



Refreshing Watermelon

2 scoops UltraGI Replenish®—Vanilla flavor 1 Tbsp. chia seeds
4 oz. coconut water, unsweetened 4 oz. water
1 cup watermelon, cubed Ice (if desired)
1-2 tsp. mint, chopped

Directions:

Combine all ingredients in a blender and blend to desired consistency. Adjust water or ice for desired thickness.

Nutrient Analysis:

Total calories: 321
Fat: 9 g
Total carbohydrates: 44 g
Fiber: 14 g
Added sugars: 0 g
Protein: 16 g

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NOTICE: THIS PRODUCT IS TO BE USED UNDER THE DIRECT SUPERVISION OF A PHYSICIAN OR OTHER LICENSED HEALTHCARE PRACTITIONER. DO NOT ENGAGE IN ANY DIET SUPPLYING LESS THAN 800 CALORIES PER DAY WITHOUT MEDICAL SUPERVISION.
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