

PALEO PACK

Supplement a healthy diet and fuel your workouts with Paleo-approved juices and wellness shots. The Paleo Pack is designed for those of you already living a Paleo lifestyle or for any of you who are considering transitioning into this back-to-basics approach to nutrition. Pack includes: 3 green juices, 3 plant-powered protein shakes, 6 wellness shots, and 3 Paleo-approved superfood trail mixes.



HOW DOES IT WORK?

FIRST THING IN THE MORNING: Enjoy warm filtered water with a big squeeze of lemon to wake up your liver and flush excess fluids.

MORNING ENERGY or **PRE-WORKOUT ENERGY:** Drink your **ENERGY ELIXIR** shot. Powered by matcha and vitamin b12, our Energy Elixir improves stamina and enhances performance. Function at your optimal level and experience balanced energy, without the typical crash.

MORNING: Drink your **DEEP GREEN** shortly before or with breakfast. Packed with 7 grams of vegetable proteins, this juice starts your day off in the best way possible – filled with greens! Follow this with a sensible breakfast that includes fat and protein.

POST WORKOUT: Drink your **CHOCOLATE PROTEIN** after working out. Our Chocolate Protein shake delivers 17 grams of plant protein and is free from added sweeteners, relying only on a small amount of dates and banana for its delicious taste. Sachi Inchi, rich in healthy omega fats, make this shake a great Paleo-friendly workout recovery option.

SNACK: If you feel your energy slump at any time during the day, reach for your **SUPERFOOD TRAIL MIX**. This combo of seeds and nuts, with a touch of lower-glycemic dried fruit makes a perfect on-the-go snack at any time of day.

POST DINNER: Drink your **TUMMY TONIC** shot. This blend of probiotics, aloe, and apple cider vinegar are designed to provide an infusion of extra gut flora to improve your digestive health.