

SMOOTHIE GUIDE

*Your Ultimate
Guide to*

Smoothies

for Life

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Welcome...

I never set out to be a "smoothie queen." But, if feeling like I am sipping on a milkshake while doing something good for my health is going to change my life in a meaningful way, I am all in. Now, it's your turn! Because if I can help you figure it out too, all the better!

I live my best life when I start my day with a filling nutritional smoothie for sustained energy, a better mood, focus, and feeling motivated.

In this guide you'll find the basics for making smoothies, benefits, unhealthy smoothie choices, **recipes**, a 3-day detox plan, and a whole lot more.

XOXO
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Basic Steps to Making Smoothies

Smoothie making is not rocket science and surprisingly enough, brings many benefits considering how simple they are to blend up for: improved digestion, hydration, eating more fruits and vegetables, easier weight loss, more energy, and many other reasons. But before your start blending ...

When making a smoothie, the first thing that goes into the blender are your liquids -- stick to two cups or less per person. Liquids might include filtered water, organic and unsweetened almond/coconut/hazelnut/oat milk, organic juiced fruit, or kefir.

To your liquids, add your base ingredients that will make your smoothie creamy. The most basic creamy base you can start with is a banana. You could also use frozen avocado, nut butters or plain low-fat yogurt.

Next come the fruits or vegetables your smoothie recipe requires.

The next layer is nuts such as almonds, cashews, walnuts, or pecans.

Last, add in any other spices and seeds. (A pinch of pink Himalayan sea will boost mineral content and flavor profile.) Scoop in a full-value collagen powder and if you desire, a protein powder. Blend until smooth and creamy -- usually one to two minutes.

Happy blending!



Seven Benefits of Smoothies

We keep hearing about the benefits of smoothies, but what are they really? Why are smoothies, those liquid meals, so healthy and why should we incorporate them in our daily lives?

- Smoothies add fruits and vegetables to our diet on the daily! More mindful healthy choices follow throughout the day if we start the morning with a smoothie for breakfast.
- Sipping on a smoothie helps hydrate. Fruits and vegetables contain more water than you think in proportion to their weight.
- Smoothies are made out of whole fruits or vegetables, so you get nutrients and fiber that are easily absorbed by the body.
- Smoothies are super convenient! If you do not have much time in the morning, just use whatever fruits or vegetables you have at home, mix with something liquid and blend it! Keep your freezer stocked with frozen greens and berries, along with having a supply of essential pantry items such as protein powder, powdered greens, seed fiber, and organic greens.
- Smoothies at home are inexpensive and healthier compared to what's available at the super market or smoothie shops.
- Green smoothies help you fight cravings and hunger while consuming something healthy.
- Smoothies can boost your metabolism and are easy on your digestive system.



Smoothies are Perfect to Start your Day

If you can choose to enjoy one smoothie a day, make it breakfast. Start the day by flooding your body with good fruits, vegetables, protein, fats, nutrients, and a full-value protein powder.

We all know that breakfast is the most important meal of the day. But there are still more than 31 million Americans who skip it every single day. Why? Most of them say they are just too busy to make something to eat. But eating (or drinking) your breakfast can be super simple and it can take you less than five minutes to prepare a smoothie to break your fast. You'll replenish your supply of glucose to boost your energy levels and alertness, while also providing other essential nutrients required for good health.

If you combine the ingredients in the right way, a smoothie can be a powerful nutritional powerhouse. Make sure you add enough protein and good fats to provide you with satiety and plenty of energy for several hours.

A morning smoothie is a great way to add liquid to your body. Do you often wake up very tired and not rested at all? Sometimes the reason for this is because your body is dehydrated. Overnight your body can lose as much as one liter (33 oz.) of sweat and you have to replace it somehow. So make sure you add quality liquids to your smoothie.





Can Smoothies Be Unhealthy

Smoothies can help give your body the vitamins, minerals, and fiber that it needs. They can also help with digestion as they're easy for your body to process. Additionally, blending a smoothie means that you use the whole fruit or vegetable to receive all the important nutrients they offer.

