

# Ditch THE DIET

## Essentials of a Healthy & Delicious Smoothie

1. **Protein.** You need enough to **keep you fueled and alert** throughout the day.

- **Protein powders** are great for this, but they're not all created equally.
- **Vegan** options like hemp, pea, and brown rice are the best.
- **AVOID:** soy, egg, or dairy (whey).

2. **Fiber.** Sufficient fiber will help:

- Balance your blood-sugar levels for **sustained energy**.
- Help you **feel fuller** for longer.
- Help with **proper elimination** ("regularity" and no constipation!).
- **Good sources** include:
  - Ground flaxseed
  - Chia seed
  - Caco nibs
  - Avocado
  - Berries
  - Leafy greens

3. **Fat.** High quality, anti-inflammatory fat will also help with

- **Satiety** so you don't reach for food soon after you've eaten.
- **Weight loss.**
- **Lubrication** of joints.
- Mental **clarity** (sharp mind).
- Sustained **energy**.
- Proper **elimination**.
- **Smooth** skin and hair.
- **Good sources** include:
  - Coconut oil
  - Coconut butter
  - Nut or seed butter (except peanut)
  - Full-fat, grass-fed yogurt (if dairy tolerant)
  - Unsweetened, non-dairy milk (almond, coconut, cashew)
  - Nut-milk yogurt



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## Dual-purpose ingredients:

- **Avocado** contains fat and fiber.
- **Chia seeds** contain protein, fat, and fiber.
- **Flax seeds** contain protein, fat, and fiber.
- **Yogurt** contains protein and fat.
- **Spinach** contains fiber, some protein, a little fat, and A LOT of nutrients!
- **Berries** contain fiber and high amounts of antioxidants (age-defying and cancer-fighting)!

## For added sweetness, you can use the following:

- Stevia extract (won't impact blood-sugar levels)
- Dates (plain)
- Raisins (plain)
- Maple syrup (natural, dark)
- Raw honey (local is best)

**\*All ingredients should be organic if possible**, especially fruits, veggies, and greens. If you're already making an effort and spending money to nourish and detox your body, this will be counteracted by adding toxic ingredients that have been treated with poison.

## Instructions for all Smoothie Recipes:

Place all ingredients in blender and blend for 2 minutes to ensure ingredients are properly mixed.

## Transforming Smoothie Recipes Just Ahead



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## Recipes

### Transformational Nutrition Berry Smoothie



- 1 cup almond milk, unsweetened
- 2 tbsp chia seeds
- 2 tbsp almond butter, unsweetened
- 1 cup baby spinach
- 1 frozen banana
- Pinch of cinnamon (optional)

### Strawberry Cheesecake Smoothie



- 1/3 cup raw cashews (soaked 2+ hrs)
- 1 frozen banana
- 1¼ cups frozen strawberries
- 1 tbsp flax seeds
- 1 cup almond or cashew milk, unsweetened
- 1½ tsps fresh lemon juice
- ¾ tsp pure vanilla extract



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## Chocolate-Covered-Cherries Smoothie



- 4 tbsp chocolate protein powder
- 1 cup frozen organic unsweetened dark cherries
- 1 tbsp chia seeds
- ½ cup full-fat yogurt (see details on first page)
- 1 cup almond or cashew milk, unsweetened
- ½ cup cold water



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