

TSG

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NEW ORLEANS

LOUISIANA

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MY TSG OBSESSION || HILLIARD STUDIO METHOD

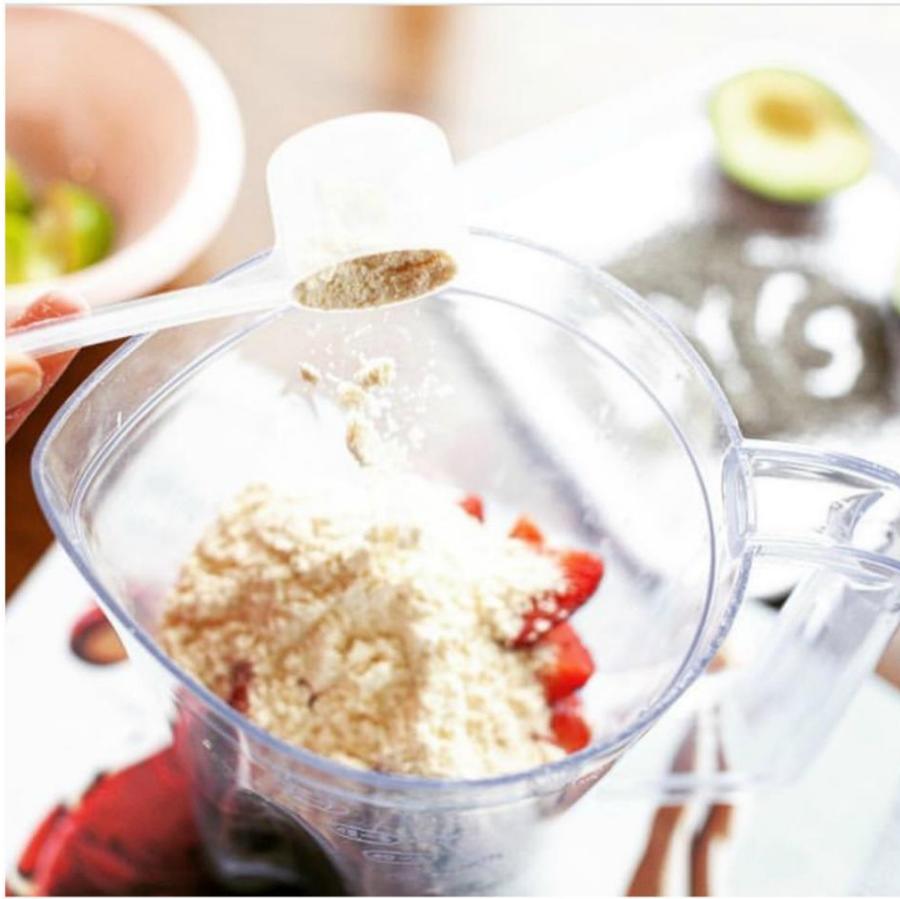


I've never been to Charlotte, North Carolina. That means I have never stepped foot into [HILLIARD STUDIO METHOD](#) nor do I really know Liz and Clary. But I first laid eyes on them in 2012 in [THE SCOUT GUIDE CHARLOTTE](#) Volume 1. Since then, I've been obsessed with this mother-daughter duo and their transformative, power-packed workouts and lifestyle tips.

I have followed them religiously since then (even if that didn't always quite push me to get to that exercise class like I know I should have). Instead, I brought them into my home with the HSM Signature Smoothie and their Videos on Demand.

I crave the HSM Smoothie (especially after seven days straight of events like I had last week). When I am feeling dehydrated or in need of energy, I go straight to my magic bullet and begin pulsing away.

A smoothie is a smoothie is a smoothie, but there obviously has to be something to their recipe that keeps these girls looking so good. I asked them to share with us [THE REASONS](#) they selected the ingredients they did and then, of course, the recipe too.



HSM Signature Smoothie Recipe

Ingredients:

1/4 avocado

Juice of 1/2 lime

1 cup organic mixed berries

2 scoops Tera's Vanilla Whey protein powder (rBGH Free vanilla, organic plain, or goat whey)

1 scoop Catie's Organic Greens powder

1 scoop Catie's Organic Vitamin C Plus powder

1 tbsp chia seeds

1 cup ice

2/3 cup of coconut water

Blend ingredients, pop in a straw, and enjoy an energy-filled morning!

When I travel and sometimes at home too, I use the HSM Videos on Demand. You're in luck because they just released a brand new video for the summer, Beach Body Workout. If the title isn't enough to grab your attention, what if I told you it only takes 20 minutes a day? INSANE. Find the [VIDEO](#) and more beach body tips on our newly revamped national [TSG WEBSITE](#), your new beach read.

And if these girls fascinate you like they do me, you will be thrilled to learn they are coming to New Orleans in June for [BRANDSHOP](#). [BUY YOUR TICKET FOR THEIR CLASS NOW](#). I guarantee they will inspire you to Be Powerful in all that you do.

TELL THEM SCOUT SENT YOU!