Unfortunately, this does not mean that all smoothies are necessarily "healthy." There is so much marketing hype surrounding the smoothie market, and we have to keep in mind that just because something is called "a smoothie," doesn't mean it's necessarily good for us.

But what exactly makes a smoothie unhealthy? Why should you be cautious and read the ingredients before buying or making a smoothie? You'll find there are advantages to becoming "smoothie smart."

Most of the smoothies you can buy in a supermarket are loaded with sugar, undesirable fats, calories, and other unhealthy ingredients that are best to avoid. Even if you avoid buying those, you can still make an unhealthy smoothie at home too. (You'll know you're a true smoothie pro when you graduate to 1/4 cup of fruit or less in your recipes.) But for now, let's talk about how to avoid really unhealthy smoothies.

I choose not to add a collagen supplement to my protein smoothies because with the right nutrition and supplements, we can help our body produce more collagen.





- Juice it yourself! Skip adding sugar-laden fruit juices to your smoothie.
- Do not add additional sugar to your smoothie.
- Use non-dairy milks, such as unsweetend oat, almond, coconut, or hazelnut. There are many possibilities that do not include typical grocery milk that is laden with hormones and antibiotics.
- Do not add ice cream, whipped dairy cream, or fruit yogurts.
- Do not add sugary chocolate syrups.
- Use organic ingredients (including peanut butter and nut butters).
- Use quality protein powders in smoothies. Avoid artificial ingredients, flavoring, and preservatives.
- To boost your smoothie's overall wellness effectiveness incorporate full-value protein powders, greens, and seed fibers without artificial flavor enhancers .
- Using too much ice makes it harder for the good fats from coconut oil, flax oil, seeds, or nuts to incorporate into the drink and serve your body well. Add ice at the end of your blend when all the other ingredients are smoothly blended and see if you even need it.

Recipes



Meal Replacement Smoothies



Protein Smoothies



Green Smoothies



Non-Dairy Smoothies



Detox Smoothies



Happy Juice Smoothies

Meal Replacement Smoothies

Before blending a smoothie, kale leaves should always be stripped from the stem, Apples and pears should be cored, cherries should have pits removed, and an avocado seed should be discarded.



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Peanut Butter and Banana Smoothie

Ingredients

- 1 cup unsweetened oat milk
- 1 ripe banana
- 1/2 cup plain low-fat greek yogurt
- 2 Tbsp organic unsweetened peanut butter
- ¼ cup uncooked rolled oats
- Scoop Vanilla plant-based protein
- 1 tsp local honey (topping)

Directions

Mix everything in a blender for at least a minute until smooth. Top with honey for a sweet garnish. Serve immediately.



The most important thing to remember when blending a meal replacement smoothie is to include proteins and healthy fats for satiety and to give you enough energy until your next meal.

Afternoon Kale Smoothie

Ingredients

- 2 cups coconut milk, unsweetened
- 1 Tbsp coconut oil
- 1 ripe banana
- 2 cups frozen berries
- 1 cup fresh kale leaves
- 4 Tbsp chia seeds
- Scoop Chocolate plant-based protein

Directions

First remove kale leaves from their center stalk. Put the leaves and coconut milk into your blender and blend until smooth. Add remaining ingredients and blend once again until smooth. Serve immediately.



Pear Banana Kale Smoothie

Ingredients

- 1½ cups cold unsweetened almond milk, oat milk, coconut milk, or soy milk
- ½ tsp vanilla extract
- ½ fresh banana
- 1 Tbsp almond butter
- ½ cup fresh spinach leaves
- ½ cup chopped kale leaves
- 1 pear (cored and chopped)
- ½ cup uncooked rolled oats
- 1 scoop Vanilla plant-based protein
- 1 Tbsp honey

Directions

Mix everything in a blender for at least a minute until smooth. Top with honey for a sweet garnish. Serve immediately.



Tip: MCT oil has also been shown to boost metabolism and promote fullness to a greater extent than coconut oil. (MCT oil is not suitable for cooking.)

Peanut Butter & Jelly Smoothie

Ingredients

- 2 cups unsweetened almond milk
- 1-2 Tbsp organic unsweetened peanut butter
- ¼ cup frozen strawberries
- 1-2 Tbsp chia, hemp, or flax seeds
- 1 scoop Vanilla plant-based protein

Directions

Mix everything in a blender for at least one minute until smooth.



