

# HANZ ULTRA DRINKS

## Green Drink

325 Grams Celery  
250 Grams of Pineapple  
1 ¾ Cup Distilled Water

Creates: 2 x 16oz Servings

At 2 Servings Per Day, Make 1-2 Gallons  
To Have 1 Entire Week Pre-Made



## Beet Drink

2 Medium Size Granny Smith Apples  
4 Medium Size Beets  
2 Carrots (should produce 2 cups)  
Distilled Water

Creates: 8 x 8oz Servings

## Yellow Drink

2 Inches Peeled & Sliced Turmeric  
2 Inches Peeled & Sliced Ginger  
1-4 Teaspoons Pink Salt  
2 Large Lemons, Squeezed Through Strainer to Remove Seeds  
1.5 Cups Distilled Water or Coconut Water  
1 Tablespoon Raw Honey

Creates: 16oz Total, 10 Shot Glass Servings



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# Ultra Purple Muscle

ADD INGREDIENTS IN THIS ORDER FOR A SMOOTH BLEND IN ANY BLENDER

1 Cup Lactose Free, Fat Free Milk.

½ Cup Blackberries

½ Cup Blueberries

½ Cup Low or No-Sugar Vanilla Greek Yogurt

Two Frozen Bananas Split in Half, Ends Pointing To Blades

2 Pitted Medjool Dates. Ensure Each Date Has No Pit!!!

2 Tablespoons Flax Seed Powder

2 Tablespoons Chia Seed Powder

2 Scoops Hydrolyzed Whey Protein or Any High Quality Whey, VANILLA Flavor

2 Scoops Collagen Protein or Any High Quality Collagen Totaling 20-30 Grams

2 Tablespoons of Peanut Butter

1 Tablespoon of MCT-8 or a Blend of MCT-8 and MCT-10 Oil

One More Cup of Lactose Free, Fat Free Milk



Screw on the blades, shake it a few times to make sure the milk goes throughout the ingredients, then blend to perfection.

Creates: 2.5 x 16oz Servings. Make the blend again, and you will have a total of 5 x 16oz Servings.

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# Oatmilk GAIN

ONLY HAVE THIS IF YOU WANT TO GAIN WEIGHT

ADD INGREDIENTS IN THIS ORDER FOR A SMOOTH BLEND IN ANY BLENDER

1 Cup Lactose Free, Fat Free Milk.

1 Banana

½ Cup Low or No-Sugar Vanilla Greek Yogurt

2 Tablespoons Peanut Butter

2 Tablespoons Flax Seed Powder

2 Tablespoons Chia Seed Powder

½ Cup Oatmeal or Oatmeal Powder

2 Scoops Hydrolyzed Whey Protein or Any High Quality Whey, VANILLA Flavor

2 Scoops Collagen Protein or Any High Quality Collagen Totaling 20-30 Grams

At Least 1 Cup of Water

Depending on the Amount of Water Added, this creates 4 to 5 16oz Servings. If 4 Servings Are Made, Each Serving Contains 64 Grams of Healthy Carbs and 58 Grams of High Quality Protein along with Heart Healthy Oatmeal, and Incredible Body Healing Benefits from Flax & Chia Seed.



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# French Pressed Iced Ultra Coffee

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