almendra, vainilla, miel

Smoothie de Toronja Detox

Toronja, piña, yogurt, aceite de coco, jengibre

Smoothie de Chocolate

Plátano, espinacas, arándanos, proteína de chocolate, leche de coco

Smoothie de Fresa y Almendra

Fresas, plátano, proteína, leche de almendra

Golden Keto Milk

Leche de almendras, cúrcuma, canela, té matcha, jengibre, Stevia

Bullet Proof Keto Coffee

Espresso, aceite de coco, canela, vainilla

Fruit Salad

Watermelon, melon, pineapple, papaya, mint; optional cottage cheese

Breakfast Banana Split

Banana, strawberry yogurt, berries, granola, chocolate chips

Blueberry-Coconut Chilled Chia

Chia seeds, oats, honey, coconut milk, lemon zest, blueberries

Yogurt Parfait

Low fat yogurt, granola, berries, agave honey

Raspberry

Tapioca pearls, raspberry tea, condensed milk

Coconut-Vanilla

Tapioca pearls, black tea, coconut milk, vanilla, honey

Matcha milk

Tapioca pearls, matcha, almond milk, vanilla, honey

Grapefruit Detox Smoothie

Grapefruit, pineapple, yogurt, coconut oil, ginger

Chocolate Powerhouse Smoothie

Banana, spinach, blueberries, chocolate protein, coconut milk

Strawberry Almond Smoothie

Strawberries, banana, protein mix, almond milk

Golden Keto Milk

Almond milk, curcuma, cinnamon, matcha tea, ginger, Stevia

Bullet Proof Keto Coffee

Espresso, coconut oil, cinnamon, vanilla