Vigo Fit Body | Nutrition

**IDEAS TO GUIDE YOU THROUGH YOUR BREAK-FAST**

MIXED FRUIT SMOOTHIE

Put everything into a blender and blend until smooth. Don’t forget to freeze your banana!

* 1 cup Of your choice of Oat milk, hemp milk, nut milk
* 1 cup spinach
* 1 frozen banana
* ½ cup frozen strawberries
* ¼ cup frozen blueberries
* pinch sea salt
* 1 Medjool date (if needed for extra sweetness)

PEANUT BUTTER & BANANA OATMEAL

Combine ingredients and heat on stove top or microwave until oats are cooked.

* ½ cup sliced banana
* 2 tablespoons peanut butter
* 1 tablespoon chopped Almonds or Walnuts
* ½ cup rolled oats
* 1 cup Of either oat milk, hemp milk, or nut milk

YUMMY AVOCADO TOAST

Put sliced avocado on toast and sprinkle with the rest of the ingredients.

* 1 slice of either spelt, manna, ezekiel, whole grain bread, toasted
* ½ avocado, sliced
* sprinkle of lemon pepper
* sprinkle of sea salt
* drizzle of hot sauce (optional)

AVOCADO PIZZA ON TOAST

Put sliced avocado on bread, drizzle with tomato paste, sprinkle with the rest of the ingredients, and toast in the oven.

* 1 slice your favorite bread
* ½ avocado, sliced
* 1 tablespoon tomato paste
* pinch of dried oregano
* pinch of dried basil
* pinch of dried thyme
* sprinkle of smoked paprika
* sprinkle of garlic powder
* sea salt

**IDEAS TO GUIDE YOU THROUGH YOUR LUNCH**

The spices and seasonings in these are fully adaptable to your specific tastes.

HUMMUS WRAP

Put everything into tortilla, roll and eat.

* 1/2 cup of your favorite hummus
* 1 large leaf lettuce
* sliced cucumbers
* 1 tablespoon chopped dill
* drizzle of hot sauce (optional)
* your favorite tortilla or wrap (burrito size)

PORTOBELLO TACOS

Sauté portobello slices and onion and fill tortillas, top with arugula.

• 1 portobello mushroom sliced (sauté with broth or oil and salt until soft)

• 1/4 cup chopped onion (sauté with mushrooms)

• pinch sea salt

• handful fresh arugula

• 2 corn tortillas

BLACK BEAN BURRITO

Add ingredients into a bowl and mix well, then fill burritos.

• 1/2 cup cooked black beans

• 1/2 cup chopped avocado

• 1/4 cup defrosted frozen corn

• 1/4 cup of your favorite salsa

• pinch of cumin

• pinch of garlic powder

• sea salt if needed

• your favorite tortilla (burrito size)

BALSAMIC SPINACH WRAP

Mix balsamic, maple syrup, smoked paprika and salt in a small bowl. Fill wraps and drizzle mixture over the spinach and avocado.

• 1/2 cup spinach (measure packed)

• 1/2 avocado, sliced

• 2 tablespoons balsamic vinegar

• drizzle of maple syrup

• pinch of smoked paprika

• pinch sea salt

• your favorite tortilla or wrap (burrito size)

MEDITERRANEAN WRAP

Add ingredients into a bowl and mix well, then fill wraps.

• 1/2 cup cooked white beans

• 1/4 cup chopped cucumber

• 1/4 cup chopped tomato

• 2 tablespoons chopped walnuts

• 1 tablespoon chopped fresh basil

• pinch of oregano

• pinch of garlic powder

• sea salt (adjust for your taste)

• your favorite tortilla or wrap (burrito size)