

# Breakfast Bowls

HEALTHY ADD INS BY ALLPURPOSEVEGGIES

## Fiber to Keep you Full



BANANA



FLAXSEEDS



PUMPKIN  
PUREE



DRIED  
FRUIT



NUT  
BUTTER

## Add Some Protein



PROTEIN  
POWDER



NUT BUTTER



FLAXSEED

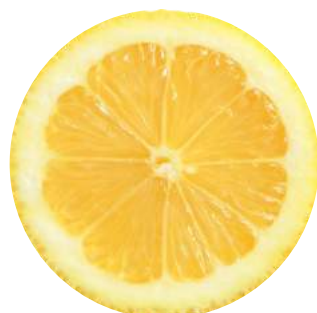


GREEK  
YOGURT



ALMONDS

## Immune Boosters



LEMON



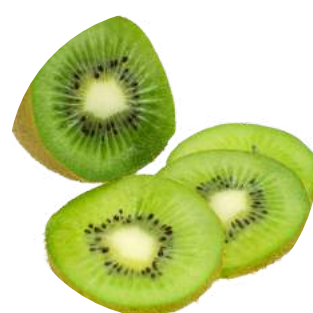
ELDERBERRY



GINGER



SWEET POTATO



KIWI

## Anti-aging



CINNAMON



GOJI  
BERRIES



BLUEBERRY



WALNUT



POMEGRANATE

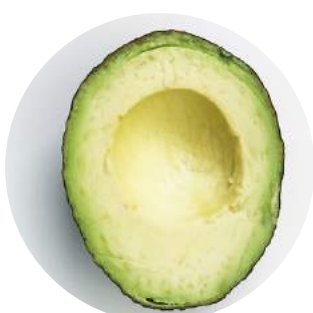
## Skin & Hair



WALNUT



HEMP SEEDS



AVOCADO



SUNFLOWER  
SEEDS



SWEET POTATO

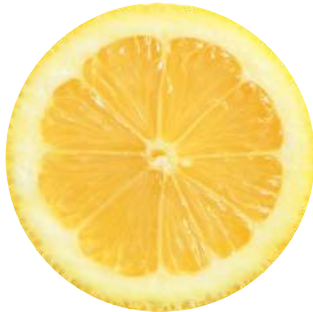
## Healthy Metabolism



APPLE CIDER  
VINEGAR



GINGER  
TEA



LEMON  
JUICE



COFFEE

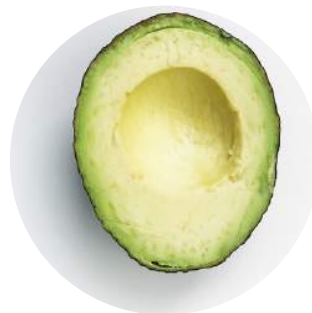


GREEN TEA

## Curb Cravings



DARK  
CHOCOLATE



AVOCADO



SWEET  
POTATO



MINT  
LEAVES



WALNUTS