

CLEAN EATING



**ON A
BUDGET**



**"WE WOULDN'T USE
FAKE MATERIALS TO
BUILD THE HOUSES
WE LIVE IN OR THE
CARS WE DRIVE
WOULD WE? SO WHY
DO WE DO IT TO OUR
BODIES?"**

WHAT TO EXPECT

Here you will find info on what clean eating is, what to expect and some of our favorite recipes!



WHAT IS “CLEAN EATING”

The Basics:

1. Whole Foods
2. Avoid Processed Foods
3. Avoid Artificial Ingredients and Sweeteners
4. Eats Lots of Vegetables and Fruits
5. Eat Lean Protein
6. Eat Complex and Whole Grain Carbs
7. Control Portion Size

There really is **SO MUCH VARIETY!** With so many foods to choose from, it's easy to create a meal plan that is within your budget. Plus, nutritious foods are more nutrient dense, so they keep you satisfied for much longer than those empty calories in sugary and processed foods.

WHAT'S INCLUDED:

It WILL address the following:

a) Help recommend some healthy clean eating recipes for YOU to build your own menu for the week! I have come up with some favorite tried & true clean eating recipes to guide you, YOU pick the ones that sound appealing to you and create your own menu for the week. Make tweaks, and substitute a different veggie etc.

b) Give you tips on how to make eating healthy AFFORDABLE and fit in your BUDGET
The NEWEST addition to this is the budgeting part. The BIGGEST complaint I hear is that "it is too expensive to eat healthy" or "I don't have the money to buy all that pricey produce" etc. It is a common misconception, but you can SAVE money when you meal plan and only buy what is needed for the week.

c) List cost per serving estimates for each recipe

With each recipe I have roughly calculated the price per serving, and you can compare that to a restaurant equivalent of buying that meal pre-packaged or when you're out to eat. Preparing meals at home is HEALTHIER and CHEAPER than going out to eat or buying processed meals. These are estimates because every store is different, and with sales and organic v. non organic, or buying in bulk can make these prices fluctuate. These are listed in blue at the bottom of the recipe

It will NOT include the following:

a) Make you eat the same meal for every lunch and dinner .

I don't think it is the best practice to get in the habit of anyways (I know you've seen those pictures of 20 containers of the same food...BORING!! & we are supposed to have VARIETY in our diets, so don't limit yourself like that!)

b) Give you a strict Menu for what to eat for every meal and snack for every day of the week.

I don't think it is sustainable for people to maintain after a one week - you need to LEARN the process and finding foods and recipes that are good for you that you LIKE in order to continue! (What good is it, after one week when you don't have a menu to follow you go back to your old ways?!)
PLUS it is hard to cater to large groups due to food preferences & restrictions due to health reasons and personal preferences, (for example, I am vegetarian, and now newly vegan, my mom is allergic to seafood, my dad doesn't like fruits, and my friend is allergic to all legumes..How on earth could I recommend a menu to please all sorts of people like this. You need to like and enjoy the foods you're eating!)

...with that being said, we will provide a sample meal plan using these recipes, so you can see how to build your own menu, swap out items you don't like with something you prefer!

TIPS:

Tips for getting started:

+Read through this manual

+Find ways to incorporate foods multiple times throughout the week

+If you buy rice or quinoa you can incorporate that into 3+ meals for the week which would save money compared to buying all new ingredients for each meal. Same goes for chicken breasts, a tub of greek yogurt, veggies etc. OR have leftovers from dinner as lunch the following day!

+Pay attention to the number of Servings for each recipe. This is notated in red under the title of the recipe. Adjust accordingly if you are cooking for a family of 5, or just yourself.

+Reduce the recipe BEFORE buying groceries

+Select the Recipes you want to have this week, and compile a grocery list! I recommend saving this to your computer and copying and pasting the recipes YOU plan on having to a new document and create a grocery list from that. Be sure to check your kitchen and pantry for ingredients you already own!

+ONLY buy what is on you list! If you go in with no plan, you are going to buy way too much food and it will go bad!

