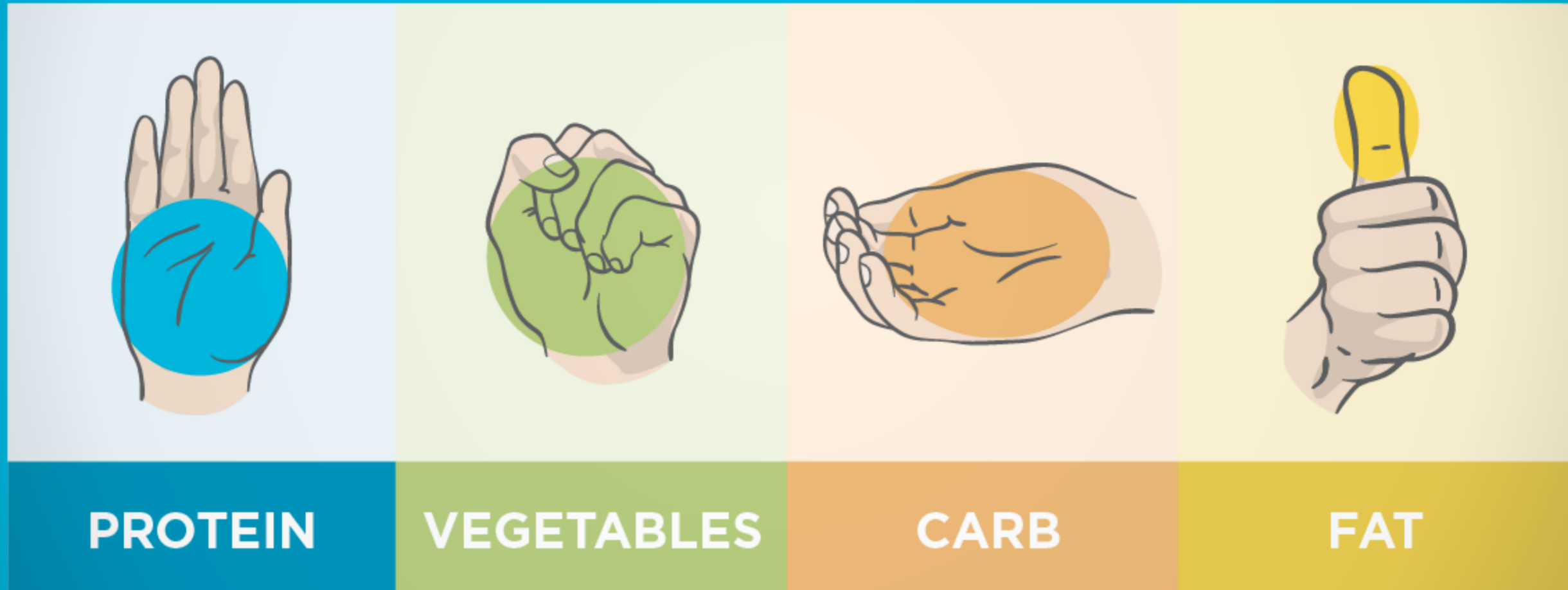


# HOW TO CREATE THE PERFECT MEAL



# HOW TO MASTER MEAL PREP



# THE SUPER SHAKE GUIDE

JUICE-BAR SHAKES VS. SUPER SHAKES  
**PLUS** RECIPES FROM THE PROS

