



Hi Susan,

Here at Boost Bar we provide a weekly smoothie subscription service for those looking for a daily boost in energy & a more nutritious lifestyle. We know you're all about enjoying everything life has to offer but finding ways to keep up a healthy lifestyle can be stressful. Let us take that worry off your plate so you can get back to creating your dream reality. Feel free to look through this booklet to find out how to make some of our favorite smoothies, a custom recipe just for you and your goals, positive mental health tips, and more on what we offer to our customers! Enjoy!



OUR CUSTOMER FAVORITES

You're gonna want these on your doorstep.



Blend:

Raspberries
Bananas
Honey
Almond Butter
Protein Powder
Almond Milk



Blend:

Spinach
Mango
Pineapple
Bananas
Protein Powder
Almond Milk





Quick

Easy

Fresh

Susan's Smoothie Bowl

Sit back, relax, and enjoy this custom smoothie bowl to start your day or as a midday snack. This bowl will leave you feeling full and satisfied throughout the day. The smoothie bowl is fiber packed and provides lots of nutrients that are both detoxifying and energizing. Did we mention it's delicious?

Blend on Low: Frozen berries, frozen banana, almond milk, vanilla protein powder

Add Toppings: Granola, raspberries, hemp seeds, chia seeds





Mental health is an important aspect of Boost Bar. A healthy life style is not only about being kind to your body physically, but mentally as well. At boost bar we encourage spreading positivity and condience as you continue along your health journey.

MENTAL HEALTH TIPS

1. Fuel your body. Eat good, Feel good.
2. Exercise to relieve stress.
3. Make sure to get enough sleep.
4. Stay connected with friends & family.
5. Take breaks. Treat yourself.
6. Get outdoors & enjoy the sunshine.
7. Make time to do what you enjoy.
8. Practice affirmations.





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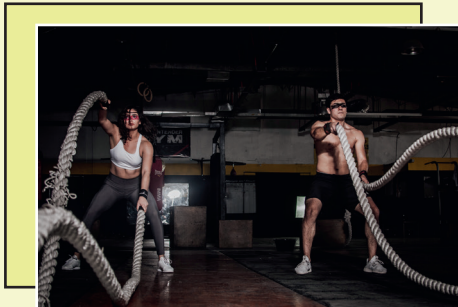
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Hi Jack,

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Easy

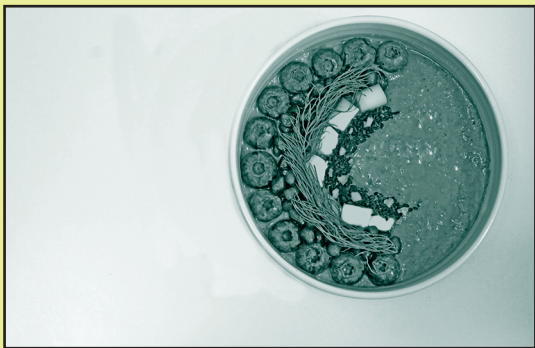
Fresh

Jack's Smoothie Bowl

Sit back, relax, and enjoy this custom smoothie bowl to start your day or as a midday snack. This bowl will leave you feeling full and satisfied throughout the day. The smoothie bowl is fiber packed and provides lots of nutrients that are both detoxifying and energizing. Did we mention it's delicious?

Blend on Low: Avocado, banana, frozen berries, spinach, kale, almond milk, flax seeds

Add Toppings: Granola, blueberries, pineapple, garnish





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Hi Lexi,

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Lexi's Smoothie Bowl

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Blend on Low: Frozen berries, frozen banana, almond milk, vanilla protein powder

Add Toppings: Granola, raspberries, hemp seeds, chia seeds

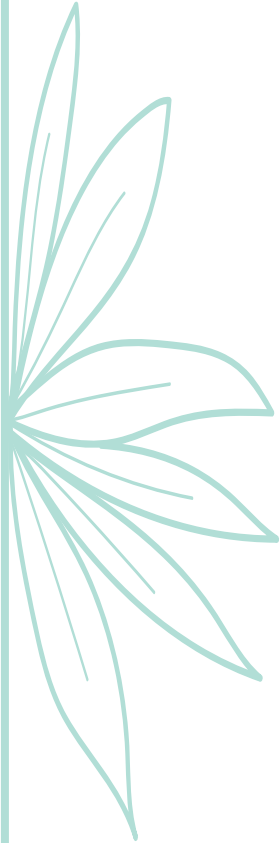




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Hi Lindsay,

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Lindsay's Smoothie Bowl

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Blend on Low: Frozen berries, frozen banana, almond milk, vanilla protein powder

