

Beachbody Site: www.beachbodycoach.com/brookegriffin

[illegible]

Green - 5	5	5	5	5	5	5	5
Purple - 3	3	3	3	3	3	3	3
Red - 5	5	5	5	5	5	5	5
Yellow - 4	4	4	3.5	4	4	4	4
Blue - 1	1	1	1	1	1	1	1
Orange - 1	1	1	1	1	1	1	1
Teaspoons - 5	5	5	5	5	5	5	5