Berry Bomb Smoothie

Ingredients

- 2 cups unsweetened almond milk
- 1 Tbsp honey
- 2 Tbsp organic almond butter
- ½ cup frozen blueberries
- ½ cup frozen raspberries
- ½ cup frozen blackberries
- 1 Tbsp chia seeds
- 1 scoop Chocolate plant-based protein

Directions

Put everything into your blender and mix for few minutes until smooth.



Tip: A combination of Chickpea, brown rice, and pea protein is a blend that nourishes good bacteria in the gut and improves microbiome balance, while controlling appetite and supporting muscle mass.

Healthy Snack Smoothie

Ingredients

- 1 cup water
- 1 Tbsp fresh lime juice
- ¾ cup plain low-fat greek yogurt
- ½ avocado
- 1 tsp honey
- 1 cup fresh baby spinach
- 1 Tbsp hemp seeds
- 1 scoop Vanilla plant-based protein

Directions

Put everything into your blender and mix for a few minutes until smooth. If it is too thick, add some more water.

Protein Smoothies

Before blending a smoothie, kale leaves should always be stripped from the stem, Apples and pears should be cored, cherries should have pits removed, and an avocado seed should be discarded.



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Morning Protein Bomb Smoothie

Ingredients

- 2 cups cold filtered water
- ½ avocado
- 3 oz plain low-fat greek yogurt
- 1 kiwi, peeled and sliced
- 1 pear, cubed
- ¼ cup frozen blueberries
- 1 tablespoon rolled oats
- ½ tsp flax seeds
- 2 scoops Vanilla plant-based protein

Directions

Mix everything in a blender for at least one minute until smooth. Enjoy immediately.



Tip: Even if you are not a bodybuilder, your body needs protein for muscle growth after an intense training. This will also benefit your healthy skin, hair, and nails.

Tofu Protein Smoothie

Ingredients

- 1 cup cold soy milk or unsweetened almond milk
- ½ cup soft (silken) tofu
- ¼ avocado
- 1 fresh banana
- 1 tablespoon peanut butter
- Dash of vanilla (optional)
- 2 scoops Vanilla plant-based protein

Directions

Mix everything in a blender for at least one minute until smooth. Enjoy immediately.





Banana Apple Smoothie

Ingredients

- 1 cup almond milk
- ½ cup cold filtered water
- 1 fresh banana
- ½ cup plain low-fat yogurt
- 1 tsp honey
- 6 raw almonds, chopped
- 1 apple, pitted and chopped
- 2 scoops Vanilla plant-based protein

Directions

If your blender is not powerful enough, make sure to chop almonds and apple into small pieces before you start blending. Then put all the ingredients into the blender and mix everything until smooth. Enjoy immediately.



Tip: Nutrients in protein smoothies are significantly more bioavailable for your body to use because they are already partially broken down, making them easier to absorb.

Protein Fit Smoothie

Ingredients

- 1 cup unfiltered water
- 3 oz plain low-fat yogurt
- 2 Tbsp almond butter
- ½ tsp vanilla extract
- ¼ cup frozen raspberries
- ¼ cup frozen blackberries
- ¼ cup frozen pineapple
- ½ cup fresh kale
- 2 scoops Chocolate plant-based protein

Directions

First remove kale leaves from their center stalk. Put them into your blender and add water. Blend for a few minutes until smooth. Add all the other ingredients. Blend once again until smooth.

Green Smoothies

Before blending a smoothie, kale leaves should always be stripped from the stem, Apples and pears should be cored, cherries should have pits removed, and an avocado seed should be discarded.



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Cherry Green Smoothie

Ingredients

- 1 cup unsweetened almond or oat milk
- ¼ cup cold water
- 1 tsp honey
- 1 fresh banana
- ½ cup plain low-fat yogurt
- Handful of Spinach
- 6 raw almonds, chopped
- ½ cup cherries
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients to a blender and blend until smooth.