**HAVE FUN
WITH THIS!**

BREAKFAST



Egg Muffin Cups

Serves 6 (2 cups per serving)

*Great to make for the week ahead of time

- 12 large eggs (organic, cage free)
- 1 cup chopped mushrooms
- 1 medium red bell pepper, finely chopped
- 2 green onions, thinly sliced
- $\frac{3}{4}$ cup Diced tomato

Heat oven to 375 degrees F

Lightly coat muffin tin (1 dozen) with nonstick spray

Place eggs in a large bowl, whisk to blend. Season with salt and pepper if desired

Add mushrooms, bell pepper, tomato, and green onions, mix well

Evenly pour egg mixture into muffin cups

Bake for 15 to 20 minutes, or until a toothpick inserted to center comes out clean

Cost per serving: \$1.23

Yogurt & Fruit

Serves 1

½ to 1 cup of Plain Greek Yogurt (or cottage cheese)
Top with Fruit of choice that is in season (doesn't cost an arm and a leg)
Blueberries, Strawberries, Peaches, etc.
(optional sweetener: a swirl of organic light agave nectar or stevia in the raw and/or sliced almonds, or shredded unsweetened coconut)

Cost per serving: \$2.33



Oatmeal

Serves 1

½ to 1 c. Oatmeal
½ c. Banana (or other fruit of choice from above)
Dash of cinnamon
(optional sweetener: a swirl of organic light agave nectar or stevia in the raw)

Cost per serving: \$0.70

Avocado Toast

Serves 1

1 slice whole wheat or Ezekiel bread
1 egg (sunny side up, scrambled etc)
½ medium avocado, mashed
--->toast bread, mash avocado on toast and top with egg. Season with sea salt and pepper to taste.

Cost per serving: \$1.23



Eggs & Fruit

Serves 1

2 eggs scrambled or cooked to your preference
side of fruit of choice (banana, berries etc)

** Vegan modification= Tofu scramble

Cost per serving: \$2.16



LUNCH

Don't forget to plan for snacks and sides with your lunch!

Make enough for leftovers from dinner? Pack them to go for lunch :)



Chicken Salad Wrap

Serves 4 (1 ¼ cups each, 1 wrap)

3 cups chopped rotisserie chicken breast, boneless, skinless
½ cup chopped green apple
½ cup seedless red grapes
⅓ cup sliced raw almonds
2 green onions, sliced
2 Tbsp chopped fresh tarragon
¼ cup Honey Mustard Dressing (See recipe at bottom)
8 large lettuce leaves, shredded
4 8-inch whole grain tortilla

Combine chicken, apple, grapes, almonds, green onions, tarragon and Honey Mustard dressing in a large bowl. Mix well. Refrigerate, covered, for 2 hours

Serve 1 ¼ cups chicken salad with 2 lettuce leaves, in 1 tortilla per serving. Wrap like a burrito.

**Vegetarian modification, substitute chicken with tofu, chickpeas or vegetarian “chicken” or do an egg salad

Cost per serving: \$2.42

Quinoa Salad

Serves 12 (1 cup each)

⅓ cup fresh lime juice
1 Tbsp ground cumin
1 Tbsp sea salt
⅓ cup olive oil
2 cans black beans, drained, rinsed (15-oz ea.)
4 ½ tsp red wine vinegar
Ground black pepper to taste
4 cups water
2 cups dry quinoa, rinsed
1 medium red bell pepper, finely chopped
1 medium orange bell pepper, finely chopped
1 medium yellow bell pepper
1 (10-oz) bag
1 bunch fresh cilantro, finely chopped

Combine lime juice, cumin, and salt in a medium bowl, whisk to blend.

Slowly add oil, while whisking constantly. Set aside.

Combine beans, vinegar, pepper (if desired) in a medium bowl, mix well. Set aside

Bring water to a boil in a medium saucepan over high heat

Add quinoa. Reduce heat to medium-low, cook, covered, for 10 to 12 minutes, or until all water has been absorbed.

Remove from heat. Cool for 15 to 30 minutes. Set aside.

Place cooled quinoa in a large bowl. Fluff with a fork

Add bell peppers, corn, cilantro, bean mixture, and dressing, toss gently to blend.

**I usually make a big batch of quinoa at the beginning of the week, so I'm always looking for things to mix it into instead of just eating it by itself. I usually throw some quinoa in with fruit or veggies or whatever I have handy. Out of all the combinations, this is hands-down my favorite!

Tip: This salad is delicious when eaten immediately, it holds well, refrigerated, and can be eaten for 2-3 days. Plain quinoa can be kept refrigerated for a week.

