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Travel Immune Booster Smoothie



Blend and enjoy.

1 pear

1 kiwi

1 banana

juice of 1 lemon

1 handful of spinach

Ice and water

I have to give credit to my BFF Katy Ursa (One Fit Fighter) for sharing this recipe with me! She found it in a smoothie book to drink a few days before you travel to help prevent illness.

Remember when you're flying that it's SO important to stay hydrated! The lack of humidity in planes will dry out your mucous membranes which will make it easier for you to catch a cold.