

FIT BODIES *4* LIFE

3 Day Jump Start Smoothie Detox Diet

INCLUDES 10 SMOOTHIE RECIPES & 6 HEALTHY ENTREES



W W W . F I T B O D I E S 4 L I F E . F I T



I am excited to share this awesome information with you through this guide.

If you are like 90% of women, you have tried programs, been on diets and bought expensive equipment, and did not stick with the program and maybe even ended up back where you started: out of shape. Well, don't be discouraged. I was just like that myself. I had never really been what I'd call "fit." In my younger years I was skinny with no muscle tone. I did not work out or even eat healthy at all. My idea of eating healthy was ordering the chicken sandwich at Mc Donald's versus the Big Mac.

At age 45 I saw a picture of myself with family at Christmas. It hit me how out of shape and overweight I had become. I was discouraged and decided that even though I was 45, I was going to do something about it. I was not going to fall into the trap that this is just what happens to women when they reach 40 something, so I joined a gym and began a workout program with proper nutrition!

I turned 59 in May 2021 and am now in the best shape of my life. I feel better now about my body than I have in years! I found this picture below of the summer before I started working out, in my swimsuit at age 44, and you can see the difference in me now at age 59. I've competed in Figure and Bikini competitions and was featured in March 2011 Oxygen women's fitness magazine. None of this would have happened if I didn't have the mindset to change.

I am a Mom of three grown children and I have two beautiful granddaughters! I love how getting into shape and learning about proper nutrition has affected not only myself but my family as well. It truly is a lifestyle change that will create a healthy environment for you and your family! My daughter and two sons all workout and exercise and it is exciting to me to see their transformations as well!

I have a huge passion to help women become the success they desire to be. I truly believe this has made me a better person not only on the outside but on the inside as well. No matter how old you are, if you are starting like me, later in life, or if you are in your 20's, this program will help you build lean muscle tone, reshape your body, and decrease your body fat percentage. I will be there every step of the way to help you succeed!

My story.



3 DAY JUMP START SMOOTHIE DETOX DIET

This program is to be a jump start for your healthy lifestyle and is designed to help fuel your body with good nutrition.

Nutritional deficiencies are one of the most frequent causes of hunger and weight gain. When your body lacks the key nutrients required to function effectively, it will often stimulate hunger in an attempt to get what it needs (actual nutrients). Unless you're reaching for whole foods when hungry, the hunger will quickly return.

If you are struggling to lose weight despite your best efforts, or you constantly feel tired and lethargic, a deep cleansing 3-day detox diet may be an ideal solution.

Our modern diets and lifestyles cause toxins and additives to build up in our bodies, which have a serious impact on our health.

It can be tricky to break bad habits, but a detox regime can help to kick start a healthy eating program - an effective detox provides a quick and simple boost to health, boosting weight loss, energy levels, concentration, and skin tone.

Detox diets involve eating more antioxidant-rich superfoods, while avoiding toxins and sugar. Fruit and vegetable smoothies are quick to prepare and can be made in batches ahead of time.

When following a 3-day detox diet it is also important to drink lots of water to help the body flush out toxins, and get plenty of sleep to support the body's renewal process and immune system.

Although these diets are rich in vitamins, minerals, proteins and fiber, they may not cover all the food groups and so should not be followed long term. The perfect duration for a detox diet is 3 to 5 days, which is just enough time to give the body a break.

Despite this, there are lifestyle changes you can continue with, such as eliminating processed foods, drinking daily herbal teas, smoothies and drinking lots of water.

The purpose of a detox is to take the load off the organs that detoxify our bodies and help improve their regular detoxing functions.

Our stomach, bowel, liver, and kidneys work hard and a detox is a great way to help eliminate toxins and inflammation.



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Toxins and inflammation can cause the following symptoms. If you are like so many of us you are experiencing some of these as well:

- ✓ BLOATING
- ✓ FATIGUE
- ✓ CONSTIPATION
- ✓ IRRITABILITY
- ✓ WEIGHT GAIN
- ✓ BELLY FAT
- ✓ INSOMNIA
- ✓ SKIN ISSUES
- ✓ BRAIN FOG

Hidden inflammation builds up in our body over time. This inflammation affects everything from our digestion, our brain function, our sleep pattern and our body's ability to heal itself and remove waste effectively.

