

FAT FLUSH

M4
MEAL 4



Ingredients – 1 Serve

150 grams of fresh or frozen pineapple

150 grams of fresh or frozen watermelon

200 ml of pure and natural coconut water

Juice from ½ fresh lemon

1 scoop (30 grams) [Flat Tummy Protein](#)

100ml Water

4 Ice Cubes (not required if using frozen fruit)

Instructions

1. Place all ingredients in a blender

2. Blitz until smooth and well blended

The above makes ONE complete meal/serving

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