



Greek Yogurt & Berries

4 oz. Greek Yogurt (live active cultures)

½ c. berries

Having a healthy balanced snack mid-morning and mid-afternoon can really boost your metabolism and keeping it running high all day. Greek yogurt has twice the protein as most yogurts and is a great source of calcium which is necessary for keeping metabolism high.

Blueberries are packed full of antioxidants. When you have plenty of antioxidants your metabolism improves significantly! You can always change it up by using strawberries or mixing both blueberries and strawberries.

8 oz. of Greek Yogurt with berries can also be a great protein rich breakfast!