This inflammation is caused by the substances and processes we expose ourselves to on a daily basis. Some of the biggest culprits include the following:

- ✓ SUGAR
- ✓ CHEMICAL SUBSTANCES AND FOOD ADDITIVES
- ✓ PROCESSED FOODS
- ✓ DAIRY PRODUCTS
- ✓ REFINED GRAINS
- ✓ LACK OF WATER
- ✓ LACK OF SLEEP
- ✓ STRESS

During the 3 day detox. We will focus on giving your body good nutrition from whole foods that will help with eliminating inflammation and toxins.

By removing or limiting certain items from your diet, you're helping prepare your body to live a healthier and more natural lifestyle.

A light detox consisting of plenty (sufficient calories) of nutritious foods, rest, deep stretching, and being good to yourself.

During a detox, you also take the time to give your whole body and mind some extra TLC. Maybe that means booking a day off from work and making it a three-day weekend. Maybe it means creating an at home day for yourself. Maybe it means journaling for 3 days straight and getting rid of some mind clutter. Maybe it means sleeping in, waking up slowly, sipping tea in bed until noon and reading a good book. Or even, perhaps all of the above. The point is to give your system a rest, reboot, especially if you haven't been eating healthy, rejuvenate and jump start your body as you fill it with supercharged fuel and energy.



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Jump start your metabolism with these
3 AMAZING SUPPLEMENTS!!!



TURMERIC – ACV – GREEN TEA EXTRACT

1. **Turmeric** – antioxidant that helps reduce inflammation, removes toxins and helps improve liver function. It improves digestion as a result of its antioxidant and anti-inflammatory properties.
2. **ACV – Apple Cider Vinegar** – supports weight loss and boosts metabolism. ACV helps lower cholesterol, blood pressure and regulate blood sugar levels.
3. **Green Tea Extract** – Green tea extract is a great source of antioxidants. Aids in weight loss. Improves metabolism, promotes liver function and brain health.

SHOP NOW



METABOLIC STACK

BENEFITS AND INSTRUCTIONS

Apple Cider Vinegar:

Eliminates toxins, cleanses, & improves digestion.

Helps burn fat and
Improves blood sugar levels



Take 2 capsules in am.

You may take additional
serving (2 capsules)
after dinner.

Tumeric:

Anti-inflammatory. Promotes heart health. Soothes digestion and reduces bloating and gas.

Boosts stress tolerance.



2 capsules daily:

30 minutes before breakfast or lunch.

Green Tea Extract: Green Tea Extract: Boosts metabolism and improves antioxidant intake. Boosts weight loss & enhances memory .



Take 2 capsules in am. You may take additional serving (2 capsules) mid afternoon



FIT BODIES ⁴ LIFE

WHAT IS A DETOX SMOOTHIE?

Detox smoothies are an easy and delicious way to flush your body of toxins and help lose weight fast. They usually contain fresh vegetables and fruit, and can be made with an ordinary kitchen blender or VITAMIX machine.

The typical detox smoothie recipe is full of vitamins, antioxidants, fiber, and other healthful nutrients giving your body a detoxifying flush. They also contain large amounts of water, which helps to hydrate your body and boost metabolism.

Eating this way will not only reset your system, but your taste buds too! After 3 days you will start to crave a healthier diet, and if you eat processed or fried food you will feel it, you'll feel sluggish and bloated. Listen to your body, it will tell you what it wants to eat by how it feels 30-60 minutes after you eat.

If you despise anything "green," try starting with baby spinach in all your smoothies as it has virtually no flavor and will naturally boost your metabolism. You won't even know it's in your smoothie, all you will taste is the fruit. As you become accustomed to the spinach try swapping half of it for kale or chard, add more of the new greens and less of the spinach until your taste buds start to enjoy your new food.



