



## **Shake Ingredients, Shower Filter: (Required)**

**Organic Psyllium Husks: (Need 2 bags total)**

<https://amzn.to/2NCw4ZV>

**Organic Monkfruit Extract: (1 bag)**

<https://amzn.to/34f9uzN>

OR

**Organic Stevia:**

<https://amzn.to/3oahEkN>

**Maca Powder: (for 1 bag)**

<https://amzn.to/31q8IPk>

**Organic Flax Seeds: (Buy a 5 lb bag)**

<https://amzn.to/3dIMRoX>

**Organic Cacao Powder: (Buy a pack of 3 bags)**

<https://amzn.to/3dKBuN4>

**Organic Almond Flour:**

**(Buy 1 bag to last you the first few weeks)**

<https://amzn.to/2NBVoPZ>

**(Buy these also - Takes a few weeks to arrive but better unit price)**

<https://amzn.to/2QqESXO>

**Organic Macadamia Nuts: (Optional but Recommended for snacks - 1 lb bag)**

<https://bit.ly/2P5meEv>

**(If you haven't purchased) Shower Filter: (1 filter - replace every 6 months)**

<https://amzn.to/2Vrpfis>