If you are not a fan of vegetables or if you know you do not consume enough veggies during the day, green smoothies can benefit you. They are easy to make and will only take a few minutes of your time.

Green Parsley Smoothie

Ingredients

- 2 cups unsweetened coconut water
- 1 Tbsp MCT oil
- 1 Tbsp lime juice
- Handful of spinach
- ¼ cup fresh parsley
- ½ fresh cucumber
- ¼ green apple
- 1 scoop Vanilla plant-based protein
- 1 Tbsp coconut flakes

Directions

Put all the ingredients to a blender and blend until smooth. Sprinkle coconut flakes on top before serving.



Green Ginger Smoothie

Ingredients

- ½ cup cold filtered water
- 1 cup orange juice (freshly squeezed)
- 1 handful fresh spinach (chopped)
- 1 inch fresh ginger (chopped)
- ½ cup fresh or frozen peaches
- ½ cup fresh or frozen cherries
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients in your blender and blend until smooth.



Refrigerate fresh, whole, unpeeled ginger in an airtight plastic bag to keep out oxygen and moisture which will cause ginger to mold. Store in the crisper this way and it can last up to two months.

Basic Blueberry Smoothie

Ingredients

- 1½ cup almond or oat milk (unsweetened)
- 1 cup fresh or frozen blueberries
- ½ cup fresh baby spinach
- ½ cup dried cranberries
- 5 fresh basil leaves
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients to a blender and blend until smooth.



Morning Green Smoothie

Ingredients

- 1 cup Unsweetened Oat Milk
- 1 Tbsp. fresh squeezed orange juice
- 1 Tbsp. fresh lemon juice
- ½ avocado
- 1 cup fresh spinach
- ½ cup chopped kale (stems removed)
- ½ cup fresh cucumber (diced)
- handful fresh parsley (chopped)
- 1 pear (cored & diced)
- 1 scoop Vanilla plant-based protein

directions

Put all the ingredients in your blender and blend until smooth.



Persian cucumbers are thin-skinned and only grow to be about five to six inches long and remain quite narrow. You'll often find them in packages of 4-6.

Spa Smoothie

Ingredients

- 1½ cups unsweetened oat milk
- 1/2 to 1 lemon, juiced
- 1/4 avocado
- 1 handful of spinach
- 1 small Persian cucumber
- 1/4 cup fresh mint leaves
- 1 to 2 Tbsp chia seeds
- 1 scoop Vanilla plant-based protein
- Ice (optional)

directions

Put all the ingredients in your blender and blend until you like the texture. If desired, add the optional ice and blend again.

Non-Dairy Smoothies



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Pear Morning Smoothie

Ingredients

- ½ cup almond milk (unsweetened)
- ½ cup cold filtered water
- 1 ripe banana
- ½ pear
- ½ cup spinach
- 1 Tbsp chia seeds
- 1 Tbsp flaxseed (ground)
- ½ Tbsp hemp seeds
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients to a blender and blend until smooth.



Some people choose to avoid or cannot consume milk or other dairy products. These non-dairy smoothie recipes do not include milk and dairy products, and are very delicious!

Refreshing Morning Mango Smoothie

Ingredients

- ½ cup almond milk (unsweetened)
- ½ cup cold water
- ½ lime, freshly squeezed
- ½ Tbsp organic almond butter
- 1 ripe banana
- ½ cup frozen mango
- 1 Tbsp hemp seeds
- ½ tsp chili powder
- 1 scoop Vanilla plant-based protein

Directions

First squeeze ½ lime to make fresh lime juice. Put it into the blender and then add all the other ingredients. Blend until smooth.





Blueberry Green Tea Smoothie

Ingredients

- 1½ cup green tea (chilled)
- 1 ripe banana
- ½ cup frozen blueberries
- 1 Tbsp hemp protein powder
- ½ Tbsp hemp seeds
- 1 Tbsp chia seeds
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients to a blender and blend until smooth.

