

Body Beautifying Foods to pair with Skinny Bird



Nutritionist Tip: Chia seeds can swell up to 10 times their original size! All that soluble fiber can keep you full for hours, reducing both portion sizes & cravings at the next meal.

Try this Beautifying Smoothie: 1 cup fresh coconut (include water & skin), ½ cup raw sprouted almonds, 1 tbs coconut oil, 1 tbs chia seeds, 1 pinch vanilla & sea salt, blend & enjoy!



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