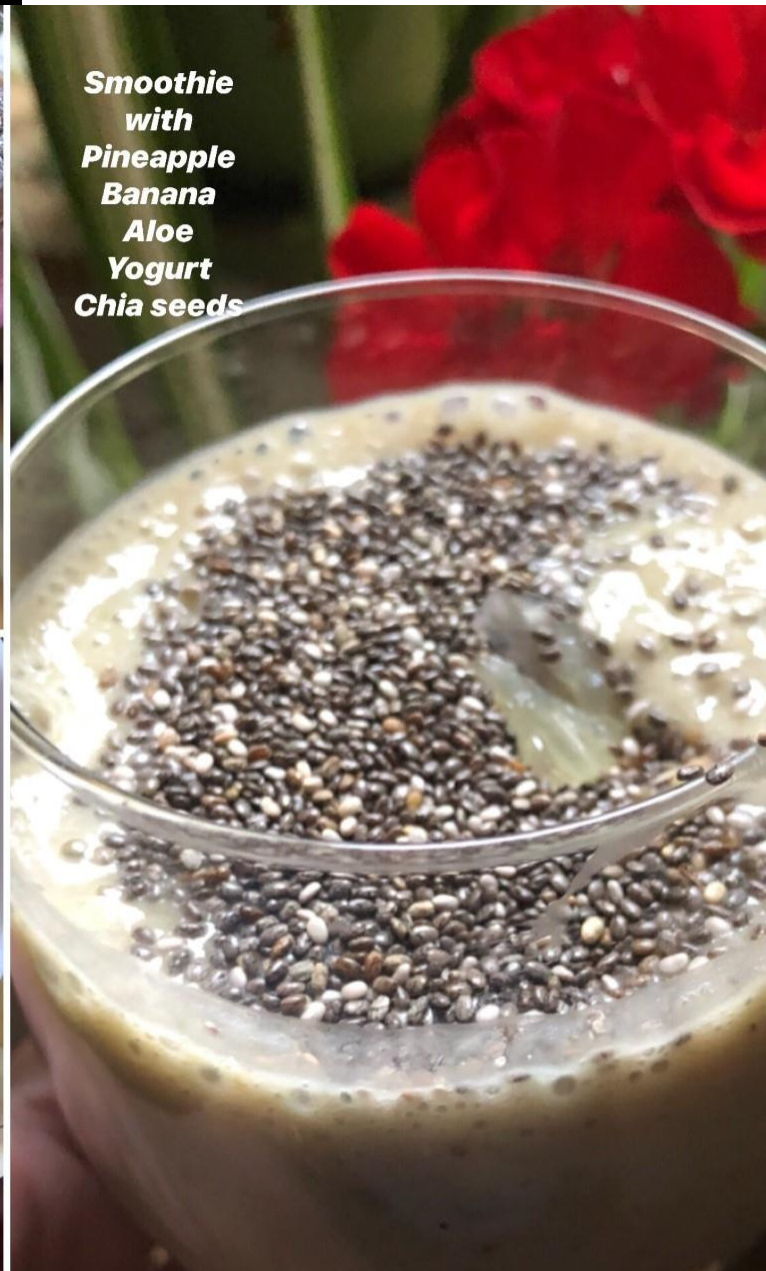




*Lunch idea:
Smoothie with
Aloe
Banana
Pineapple
Blueberries
Chia seeds*



*Smoothie
with
Pineapple
Banana
Aloe
Yogurt
Chia seeds*



*Breakfast
idea:
Oatmeal with
pecans
Cranberries
Coconut
Honey
Sesame seeds*

WFH RECIPES

HEALTHY SNACK SUGGESTIONS FROM VICTORIA

Ideas

1. Oatmeal with pecans, cranberries, coconut, honey, and sesame seeds
2. Smoothie with aloe, banana, pineapple, blueberries, and chia seeds
3. Smoothie with pineapple, banana, aloe, yogurt, and chia seeds