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Let's Get Started

HOW TO DO THE 3 – DAY SMOOTHIE DETOX

A 3 - day smoothie detox is easier than it sounds! Simply follow these key tips below:

- ✓ Enjoy 2 green detox smoothies per day and 1 healthy detox meal consisting of 30% lean protein and 70% vegetables.
- ✓ You can have 2 snacks per day.
- ✓ Drink ½ your body weight in water – add 1 - 2 slices of lemon in every water through out the day.
- ✓ Add 1/4 tsp sea salt or pink Himalayan sea salt to morning water. (this will help balance electrolytes)
- ✓ Drink 1-2 servings of green tea with fresh squeezed lemon per day.
Enjoy either hot or cold.
- ✓ Eliminate processed foods.
- ✓ Eliminate refined grains and dairy.
- ✓ Eliminate coffee (if you need coffee, drink it black or use a non-dairy creamer and no sugar or artificial sweeteners)

WHY ARE WE USING THESE INGREDIENTS?

Lemons

Lemons are a natural detox food. They provide antioxidants that help the liver produce more enzymes which gives you more energy and helps with digestion.





Walnuts

Walnuts are high in glutathione and omega 3 fatty acids which support normal liver cleansing actions.

Avocados

Avocados contain good fats that help you burn fat!





Cacao

Cacao is loaded with antioxidants.

Bananas

Banana helps with inflammation and will make the smoothie naturally sweet.





Pineapples

Pineapples contain bromelain which has amazing anti-inflammatory and digestive benefits.

Blueberries

Blueberries are high in antioxidants and may help with lowering blood pressure.





Strawberries

Strawberries are high in antioxidants, help lower blood sugar, and support your immune system.

Chia Seeds

Chia Seeds are an antioxidant and anti-inflammatory powerhouse. Helps with inflammation, regulates cholesterol and lowers blood pressure.





Hemp Seeds

Hemp Seeds are a complete source of protein, providing all nine essential amino acids.

Ginger

Ginger reduces inflammation in the intestines.





Turmeric

Turmeric is an antioxidant that helps reduce inflammation, removes toxins and helps improve liver function, and improves digestion as a result of its antioxidant and anti-inflammatory properties.

Apple Cider Vinegar

ACV – Apple Cider Vinegar supports weight loss and boosts metabolism. Helps lower cholesterol, blood pressure, and regulates blood sugar levels.





Green Tea

Green Tea/ Green Tea Extract is a great source of antioxidants. It aids in weight loss, improves metabolism, and promotes liver function and brain health.



Cayenne Pepper

Cayenne Pepper may have many health benefits that are a result of its active component, capsaicin. It may reduce your appetite, help lower blood pressure and boost metabolism.



Sea Salt

Sea Salt/Himalayan Pink Salt - make sure you get real sea salt and not table salt. The real sea salt is rich in trace minerals that balance the pH in the body and provides electrolytes.



Kale & Spinach

Kale & Spinach are two of the best superfoods for detoxing the liver as well as other organs in your body.



Raw Honey

Raw Honey is known for its anti-inflammatory properties and is full of vitamins and nutrients.



Basil

Basil helps digestion, is anti-inflammatory, helps liver function and detoxifies the body.



Mint

Mint increases bile secretion and encourages bile flow which helps to speed and ease digestion (and which may also support healthy cholesterol levels).

Cilantro

Cilantro helps remove harmful heavy metals, supports heart health, and balances blood sugar levels.



DAY 1 MEAL PLAN

WATER	MEAL #1	MEAL #2
8 oz. water with fresh squeezed lemon and 1 tsp sea salt (to balance electrolytes) Take 1 serving of ACV/Turmeric/Green Tea Extract.	Smoothie (choose any smoothie from our recipes)	1 cup berries 1 oz. raw almonds

WATER	MEAL #3	MEAL #4
Drink 8 oz green tea with lemon (hot or cold)	Chicken Fajita Lettuce Wraps*	1 cup carrots 2 hard boiled eggs

WATER	MEAL #5	MEAL #6
Drink 8 oz. green tea with lemon (hot or cold)	Smoothie (choose any smoothie from our recipes)	Optional (if you are hungry repeat snack listed from meal #4)

*You may swap for any other detox meal from our recipes.



DAY 2 MEAL PLAN

WATER	MEAL #1	MEAL #2
8 oz. water with fresh squeezed lemon and 1 tsp sea salt (to balance electrolytes) Take 1 serving of ACV/Turmeric/Green Tea Extract.	Smoothie (choose any smoothie from our recipes)	1 apple 1 tbsp nut butter

WATER	MEAL #3	MEAL #4
Drink 8 oz green tea with lemon (hot or cold)	Pizza in a Bowl*	1 cup celery 2 tbsp hummus

WATER	MEAL #5	MEAL #6
Drink 8 oz. green tea with lemon (hot or cold)	Smoothie (choose any smoothie from our recipes)	Optional (if you are hungry repeat snack listed from meal #4)

*You may swap for any other detox meal from our recipes.