Energizing Coffee Smoothie

Ingredients

- ¼ cup coffee (cooled)
- ¼ cup ice cubes or cold water
- 1 cup natural coconut or almond milk (unsweetened)
- 1 ripe banana
- ¼ cup unsalted cashews (soaked for at least six hours)
- 1 Tbsp cacao nibs
- 1 Scoop salted caramel protein
- 1 tsp cacao powder (as an optional topping)

Directions

Add ingredients into a blender and blend until smooth. Top with optional cacao powder and enjoy.



Having frozen fruit on hand makes it so easy to whip up a smoothie anytime. You can use fresh fruit, but frozen fruit gives your smoothie that nice thick and icy texture.



All-The Berries Berry Smoothie

Ingredients

- ½ cup fresh cranberry juice (no added sugar)
- ½ cup coconut or rice milk (unsweetened)
- 1 ripe banana
- 2 Tbsp organic almond butter
- ¼ cup strawberries (fresh or frozen)
- ¼ cup blueberries (fresh or frozen)
- ¼ cup cranberries (fresh, dried, or frozen)
- ¼ cup raspberries (fresh or frozen)
- 1 scoop Vanilla plant-based protein*
- ½ tbsp honey (as additional sweetener, if needed)

Directions

Add ingredients into a blender and blend until smooth. Taste and add honey if needed. Blend again.

*You could substitute a scoop of Chocolate protein based powder for variety



Tip: A combination of Chickpea, brown rice, and pea protein is a blend that nourishes good bacteria in the gut and improves microbiome balance, while controlling appetite and supporting muscle mass.



DETOX SMOOTHIES

BEFORE BLENDING A SMOOTHIE, KALE LEAVES SHOULD ALWAYS BE STRIPPED FROM THE STEM, APPLES AND PEARS SHOULD BE CORED, CHERRIES SHOULD HAVE PITS REMOVED, AND AN AVOCADO SEED SHOULD BE DISCARDED.



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Avocado Antioxidant Smoothie

Ingredients

- 1 cup filtered water
- ¼ cup freshly squeezed orange juice
- 1 avocado
- ½ cup fresh or frozen raspberries
- ½ cup fresh or frozen blueberries
- 1 scoop Chocolate plant-based protein

Directions

Put all the ingredients in blender and blend until smooth.

Berry Mix Antioxidant Smoothie

Ingredients

- 1 cup cold filtered water
- ½ cup plain low-fat greek yogurt
- 1 Tbsp almond butter
- ½ cup blueberries (fresh or frozen)
- ½ cup strawberries (fresh or frozen)
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients in blender and blend until smooth.



Our body's suffer from stressful situations and absorbs toxins from the environment everyday. Regular detoxifying is the best way to cleanse the body to restore radiance, energy, and well-being.



Orange Sun Smoothie

Ingredients

- ½ cup water
- ½ cup orange juice (freshly squeezed)
- 1 ripe banana
- ½ inch fresh ginger
- ½ cup mango (fresh or frozen)
- ½ tsp chili powder
- 1 scoop Vanilla plant-based protein
- few ice cubes (optional)

Directions

First peel and mince ginger. Put into the blender and then add all the other ingredients. Blend until smooth.

Kale Detox Smoothie

Ingredients

- 1 cup of cold oat milk
- 1 whole banana
- ½ cup diced frozen avocado
- 4 to 5 leaves of fresh or frozen kale (stems removed)
- 1 cup of frozen blueberries
- 1 scoop Chocolate plant-based protein
- Coconut Flakes (optional)

Directions

Blend all until smooth and serve with coconut flakes sprinkled on top if desired.



Tip: Fruits and vegetables begin to oxidize as soon as you cut them open, so it's always best to enjoy them in your smoothies the minute they're made to minimize the degradation of nutrients.





Mango Mint Smoothie

Ingredients

- ½ cup almond milk (unsweetened)
- ¼ cup coconut milk (unsweetened)
- ½ cup plain low-fat greek yogurt
- 2 tbsp. almond butter
- 1½ cup frozen mango
- ½ cup blueberries (fresh or frozen)
- 2 tbsp. fresh mint leaves
- 1 scoop Vanilla plant-based protein

Directions

Put all the ingredients into a blender and blend until smooth.



Tip: Banana, avocado, coconut, unsweetened low-fat yogurts, blanched almonds, or almond butter add richness and creaminess to smoothies.

