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Tropical Pina Colada Shake

<http://www.homeschoolfitnesscoach.com/blog/tropical-pina-colada-shake/>

I am so thankful this week is over. I spent a lot of time in the hospital this week. My husband has a goiter on his thyroid that we had to have scanned on Wed. and Thurs. because thyroid cancer runs in his family. While we were at the hospital for his testing, we visited the director of Camp LRCA, a dear friend, because he went in for excruciating back pain. After all the testing, he found out he had broke a vertebra due to cancer in his blood. We were so shocked! He had surgery on Wednesday, so I stayed with the family most of the day. Thursday we were able to see him. The pain is now tolerable, but he has several more surgeries and radiation treatments ahead of him. I am rather exhausted today and I'm sure it's emotional. I did get my workout in and am right now enjoying my post workout shake while checking up on you guys. Tropical Pina Colada Post Workout Shake 1/2 cup chilled green tea 1/2 cup coconut milk 1 cup ice 1 scoop vanilla protein powder 1/4 cup frozen pineapple 1/2 medium banana Blend it up and enjoy! I signed us up for the Indiana Homeschool Convention in Indy. Anyone going? It would be really fun to meet some of you there. We decided to put our 11 year old in the childrens conference for the first time. I think she will enjoy it a lot and since it's with other Christian homeschoolers, I feel pretty good about it. My teenager will be attending the conference with us and boning up on college information. The babies will be staying with my husband's best friend who lives in Indy. I haven't been to a homeschool conference in two years and I feel like my cup is empty. I need to be filled back up again. I did attend Cindy Rushton's Ultimate Homeschool Expo which really helped me this school year, but I think getting away from home and physically being around other homeschoolers will really get me excited and re-energized. My husband is going to a training conference for 3 weeks so life will be rather hectic around here for awhile. I feel no matter how many times he has gone on long trips, I will never get used to it. I don't feel complete when he's gone. I hope everyone has an awesome weekend. I plan on savoring every moment with hubby before he flies out for 3 weeks. Keep sending me your questions. I love it! Hugs~~ Post from: Homeschool Fitness Coach

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