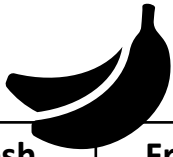




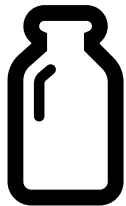
Olympic Sports Nutrition

Message us on your sports nutrition app if you need help!

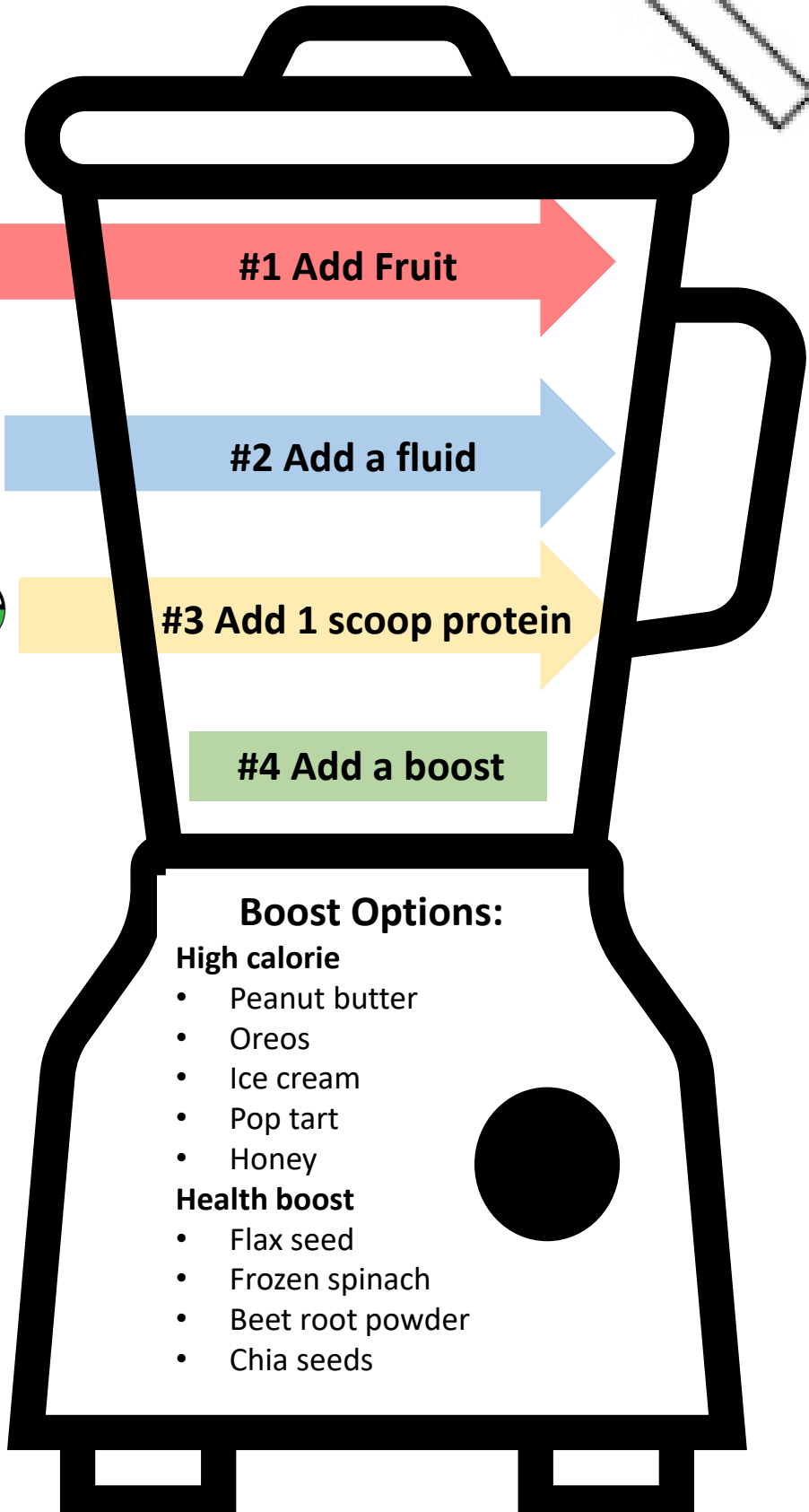
How to Make the Perfect Smoothie



Fresh	Frozen	Packaged
Banana	Berries	Fruit cup
Apples	Mixed	Peaches
Peaches	Mango	Pineapple



- Milk
- Yogurt + water
- Water/ Ice



Smoothie Secrets

Blend with warm water and soap for quick cleaning

Smoothies paired with a bagel or granola bar make a fast breakfast

Always add the protein *after* the fluid to prevent clumps

#3 Add 1 scoop protein

#4 Add a boost

Boost Options:

High calorie

- Peanut butter
- Oreos
- Ice cream
- Pop tart
- Honey

Health boost

- Flax seed
- Frozen spinach
- Beet root powder
- Chia seeds