Cost per serving: \$2.71





Chicken Caesar Salad

Serves 1

- 4 cups chopped romaine lettuce
- $\frac{3}{4}$ cup shredded rotisserie chicken breast, boneless, skinless
- 2 Tbsp shredded parmesan cheese
- 1 tsp drained capers (optional)
- 1 slice whole grain bread, cut into cubes & toasted
- 2 Tbsp Caesar Salad Dressing (See recipe below)

Place lettuce on a plate, top with chicken, cheese, capers, and toasted bread
Drizzle with Caesar Salad dressing, toss gently to blend. Serve immediately.

** Vegetarian modification, use vegetarian chicken, or leave out and choose side with protein

Cost per serving: \$3.00

DINNER

Pair with a side or two from the list under 'Sides'

Chicken Stuffed Peppers

Serves 8 (½ pepper each)

4 medium bell peppers (color of choice) cut in half seeds removed
2 tsp olive oil
1 medium onion, chopped
2 cloves garlic, finely chopped
1.5 lb chicken breast, boneless, skinless, chopped into ¾ inch pieces
1 tsp ground chili pepper
1 tsp ground cumin
¼ tsp sea salt
¼ tsp black pepper
1 cup Tomato sauce (homemade preferably)
2 cups cooked quinoa
1 cup black beans, drained and rinsed
1 cup frozen corn kernels
5 tbsp fresh cilantro, reserve some for garnish
1 tbsp fresh lime juice
1 cup shredded monterey jack cheese
Optional: hot sauce to taste

Preheat oven to 375 degrees F

Place bell peppers, skin side down (like a bowl), in a large baking dish, set aside

Heat oil in large nonstick skillet over medium heat

Add onion, cook, stirring frequently for 4-5 minutes, or until onion is translucent

Add garlic, cook stirring for 1 minute

Add chicken, chili powder, cumin, salt and pepper, cook stirring frequently, for 5 minutes, or until chicken is no longer pink

Add Tomato sauce, quinoa, black beans, corn, cilantro, and lime juice. Reduce heat to medium-low, cook stirring occasionally, for 3-5 minutes, or until heated through.

Add a heaping ½ cup of chicken mixture to each pepper half, cover lightly with foil

Bake for 35 minutes, or until peppers are tender, remove foil

Top each pepper evenly with cheese. Bake for 3 minutes, or until cheese is melted

Serve, sprinkled with cilantro and hot sauce (if desired)

**Vegetarian modification, is to use a vegetarian “chicken” or “beef” crumbles in place of the chicken. These do not need to cook as long in the skillet before placing in oven, just warm through and scoop into peppers and bake as directed.

Suggested Side: Asparagus (find under 'Sides')

Cost per serving: \$4.56 (stuffed pepper only)



Macaroni and Cheese with Broccoli and Chicken

Serves 8 (2 cups each)

4 oz dry whole wheat macaroni (or pasta)
4 tsp butter (or EVOO or Coconut oil)
3 Tbsp unbleached whole wheat flour
1 ½ cups unsweetened almond milk
1 ¼ cups freshly grated extra-sharp cheddar cheese
(buy in a block not already bagged if possible)
3 cups cooked chopped chicken breast, boneless, skinless
4 cups chopped broccoli florets, steamed
1 tsp sea salt
½ tsp ground pepper

Cook macaroni according to package directions (do not use salt or oil if suggested in directions) Set aside.

Melt oil in large saucepan over medium heat

Add flour, cook, whisking constantly, for 1 minute, or until brown (don't let it burn)!

Slowly whisk almond milk, cook, whisking constantly for 1 to 2 minutes, or until mixture thickens and there are no lumps

Reduce heat to low. Add cheese, cook, whisking constantly, for 2 to 3 minutes, or until melted

Add chicken, broccoli, salt, and pepper. Cook, stirring constantly, for 1 minute, or until heated through.

Serve immediately

**Vegetarian modification, leave out chicken and add another protein source on the side, or use a vegetarian chicken strip brand and cube.

Suggested Side: Side Salad (find under 'Sides')

Cost per serving: \$1.45 (not including side salad)



Taco Wraps

Serves 4

16 Bibb lettuce leaves (or Romaine), 4 leaves each serving
5 cups Mexican Taco meat (see below, 1 ¼ cups each serving)
1 cup black beans, warm
1 cup corn kernels, warm
1 cup diced tomatoes
1 cup shredded cheddar cheese
2 medium avocados

Place lettuce leaves on plate
Top evenly with taco meat, and toppings & Enjoy!