Beach Ready Smoothie

Ingredients

- 1/4 cup almond milk
- 1 Tbsp honey
- 1/4 cup frozen sliced banana
- 1/2 cup baby spinach
- 1/2 cups baby kale (no stems)
- 1/2 celery ribs, chopped
- 1/2 medium green apple, chopped
- 1/4 tsp grated fresh ginger
- 1 tbsp chia seeds
- 1 scoop Vanilla plant-based protein
- Ice (optional)

Directions

First, remove kale leaves from their center stalk. Blend all ingredients together. Add ice if you'd like more liquid.



Antioxidant Tomato Smoothie

Ingredients

- ¼ cup of natural homemade apple juice (without sugar!)
- 2 cups of ice
- 2 cups of fresh tomatoes
- ½ cup of diced carrots
- ¼ cup of celery
- Garnish with celery stick
- Optional Dash of black pepper and a pinch of salt

Directions

Put all the ingredients into a blender and blend until smooth.



Tip: Blend everything really well so that your smoothie is lump-free. Aim for 1 to 3 minutes with a regular blender, or 1 minute if you're using a Vitamix.

Mango Papaya Smoothie

Ingredients

- 1 cup Almond Milk
- 2 Tbsp of fresh lime juice
- 2 cups of plain low-fat greek yogurt
- 1-2 tbsp of honey (to taste)
- ½ cup frozen mango
- ½ cup small papaya
- Scoop Vanilla plant-based protein
- Ice (optional)

Directions

Blend all the ingredients together until smooth.





Detox Cleanse with Smoothies

We have all been there – especially after holidays, before summer, or just whenever we feel that we have been neglecting our body and need to start treating it better. At that point, we usually think of starting a detox diet to cleanse our body from the inside out. Detoxing, when done right, means eliminating toxins and then feeding our body healthy nutrients, which helps us to renew our ability to achieve better health.

Especially if you are not familiar with detoxing, changing your food regime can feel a little daunting. However, one of the best ways to combat this is a smoothie detox. Preparing healthy smoothies makes you more at ease with a detox cleanse -- blending is, let us face it, fun!

But what do you need to know before starting a smoothie detox? Firstly and most importantly, you should choose the right ingredients, especially ones containing antioxidants. They are known to have many health benefits, among which are cancer and heart disease prevention. So keep your eye on those mighty antioxidants and add some strawberries, blueberries, raspberries, tomatoes, mangos, or kale to your smoothies!

Daily detox smoothies are a great addition to your morning, but you can do more them more often.



3-DAY SMOOTHIE CLEANSE

A 3-DAY SMOOTHIE CLEANSE GIVES YOUR BODY A CHANCE TO RESTORE WITH PLENTIFUL NUTRIENTS. REMEMBER TO DRINK AT LEAST 8 OZ OF WATER BEFORE AND AFTER EACH SMOOTHIE.

CHOOSE FOUR TO SIX SMOOTHIES A DAY.

DRINK A SMOOTHIE WHEN YOU FEEL HUNGRY. DRINK IT DOWN INSTEAD OF SIPPING FOR LONG PERIODS OF TIME. VARY CHOICES WITH GREEN SMOOTHIES, DETOX SMOOTHIES, PROTEIN SMOOTHIES, AND NON-DAIRY SMOOTHIES.

YOU WILL POSSIBLY EXPERIENCE SOME PHYSICAL AND EMOTIONAL DETOX. POTENTIALLY A BIT OF TIREDNESS, A LACK OF ENERGY, AND SOME CRAVINGS. THESE WILL THEN LEAD TO MANY VERY POSITIVE RESULTS.

FOCUS ON ORGANIC INGREDIENTS.