Add Toppings: Granola, raspberries, hemp seeds, chia seeds

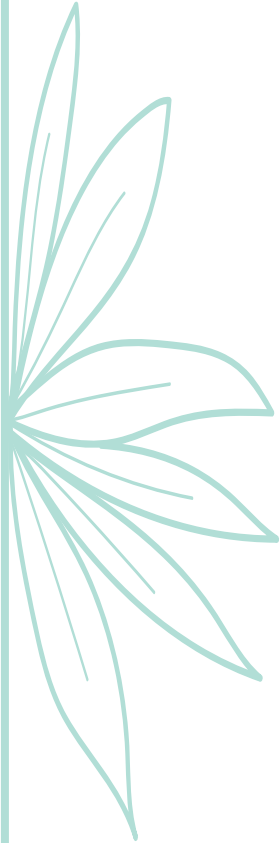




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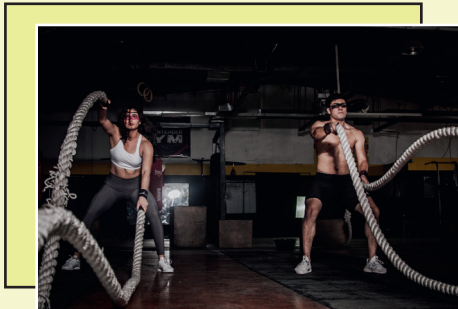
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Hi Taylor,

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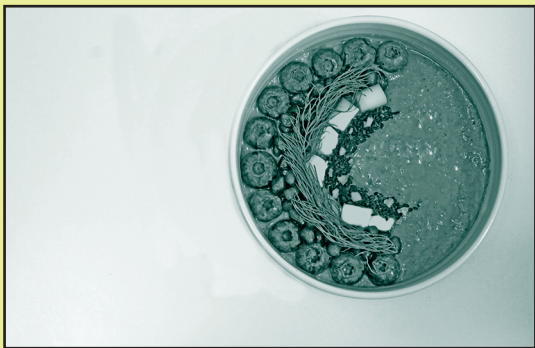
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Taylor's Smoothie Bowl

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Blend on Low: Avocado, banana, frozen berries, spinach, kale, almond milk, flax seeds

Add Toppings: Granola, blueberries, pineapple, garnish





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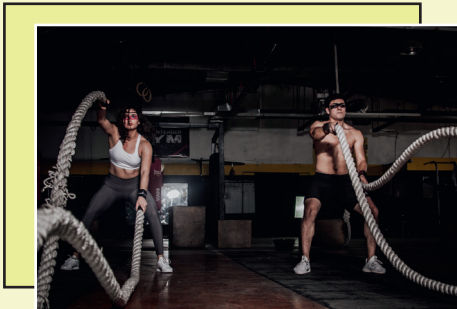
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Hi Brad,

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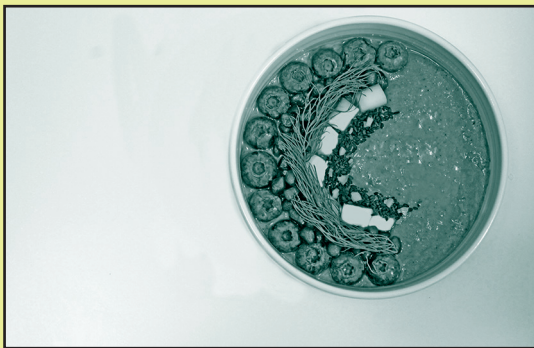
Fresh

Brad's Smoothie Bowl

Sit back, relax, and enjoy this custom smoothie bowl to start your day or as a midday snack. This bowl will leave you feeling full and satisfied throughout the day. The smoothie bowl is fiber packed and provides lots of nutrients that are both detoxifying and energizing. Did we mention it's delicious?

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