

Content outline

List out your content for each page in your site:

- Lifestyles
- Recipes
- Home

Steps for the tutorial:

Healthy lifestyle 1

- 1 banana, peeled
- 150g low-fat natural yoghurt or soya yoghurt
- 100ml of semi-skimmed milk or dairy-free milk
- 1 tbsp peanut butter
- 1 tbsp chia seeds
- ½ tsp cinnamon (or to taste)

Simply whizz all the ingredients together in a blender and drink right away!

Healthy lifestyle 2

Total time: 5 minutes

Ingredients

- 2 scoops DailyBurn Fuel-6 in vanilla
- 1 cup unsweetened almond milk
- 1 cup frozen peaches
- 1/2 cup frozen pineapple
- 1/2 banana
- 2 cups kale
- 1 tablespoon ground flaxseed

Preparation: Add all ingredients to blender. Mix until smooth.

Workout 1

- 2% milk 1 cup
- Myprotein impact whey, salted caramel (uk) or vanilla 2 scoops
- Ripe peach ½
- Small container Greek yogurt 1
- Spinach/spring mix 1 cup
- Cinnamon toast crunch cereal ¾ cup
- Creatine monohydrate 5 g (if desired)
- Crushed ice ¾ cup (or 4 ice cubes)

Preparation: Add all ingredients to blender. Mix until smooth.

Workout 2

- Myprotein impact whey, chocolate 1 scoop
- Unsweetened almond milk 1 cup
- Ice 1 cup
- Almonds 5
- Banana ½
- Peanut butter or almond butter 1 tbsp.
- Dry oats ½ cup

Preparation: Add all ingredients to blender. Mix until smooth.