- EAT FOODS HIGH IN FIBER FOR DIGESTION.
- LIMIT FOODS THAT SPIKE BLOOD SUGARS.
- USE WHOLE FOODS RATHER THAN REFINED FOODS.
- INCLUDE SOME FORM OF PROTEIN WITH EACH SMOOTHIE.
- ADD IN SOME TYPE OF HEALTHY FAT WITH EACH SMOOTHIE. EXAMPLES OF HEALTHY FATS INCLUDE RAW ALMONDS, WALNUTS, FLAXSEEDS, SESAME SEEDS, SUNFLOWER SEEDS, HEMP SEEDS, AVOCADO, CASHEWS AND CHIA.
- CONSUME LOTS OF FOODS HIGH IN ANTIOXIDANTS.
- INCLUDE A FULL-VALUE PROTEIN POWDER IN ONE OF YOUR FIRST TWO SMOOTHIES OF THE DAY.





3-Day Smoothie Cleanse Success Tips

- ENJOY welcoming back fresh ingredients and retraining your taste buds. Processed foods are depleted of valuable nutrients and packed full of chemicals and sugars.
- Want a snack -- just want to chew something? Slice a cucumber and sprinkle it with a little dab of sea salt.
- Sip on filtered water or herbal teas throughout the day. try to consume one cup of liquid every 30 minutes.
- Don't skip high fiber fruits and vegetables in your smoothies. Fiber helps your body eliminate toxins and keeps the digestive system healthy so that the nutrients can be properly absorbed.
- Move your body. Commit to adequate sleep.
- Breakfast and lunch smoothies should focused on protein. When we start off with a blood sugar blast (from refined carbohydrates and sugar), we crash and get hungry again. Eating protein, high-fiber vegetables, and healthy fats will help you feel satiated for longer.
- Remember to include a clean full-value protein powder in one smoothie early in the day to optimize metabolism, for weight loss support, and to fuel a health lifestyle.
- add one cup of Epsom salt to a warm bath and soak for 20 minutes at the end of the day. Add lavender oil, or one tablespoon of apple cider vinegar if you have it.
- Avoid added sugars, alcohol, dairy and gluten, processed foods, and ... STRESS.



Nutritional Information

HERBS & VEGETABLES

- Cilantro can help improve digestion of fat.
- Parsley is extremely rich in a large number of nutrients. It is a great source of vitamin C, folic acid and iron. Also contains chlorophyll.
- Avocado is an excellent source of monounsaturated fatty acids, as well as potassium, vitamin E, B vitamins and fiber.
- Fennel is rich in vitamin C, potassium and dietary fiber.
- Celery contains calcium and Vitamin B2.
- Dandelion Greens are good liver cleansing green. Is high in calcium, antioxidants and iron.
- Kale is rich in fiber and many minerals and vitamins, including B vitamins and vitamin C. Kale is among the most highly nutritious vegetables.
- Spinach is rich in vitamin K and folic acid.

FRUITS

- Granny Smith Apples are high in vitamin C and fiber. Can help the body eliminate waste.
- Mango are an excellent source of carotenes!
- Pineapple is rich in enzymes that not only aid digestion, but also can effectively reduce inflammation.
- Bananas are an excellent source of potassium and can be soothing to the gastrointestinal tract.
- Lime is an excellent source of vitamin C and contains several important antioxidants.
- Lemons are an excellent source of vitamin C. They may also be used to aid in digestion and liver cleansing.



Nutritional Information

SUPER FOODS, NUTS, & SEEDS

- Maca provides support to the endocrine system to maintain healthy hormones.
- Camu Camu is unbelievably high in vitamin C as well as a number of other important nutrients.
- Chia Seeds are rich with dietary fiber and are an excellent source of healthy essential fatty acids.
- Spirulina is very high in iron and is also a good source of many B vitamins. Spirulina is also recognized for its high protein content.
- Maitake can help lower cholesterol and help maintain balanced blood sugar levels.
- Bee pollen has a complete protein content and also provides B vitamins, vitamin C, carotenes, and minerals.
- Hemp seeds are an easily digested complete protein source rich with essential fatty acids.
- Brazil Nuts are a rich source of selenium.
- Almonds are an excellent source of monounsaturated fats and protein, as well as vitamin E.
- Cashew Nuts are a great source of monounsaturated fats. They also contain lots of minerals and are relatively high in protein.
- Reishi has more than 400 different nutrients and contains high amounts of Vitamin D to support skin health and the immune system.
- Ashwagandha is a superfood and adaptogen that helps you manage stress.
- Turkey Tail Mushroom is a superfood and adaptogen that has high antioxidants for anti-aging and to reduce inflammation.





