Smoothies for Life-long Health



Just one smoothie each morning can add a nutritional powerhouse to your health goals if prepared correctly with a combination of greens/veggies, fruits, proteins and fats. Expect glowing skin, rapid weight loss, increased energy, detoxification and better health. In fact, the added nutritional value may help reverse serious medical conditions.

Fruits (choose 1-3)

- ☐ Raspberries
- ☐ Strawberries
- ☐ Blueberries
- ☐ Acai
- ☐ Blackberries
- ☐ Pineapple
- ☐ ½ Banana
- ☐ Apple wedges

Organic berries are the best choice as they are high in fiber and low in sugars.

Other fruits of your choice may be moderately and occasionally added for flavor.

Greens/Vegetables (unlimited)

- ☐ Spinach
- ☐ Kale
- ☐ Chard
- ☐ Mixed Super greens
- ☐ Cabbage
- ☐ Brussel Sprouts
- ☐ Broccoli
- ☐ Cauliflower
- ☐ Romaine
- ☐ Powder Greens

(Optional Additions)

Carrot, celery, parsley, cilantro, radishes, beet, sprouts, dandelion greens, etc.

The sky is the limit…
Be creative!

Protein Powders (choose 1)

- ☐ Pea
- ☐ Whey
- ☐ Bone broth
- ☐ Hemp
- ☐ Vegetable-based
- ☐ Egg whites
- ☐ Mushroom/vegan

Other: (optional)

- ☐ Maca Powder
- ☐ Collagen Peptides

(Optional Additions)

Organic:

- ☐ Cottage cheese
- ☐ Greek Yogurt-Plain
- ☐ Probiotic powder

Fats (choose 1-2)

- ☐ Chia seed
- ☐ MCT Oil/Powder
- ☐ Flax seed
- ☐ Avocado
- ☐ Flax seed oil
- ☐ Coconut oil
- ☐ Almond butter
- ☐ Pine nuts
- ☐ Macadamia nuts
- ☐ Pumpkin seeds

Mix all ingredients in a blender with pure, filtered or spring water, *unsweetened* almond milk, coconut water, plain or vanilla coconut milk (or a mixture of each) until smooth and creamy. Enjoy!

To Your Health!

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