DAY 3 MEAL PLAN

WATER	MEAL #1	MEAL #2
8 oz. water with fresh squeezed lemon and 1 tsp sea salt (to balance electrolytes) Take 1 serving of ACV/Turmeric/Green Tea Extract.	Smoothie (choose any smoothie from our recipes)	5 oz. non dairy yogurt 1 cup berries

WATER	MEAL #3	MEAL #4
Drink 8 oz green tea with lemon (hot or cold)	Grilled Chicken with Zucchini Noodles*	1 cup celery 1 tbsp nut butter

WATER	MEAL #5	MEAL #6
Drink 8 oz. green tea with lemon (hot or cold)	Smoothie (choose any smoothie from our recipes)	Optional (if you are hungry repeat snack listed from meal #4)

*You may swap for any other detox meal from our recipes.



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Some people prefer to have a detox meal for Meal #1. I have included a few breakfast choices for your detox meal. You may choose any time of day for this meal. It's very important that you have 2 smoothies ,1 detox meal and 2 snacks every day!

GROCERY GUIDE

PORTIONS & WHAT TO BUY

PROTEIN

PORTIONS

☐ Muscle Egg Liquid Egg Whites	1 cup
☐ Eggs and/or Liquid Egg Whites	2 eggs, 4 egg whites, or 1/2 cup liquid egg whites
☐ Lean Turkey (97-99% - ground or whole breast)	4 oz.
☐ Chicken Breasts (skinless)	4 oz.
☐ Lean Ground Chicken (90%)	4 oz.
☐ Lean Ground Beef (90%)	4 oz.
☐ Flank Steak (lean)	4 oz.
☐ Pork Loin	4 oz.
☐ Lean Bison	4 oz.
☐ Canned Tuna (in water, low sodium preferable)	4 oz.
☐ Salmon and/or Other Fish	4 oz.
☐ Scallops, Shrimp, or Other Seafood	4 oz.
☐ Tofu	4 oz.
☐ Tempeh	3 oz.
☐ Soy Yogurt	8 oz.

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GROCERY GUIDE

PORTIONS & WHAT TO BUY

FRUIT

PORTIONS

☐ Berries	1/2 cup
☐ Banana	1/2
☐ Apple	1/2
☐ Pomegranate	1/2 cup
☐ Mango	1/2
☐ Pineapple	1/2 cup
☐ Pear	1/2

STARCHY VEGETABLES

PORTIONS

☐ Butternut Squash/Acorn Squash	3/4 cup
☐ Peas	2/3 cup
☐ Lima Beans	2/3 cup
☐ Corn	2/3 cup
☐ Beets	3/4 cup
☐ Parsnips	1/2 cup



GROCERY GUIDE

PORTIONS & WHAT TO BUY

VEGETABLES

PORTIONS

☐ Mixed and/or Salad Greens	2 cups
☐ Kale	1 cup
☐ Spinach	1 cup
☐ Bok Choy	1 cup
☐ Romaine Lettuce (or any other large leafed lettuce)	2 cups
☐ Celery	1 cup
☐ Asparagus	8-12 spears depending on size
☐ Eggplant	$\frac{3}{4}$ cup
☐ Broccoli	1 cup
☐ Cauliflower	1 cup
☐ Green Beans	1 cup
☐ Carrots	1 cup
☐ Onion	1 cup
☐ Bell Peppers	1 cup
☐ Cucumbers	1 cup
☐ Tomatoes	1 cup
☐ Mushrooms	1 cup
☐ Brussels Sprouts	1 cup
☐ Spaghetti Squash/Pumpkin (Canned or Fresh) /Yellow Squash	1 cup

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GROCERY GUIDE

PORTIONS & WHAT TO BUY

HEALTHY FATS

PORTIONS

- ☐ Coconut Oil (unrefined, virgin preferred)
- ☐ Extra Virgin Olive Oil, Macadamia Nut Oil, Flaxseed Oil, Avocado Oil
- ☐ Nut/Seed Butter: Peanut, Almond, Cashew, Sunflower (Fat w/Protein)
- ☐ Nuts: Almonds, Walnuts, Cashews, Tiger Nuts, Pistachios, Brazil Nuts
- ☐ Avocado
- ☐ Guacamole
- ☐ Chia Seeds and/or Other Seeds
- ☐ Hummus (Fat w/Protein)

1-2 tsp.

