

A glass jar filled with water, lemon slices, and green herbs, with a white text box overlaid.

F I T H A I R J A R

H E A L T H H A I R
F R O M T H E
I N S I D E O U T

From smoothies to salads to keeping track of your water intake, use this jar to help you start a healthy journey from the inside out.

Note: While the jars are dishwasher and microwave safe, hand washing recommended so preserve your FitHair motivation.

FITHAIR

SMOOTHIE

- 1 CUP OF NUT MILK
- 1 BANANA
- 1 -2 CUPS OF GREENS
- 1 SCOOP VANILLA PROTEIN POWDER



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