Mexican Taco Meat:
Serves 4 (1 ¼ cups each)

1 tsp EVOO
1 medium onion
2 medium jalapeno peppers, seeded, finely chopped
2 cloves garlic
1 lb raw ground 93% lean turkey breast
1 tsp chili powder
1 tsp dried oregano leaves
1 dash sea salt
1 ½ cups tomato sauce (preferably homemade)
3 Tbsp all natural, no salt added tomato paste

Heat oil in large skillet over medium heat

Add onion and jalapenos, cook, stirring frequently for 4 to 5 minutes, or until onion is translucent

Add garlic, cook, stirring frequently for 1 minute. Transfer onion mixture to a medium bowl, set aside

Add turkey to same skillet, cook over medium heat, stirring frequently to break up the turkey, for 8 to 10 minutes, or until the turkey is no longer pink

Season with chili powder, oregano, and salt

Add onion mixture, tomato sauce, and tomato paste. Mix well. Reduce heat to medium-low, gently boil, stirring frequently for 8 to 10 minutes, or until liquid evaporates

**Vegetarian modification, substitute meat with tofu, vegetarian "chicken", "beef crumbles" or lentils

Suggested Sides:

Sweet potato & Rice (Find under 'Sides')

Cost per serving: \$4.59 per serving (Taco Wraps only)



Grilled Chicken (with sweet potato & carrots)

1 chicken breast = 1 serving

olive oil

1 or more boneless, skinless chicken breasts

Salt and pepper

Other spices or seasonings of choice

Heat the oven to 400°F with a rack in the middle position. Rub the pan and one side of the parchment paper with olive oil; this prevents the chicken from sticking.

Pat the chicken dry and rub with a little olive oil, if desired. Sprinkle with salt, pepper, and any other favorite seasonings.

Place the chicken breasts in the baking dish, spaced slightly apart. You can also tuck herbs or lemon wedges around the chicken for extra flavor.

Lay the parchment, oil-side down, over the chicken. Tuck the edges into the pan and press the parchment down so that it's snug around the chicken. The chicken breasts should be completely covered with the parchment.

Transfer the chicken to the oven until the chicken is completely opaque all the way through and registers 165°F on an instant-read thermometer. Start checking after 20 minutes; total cooking time is usually 30 to 40 minutes.

Serve: Serve the chicken immediately, or let it cool in refrigerator for up to a week.

Suggested Sides:

Sweet Potato & Roasted Carrots (Find under 'Sides')



Cost per serving: \$1.66 (chicken only)

Turkey Chili

Serves 8 (1 ½ cups each)

2 tsp extra virgin, organic coconut oil, melted

1 medium onion, chopped

1 medium green bell pepper, chopped

2 cloves garlic, finely chopped

1 lb. cooked 93% lean ground turkey breast (or lean grass-fed ground beef)

2 cans kidney beans (or pinto beans)

(15 oz. each) organic diced tomatoes - no salt added

1 cup red wine

1 Tbsp ground chili powder

½ tsp sea salt (or Himalayan salt)

2 tsp crushed red pepper (optional)

¼ cup chopped fresh cilantro

8 tsp. crumbled goat cheese

Heat oil in large saucepan over medium-high heat

Add onion and bell peppers; cook, stirring occasionally for 5 to 6 minutes, or until onion is translucent

Add garlic; cook, stirring frequently, for 1 minutes

Add turkey, beans, tomatoes (with liquid), wine, chili powder, salt, and red pepper. Bring to a boil. Reduce heat; gently boil, stirring occasionally, for 20 minutes, or until slightly thickened.

Evenly divide between six serving bowls, with top cilantro and cheese.