2 tsp.

1 tbsp.

1/8 cup

1/4 Hass avocado

1 tbsp.

1 tbsp.

1 tbsp.

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DETOX RECIPES



These detox meals are 30% lean protein and 70% vegetables, so if you have a favorite chicken recipe, use it in lieu of one of these recipes, enjoy it with some grilled veggies or a salad.

Do your best to skip bread, pastas and sugar. I'm not against carbs, but for maximum results it's good to avoid flour or sugar based carbs on this 3 day smoothie detox.



CHICKEN FAJITA LETTUCE WRAPS

INGREDIENTS

- 1 tsp olive oil
- 4 oz. chicken breast cut into thin strips
- 1 tsp chili powder
- 1 tsp dried or fresh copped oregano
- 1 tsp garlic powder
- 1 bell pepper, cut into thin strips
- 1 onion, cut into thin rings
- 4 large butter lettuce or romaine lettuce leaves

Nutrition Snapshot

Per Serving
Calories 197
Protein 28g
Carbs 10g
Fats 5g

HOW TO:

1. In a skillet, heat the olive oil on medium heat. Add chicken and brown on all sides for about 5 minutes.
2. Add chili powder, oregano, and garlic powder to the browned chicken.
3. Toss together until the chicken strips are all coated.
4. Add the bell peppers and onion to the skillet. Cook until soft, about 10-15 minutes.
5. Scoop into the lettuce leaves and serve hot.

Makes 1 serving.

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GRILLED CHICKEN WITH ZUCCHINI

INGREDIENTS:

- 4 oz. grilled chicken breast
- 1 medium zucchini
- 1/2 cup broccoli slaw
- 6 cherry tomatoes
- 1/2 cup cucumber, diced
- 1 tbsp balsamic vinegar
- 1 tsp red wine vinegar
- 1 tsp olive oil
- 1 tsp garlic powder

Nutrition Snapshot

Per Serving
Calories 252
Protein 38g
Carbs 13g
Fats 4g

HOW TO:

1. Using a vegetable spiral noodle slicer, spiralize zucchini.
2. Lay noodles on plate, add slaw. Top with grilled chicken, tomatoes, and cucumber.
3. In shaker bottle, mix olive oil and vinegars with garlic powder and pour on top.

Serves 1

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ITALIAN TURKEY MEATBALLS AND NOODLES

INGREDIENTS:

- 1 lb. ground turkey, 93-99% fat free
- 1 small zucchini, grated
- 1 whole egg
- 1/4 cup almond meal
- 1/4 cup parmesan cheese
- 1 tsp Italian seasoning
- 1 tsp garlic powder
- 1 tsp oregano
- 1 tsp basil

Nutrition Snapshot

Per Serving (2 Meatballs)

Calories 218

Protein 34g

Carbs 3g

Fats 2g

HOW TO:

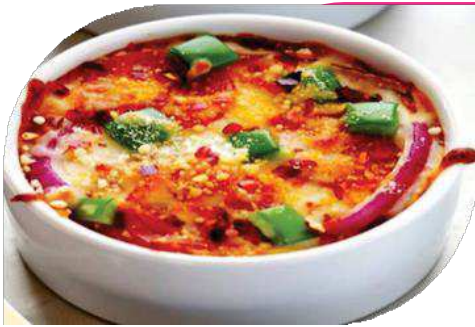
1. Mix all ingredients together in a large bowl.
2. Place mixture into muffin pan or shape into meatballs.
3. Bake in the oven at 350 for 35-40 minutes.
4. Serve with pasta sauce and zucchini noodles or spaghetti squash.

Makes 4 servings, 8 meatballs total.

Serving size is 2 – 2 oz. meatballs.

