

# NUTRITION PROGRAM

## RECIPES

### PROTEIN BODY BUILDING BALLS

- OATS 500G
- LENTIL 400G
- DATES 300G
- PEANUT BUTTER 500G
- COCONUT CREAM 400ML
- CHOCOLATE CHIPS 250G
- HONEY 200G
- VANILLA 10G

MAKES 30 BALLS.

### COCONUT BASED F100

- COCONUT 6
- RIPE BANANA 6
- VANILLA 10G

MAKES 5LTRS

### SMOOTHIE RECEPIE

- MANGOES 50
- BANANAS 20
- AVOCADO 5
- CASHNUTS 1/4KG
- CHIASEEDS 100G
- BAOBAB POWDER 30G
- CINNAMON 20G
- TURMERIC 20G
- GINGER 10G
- BLACK PEPPER 1/2
- HONEY 1/2 LITRE
- SPINACH ½ PALM

MAKES 60LTRS

### SPECIAL PORRIDGE RECEPIE

- MAIZE 45KG
- RICE 16KG
- SORGHUM 38KG
- SOYBEANS 8KG
- MORINGA LEAVES

MAKES 25LTRS