**Vegetarian modification, use vegetarian meat crumbles (ground beef style) or strictly bean chili (can add lentils for extra protein)

Suggested Sides:

Side salad & Roasted carrots (Find under 'Sides')

Cost per serving: \$1.54 (Chili only)





Easy Pizza

Serves 1

- 1 8-inch sprouted whole wheat tortilla
- ¼ cup Tomato Sauce
- 1 clove garlic, finely chopped
- ¼ cup chopped broccoli
- ¼ cup sliced mushrooms
- 2 Tbsp shredded mozzarella cheese
- 2 Tbsp shredded parmesan cheese

Preheat oven to 425°F

Place tortilla on a baking sheet, spread with Grandma's Tomato Sauce

Top with garlic, broccoli, mushrooms and cheeses

Bake for 8 to 10 minutes, or until cheese is bubbly

Serve immediately

**Feel free to switch up the toppings to your liking!

Suggested Side: Side salad (Find under 'Sides')

Cost per serving: \$2.07 (pizza only)

Spaghetti Squash Variations

Serves 4

1 large, whole spaghetti squash
1 Tbsp Olive Oil
Salt & Pepper to taste
Optional: Garlic Powder

Preheat oven to 375 degrees F

Cut squash in half lengthwise, and scoop out seeds with a large spoon (If it is too hard to cut through, microwave to soften first).

Line a baking sheet with foil. Brush inside of the squash with oil and sprinkle salt and pepper to taste. Place the squash cut side down, on the baking sheet.

Bake for 40 to 45 minutes, or until skin is tender enough to pierce easily with a fork.

Scrape out the flesh into your bowl and top with desired sauce and toppings (will be stringy like spaghetti)

Enjoy!

Sauce Variations:

Olive oil and sauteed veggies (mushrooms, bell peppers, etc) and a sprinkle of parmesan. Optional, chicken breast

Pesto (homemade preferably) and pinenuts. Optional: chicken breast

Tomato sauce and a sprinkle of parmesan.

Tex Mex bowl: Use fork to scrape strands loose, but leave in the squash (don't transfer to bowl as stated in Step 5). Add

black beans, corn, tomato, hot sauce, chili powder, avocado and sprinkle of cheddar cheese and heat through.

Add leftover Turkey chili to squash and top with a sprinkle of cheese

Possibilities are endless for this!

Cost per serving: \$0.74 (squash only, excludes toppings/sauces)



SIDES

(Make enough to pair with a couple meals throughout the week)



Sweet Potato

Serving is ~½ cup (4 potatoes= 8 servings)

Cube sweet potato(s) after washing well

Olive oil

sea salt

spices of choice (sweet or savory)

Preheat oven to 400 degrees

Toss cubed potatoes in olive oil to coat (depends how many sweet potatoes ~1.5 tsp per potato) and seasonings.

Put on foiled baking sheet in single layer

Place the potatoes in the oven and roast at 400 degrees for 30-40 minutes or until the cubes are soft and the edges have browned slightly. Stir the potatoes once, half way through

Cost per serving: \$0.37

Roasted Carrots

Serves 4

1 lb baby carrots
2 tbsp olive oil
1 tsp salt and pepper

Preheat oven to 400°F.
Place baby carrots in a baking dish.
Toss carrots in olive oil, salt, and pepper until evenly coated.
Roast at 400°F until carrots are soft when prodded with a fork—approximately 30 minutes.

Cost per serving: \$0.38

Side Salad

Serves 1

1 cup lettuce of choice (romaine, spinach, kale etc)
Toppings of choice: tomato, cucumber, pinch of shredded cheese, bell peppers, mushrooms etc (Whatever you have in your fridge!)

Dressing Recipes are at the bottom of this document, homemade is healthier and cheaper, pick one and make it over the weekend for the next few weeks! :)

Cost per serving: ~ \$0.75

Brown Rice or Quinoa

Serving $\frac{3}{4}$ cup cooked

Cook according to directions on package, season to taste.

Cost per serving: \$0.56

Asparagus

Serves 3

1 bunch asparagus
Heat oven to 375°F.
On a rimmed baking sheet, toss the asparagus, olive oil and $\frac{1}{2}$ tsp each salt and pepper.
Cook for 10 to 12 minutes, shaking and tossing asparagus half way through. Serve with the lemon wedges, if desired.

Cost per serving: \$0.83



SNACKS

Fruit:

Pack an apple, or banana, or grapes! These are cheaper than berries most times of the year, and have a longer shelf life! Check out local farmers markets or berries that are in season!

Veggies:

Carrots, sliced cucumber, celery, and sliced bell peppers all are great easy things to pack or have ready to go in the fridge for a snack. Pair with hummus!!

