

Base

1. [Oatmeal Protein Packet](#)

Spices

1. Haldi/Turmeric 1/8 teaspoon
2. Cardamom 1/8 teaspoon
3. Cinnamon 1/8 teaspoon
4. [Bee pollen](#) 1 teaspoon
5. [Machi Power](#) 1/2 teaspoon
6. [Super Greens Power](#) 1 Scoop

Toppings

1. Walnuts 1 Tablespoon
2. Almonds 1 Tablespoon
3. Chia seeds 1 Tablespoon
4. Flax seeds 1 Tablespoon
5. Hemp hearts 1 Tablespoon
6. Coconut flakes 1 Tablespoon
7. Pitted Dates 3 Pieces

Day of

1. Almond milk 8 oz
2. Ghee 1 teaspoon
3. Strawberry 1/4 cup
4. Blueberry 1/4 cup
5. Lemon Flavored [Fish Oil](#) 1 Tablespoon

- Makes 2 servings
- Note - You can premake base, spices, and toppings (I make about 5 pouches for 10 days)

- Roughly 600 calories (so 300 calories per serving)