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PIZZA IN A BOWL

INGREDIENTS:

- 16 oz. chicken breasts, cooked and diced
- 1 tbsp low sodium Flavorgod pizza seasoning
- 1 tsp garlic powder
- 1 tsp oregano
- 1 can no salt diced tomatoes
- 1 can no salt tomato sauce
- 1 green pepper, diced
- 1 onion, diced
- 1 cup spinach, chopped
- 1/4 cup low-fat parmesan cheese

Nutrition Snapshot

Per Serving
Calories 174
Protein 30g
Carbs 12g
Fats 0g

HOW TO:

1. Cook chicken and dice.
2. Place diced chicken in a 9 X 13 baker coated with nonstick cooking spray.
3. Add remaining ingredients and top with parmesan cheese.
4. Bake at 350 for 15 minutes.
5. Scoop into bowl and enjoy!

Makes 4 servings.





ITALIAN FRITTATA

INGREDIENTS:

- 1 whole egg
- 3 egg whites
- 1 roma tomato
- 1 cup spinach, chopped
- ¼ cup onion, diced
- 1/4 cup green peppers, diced
- 1 tsp olive oil
- 1 tsp oregano
- 1 tsp black peppers
- 1 tsp basil
- 1 tbsp shredded parmesan cheese, low-fat

Nutrition Snapshot

Per Serving
Calories 278
Protein 22g
Carbs 18g
Fats 14g

HOW TO:

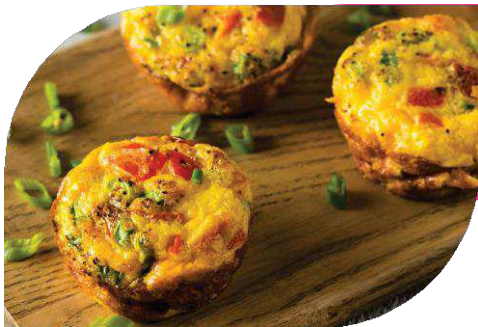
1. In oven safe skillet, add olive oil.
2. Sauté onion, peppers and spinach.
3. Beat eggs with seasonings and pour on top of mixture.
4. Cook until eggs are almost firm.
5. Add slices of tomato in mixture and top with parmesan cheese.
6. Broil in oven at 350 until lightly browned.

Makes 1 serving.

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BAKED EGG OMELET MUFFIN

INGREDIENTS:

- 1 whole egg
- 3 egg whites
- 1/2 cup spinach, chopped
- 1/4 cup peppers, diced
- 1/4 cup mushrooms, chopped
- 1/4 cup fat free feta cheese
- black pepper to taste

HOW TO:

1. Beat whole egg and egg whites together and pour into muffin pan sprayed with nonstick cooking spray.
2. Fill each cup about ½ full then add the veggies of your choice.
3. Season with pepper and any other low sodium seasonings.
4. Sprinkle each muffin with feta cheese.
5. Bake at 350 until muffins are firm, approximately 15-20 minutes.

Makes 1 serving (2 large or 4 small egg muffins)

Nutrition Snapshot

Per Serving
Calories 207
Protein 25g
Carbs 13g
Fats 6g

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10 Delicious Smoothie Recipes That Help You Burn Belly Fat, Balance Your Hormones, and Boost Metabolism.



Special Tip: Detox smoothies are a powerful weight loss tool that you can (and should) use every day.

Smoothies are probably the easiest way to help boost your metabolism, stop cravings, and reduce belly fat fast!

The problem is that almost every recipe online is packed with as much sugar as three cans of Coke!

RECIPES

MIXING UP YOUR GREEN SMOOTHIE

INGREDIENT AMOUNT:

INGREDIENT:

Choose 1



Include All



Choose 2



Choose 1



Choose 1



Add If Desired

- 1 cup pasteurized liquid egg whites
- 1 cup non-dairy or soy yogurt
- 1 cup unsweetened organic protein almond milk
- 1/2 cup Silken tofu (freeze after portioning)
- 1 scoop of plant based protein supplement

- handful of spinach
- handful of kale
- 1/2 cucumber (optional)

- 1/2 cup berries
- 1/2 cup pineapple
- 1/2 apple
- 1/2 banana
- 1/2 pear
- 1/2 mango
- 1/2 cup pomegranate

- 1 tbsp chia seeds
- 1 tbsp hemp seeds
- 1 tbsp flax seeds
- 1/4 Hass avocado
- 1 tsp coconut oil