Nuts:

Make sure to get unsalted (and no sugar coated ones either!)
12 cashews or almonds

Sweet potato chips

Serves 4

2 medium sweet potatoes, very thinly sliced
2 tsp organic coconut oil, melted (or olive oil)
¼ tsp sea salt

Preheat oven to 200 degree F
Line two large baking sheets with parchment paper
Place sweet potatoes on baking sheets in a single layer
Brush with oil, sprinkle with salt
Bake for 2 to 3 hours, or until crisp

Cost per serving: \$0.37

Zucchini chips

Serves 4

2 large zucchini, very thinly sliced
1 Tbsp olive oil
½ tsp sea salt

Preheat oven to 225 degrees F
Place zucchini slices in one layer between paper towels to help draw out liquid
Line two large baking sheets with parchment paper
Place zucchini slices on prepared baking sheets
Brush zucchini with oil, sprinkle with salt
Bake for 2 hours, or until golden brown and crispy

*Tip, divide into 4 servings after baked, so ready to go and portioned out for you!

Cost per serving: \$0.42



DIY



Homemade Tomato Sauce

Serves 12 (approx. ½ cup each)

- 2 Tbsp olive oil
- 1 medium onion, chopped
- 4 cloves garlic, finely chopped
- 1 can (6 oz) tomato paste, no salt added
- ¼ cup red wine
- 2 cans (28 oz ea.) whole peeled tomatoes (like san marzano or cento), crushed or pureed in blender or food processor
- 2 Tbsp agave nectar
- 1 tsp sea salt
- ¼ tsp ground black pepper
- 1 (3 oz) parmesan cheese rind
- 3 Tbsp finely chopped fresh basil

Heat oil in large saucepan over medium-high heat.

Add onion, cook, stirring frequently for 5 to 6 minutes or until onion is translucent

Add garlic and tomato paste, cook, stirring constantly, for 2 to 3 minutes. Do not let tomato paste burn

Add wine, cook, stirring constantly, for 2 to 3 minutes

Add tomatoes, agave, salt, and pepper. Bring to a boil, stirring frequently. Reduce heat to low, gently boil, stirring occasionally, for 3 minutes

Add cheese rind, cook, stirring occasionally, for 1 hour

Add basil, mix well

Cost per serving:~\$0.75

Lemon Dijon Salad Dressing

Serves 6 (approx. 2 Tbsp each)

- 1 large egg yolk
- 1 Tbsp Dijon mustard
- ¼ tsp sea salt
- ½ tsp black pepper
- 4 Tbsp fresh lemon juice
- 1 ½ tsp finely chopped lemon peel
- ¼ cup EVOO

Place egg yolk, mustard, salt, pepper, lemon juice, and lemon peel in blender (or food processor), cover. Blend until smooth
Slowly add oil, blending continuously until well blended.

Cost per serving:\$0.28 per serving

Caesar Salad Dressing

Serves 10 (2 Tbsp each)

- ½ cup plain greek yogurt
- 3 Tbsp fresh lemon juice
- ⅓ cup shredded parmesan cheese
- 2 cloves garlic, coarsely chopped
- 2 anchovies (optional)
- ⅓ cup EVOO
- ½ tsp ground black pepper
- 1 dash sea salt

Place all ingredients in blender (or food processor), cover, blend until smooth.

Cost per serving:\$0.41 per serving

Balsamic Vinaigrette

Serves 6 (2 Tbsp each)

- 3 Tbsp Balsamic Vinegar
- 1 Tbsp Dijon mustard
- 1 clove garlic, minced
- ½ cup olive oil
- salt and pepper to taste

In a small bowl, combine the vinegar, garlic and mustard. Mix well
Add the oil in slowly, stirring constantly
Season with salt and pepper to taste

Cost per serving:\$0.54 per serving





Honey Mustard Dressing

Serves 8 (2 Tbsp each)

- ½ cup plain greek yogurt
- 3 Tbsp Dijon mustard
- 3 Tbsp raw honey
- 3 Tbsp rice vinegar
- ¼ cup EVOO
- Dash of sea salt (to taste, optional)

Combine yogurt, mustard, honey, and vinegar in medium bowl, mix well.
Slowly add oil, whisking constantly until well blended, season with salt if desired

Cost per serving:\$0.52 per serving

**THANK YOU FOR YOUR
SUPPORT! ENJOY!**