

Molly and Dr. Sruti March, ND, FABNO Oncology Nutritionist, discussed weight management and how to use your fork to fight cancer with cancer-fighting foods.

Dr. March recommended this smoothie recipe to start off your day with the proper bright-colored nutrients, fiber, lots of water, vitamins and protein. She also recommends adjusting the ingredients depending on your body composition and what nutrients you need more of.

## Smoothie Recipe

- 1 banana
- 1/2 cup blueberries
- 1 cutie and or an orange
- 2 scoops of protein powder
- 1 Brazil nut
- 1 cup greens
- Water to blend