- Pinch of fresh basil
- Pinch of fresh mint
- Pinch of fresh cilantro

- cayenne pepper
- ginger
- turmeric



HOW TO MAKE A DETOX SMOOTHIE



Detox smoothie recipes are super easy to make:

STEP 1 – ADD ALL INGREDIENTS TO BLENDER **STEP 2** – BLEND UNTIL SMOOTH
STEP 3 – ENJOY

If you want to make the **SMOOTHIE COLD**, you have two options:

1. Freeze the fruit or by frozen fruit.
2. Add 1/2 cup of ice.

I recommend you use fresh ingredients, but you can also use frozen fruits and vegetables if fresh isn't available.

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Directions

Combine all ingredients in a blender with ice and water until desired consistency.



1. GREEN POWER DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1 handful of kale
- ✓ 1 handful of spinach
- ✓ 1 cup of blueberries
- ✓ 1/2 cup pineapple chunks
- ✓ 1 cup water
- ✓ 1 tbsp chia seeds
- ✓ 1/4 tsp turmeric
- ✓ 1 tsp raw honey (optional)
- ✓ 1 small basil leaf

2. BERRY DELICIOUS DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1/2 cup blueberries
- ✓ 1/2 cup strawberries
- ✓ 1 handful of spinach
- ✓ 1/2 diced cucumber
- ✓ Pinch of fresh mint
- ✓ 1 tbsp coconut oil
- ✓ 1 tsp raw honey (optional)





3. PINEAPPLE BANANA DETOX SMOOTHIE

- ✓ 1 serving vanilla or banana plant based protein
- ✓ 1 handful of kale
- ✓ 1/2 diced cucumber
- ✓ 1/2 fresh squeeze lemon juice
- ✓ 1/2 cup pineapple
- ✓ 1/2 banana
- ✓ 1 tbsp coconut oil
- ✓ 1 cup unsweetened coconut water (or regular water)
- ✓ 1 pinch of cilantro

3. CHOCOLATE ALMOND BANANA DETOX SMOOTHIE

- ✓ 1 serving chocolate plant based protein
- ✓ 1 handful of spinach
- ✓ 1 small banana
- ✓ 1 tbsp almond butter
- ✓ 1 tbsp raw unprocessed cacao
- ✓ 1/4 avocado





5. STRAWBERRY MANGO DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1 handful of spinach
- ✓ 1 handful of kale
- ✓ 1/2 fresh squeezed lemon juice
- ✓ 1/2 cup strawberries
- ✓ 1/2 mango
- ✓ 1 tbsp chia seeds
- ✓ 1/4 tsp ginger



6. PINA COLADA SMOOTHIE

- ✓ 1 cup non-dairy yogurt
- ✓ 1 handful of spinach
- ✓ 1/2 cup pineapple
- ✓ 1/4 avocado
- ✓ 1/2 banana
- ✓ 1 tbsp coconut oil
- ✓ 1/4 tsp ginger



7. CHOCOLATE STRAWBERRY DETOX SMOOTHIE

- ✓ 1 serving chocolate plant based protein
- ✓ 1 cup strawberries
- ✓ 1 handful of spinach
- ✓ 1 tbsp cacao powder
- ✓ 1 tbsp hemp seeds or chia seeds
- ✓ 1/4 tsp cayenne pepper



8. RASPBERRY ORANGE BLISS

- ✓ 1 cup non-dairy yogurt
- ✓ 1/2 cup raspberries
- ✓ 1/2 orange
- ✓ 1 handful of spinach
- ✓ 1 handful of kale
- ✓ 1 tbsp chia seeds
- ✓ 1 tsp raw honey



9. PINEAPPLE MANGO DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1/2 cup pineapple
- ✓ 1/2 mango
- ✓ 1/2 cucumber
- ✓ 1 handful of kale
- ✓ 1 tbsp coconut oil
- ✓ 1 fresh mint leaf



10. GREEN APPLE PEAR DETOX SMOOTHIE

- ✓ 1 serving vanilla plant based protein
- ✓ 1 handful of kale
- ✓ 1 handful of spinach
- ✓ 1/2 cucumber
- ✓ 1/2 green apple
- ✓ 1/2 pear
- ✓ 1 tbsp chia seeds
- ✓ 1 pinch fresh mint

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