Clean & Healthy Plant-Based Protein



Recommended

Plant-Based Protein Powder at least once-a-day

Our days are usually filled to the max. Especially on busy days, we don't always have the opportunity to get the nourishment our body needs. Many people find themselves skipping meals, eating a fast-food meal, or perhaps making a protein shake for a breakfast pickme-up or an afternoon perk. The problem is, many of us are consuming bad protein powder, which lack diverse amino acids, have fillers, or are just low quality in the kind of protein they have. They usually taste bad too. I recommend a unique chickpea, brown rice, and pea protein blend that nourishes good bacteria in the gut and improves microbiome balance, while controlling appetite and supporting muscle mass. It's fully-loaded with only functional ingredients and is a potent formula that supports the gut microbiome and helps fuel a healthy lifestyle. It's the perfect addition to your smoothies with 17 grams of pure plant protein and is available in three different flavors: Vanilla, Chocolate, and Salted Caramel.

Sugar Free, Non-GMO, All-natural, Vegan, Gluten Free, Soy & Dairy Free, No preservatives,
No artificial colors, No artificial flavors, No artificial sweeteners

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SUPER FOOD SMOOTHIES



Convenience Kit

Protein, Veggies, Fruits, and Seeds

Everything you need in one kit to create delicious and nutritious meal replacement smoothies quickly and efficiently at home. Just add to any of our smoothie recipes or blend and go with liquid of choice.

GBX Protein® delivers 17 grams of pure plant protein. This unique chickpea, brown rice, and pea protein blend nourishes good bacteria in the gut and improves microbiome balance, while controlling appetite and supporting muscle mass. Fully-loaded with only functional ingredients, this potent formula supports the gut microbiome, helping fuel a healthy lifestyle.

- Chickpea with its smooth flavor and taste has unique microbiome-boosting phytonutrients*
- Brown Rice helps with weight loss and speeds up metabolism, improves liver function, and supports heart health*
- Pea Protein helps maintain muscle mass, aids in weight loss, and supports heart health*



GBX SuperFood™ provides the phytonutrient equivalent of three servings of fruits and vegetables per scoop. This phytobiotic-rich blend delivers cellular level anti-stress benefits and helps protect cells from a variety of different stressors, helping the brain and gut run at peak efficiency.

GBX SeedFiber™ is the next-generation approach to optimizing the gut-brain axis. This phytobiotic-rich formula contains seeds as sources of natural microbiome-boosting fibers, helping you feel fuller, longer. Featuring a cultured mushroom mycelia extract to support microRNA signaling between the microbiome and central nervous system, this unique blend helps manage feelings of stress, tension, and anxiety.*

Energy+ is a next-generation mental energy product that delivers rapid improvements in brain and physical performance, without the jitters or crash you might get from many high-stimulant or high-sugar energy drinks. Add to your smoothie or mix with water anytime you need a pick-me-up.

Digestive keeps those embarrassing, unexpected, painful digestive occurrences from affecting your daily life. Amare's Digestive provides complete digestive support for the upper (stomach), middle (intestine), and lower (colon) gastrointestinal system - improving digestion, relieving discomfort and reducing gas and bloating. Take two before meals and at bedtime -- up to six per day.

SELECT





HAPPY JUICE



Get Happy

Perform at Your Very Best

One drink to elevate your mood, crush your to-do list, and enjoy every minute of the day! Mix together three products in a water or one of my smoothie recipes (will bring a berry flavor)!

What It Is

- Includes TOP three mental wellness products: (1) Amare EDGE, (1) MentaBiotics, (1) Energy+

Why You Need It

- Boosts your mood and motivation*
- Provides overall health for your second brain, your gut*
- Enhances your mental performance*
- Provides the fuel you need for a highly productive day

How It Works

- Boosts mood, motivation, and metabolism
- Improves gut-brain axis to optimize mental wellness*
- Delivers rapid improvements in brain and physical performance, without the jitters or crash.*

SELECT



See you at the blender!

SMOOTHIES FOR LIFE