

# SHERRIF'S POWER BREAKFAST



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PROFESSIONAL CONVENTION  
MANAGEMENT ASSOCIATION

“ My personal goal in 2012 was to reduce my body fat and at the same time gain 10 pounds, as well as increasing my energy levels. I also wanted to be able to bench press 400 pounds, as this was a bet that I had with the late Gary Sain. Gary wanted to do 1,000 push-ups per day, and prior to him passing away he surpassed his goal and did 1,100. ”

# ORGANIC GOJI AND BLUEBERRY GRANOLA WITH ORGANIC CHIA SEEDS

## INGREDIENTS

- **1-1½ cups** organic pumpkin flax plus granola
- **2 tbsp** organic Salba or organic Chia seeds
- **1 tbsp** organic raw pumpkin seeds
- **1 tbsp** organic sun-dried Goji berries
- **2 tbsp** sliced raw almonds
- **25** fresh blueberries
- **1 cup** skimmed milk
- **1 scoop** progressive harmonized protein  
– choose your flavor (optional)

1

Mix the organic pumpkin flax plus granola with Salba or Chia seeds, pumpkin seeds, sun-dried Goji Berries, almonds and 25 fresh blueberries

2

Add skimmed milk (and optional scoop of progressive harmonized protein)



Super food ingredient

“BLUEBERRIES”

SERVES

1

#IMEXRECIPES

