



Week 1: Learn how to Make Superfood Smoothies

Why Homemade Smoothies will change your life

1. Little effort, big impact

Homemade Superfood Smoothies are the fastest, easiest meal you can enjoy every day and get the most dramatic health benefits from.

If you change nothing else about your eating but incorporate a daily smoothie into your routine, you will be on your way to achieving your health and weight goals. But only if you make your smoothies the 'Homemade Way', following our guide below.

2. Sustained energy & stabilize blood sugars

Homemade Smoothies are made with whole food ingredients and added fiber which means that they provide sustained energy and won't spike your blood sugar. Beware of commercial smoothies, like Jamba Juice or Java Juice. These are often 'sugar and calorie bombs' made with added sorbet (aka pure sugar) or 'frozen yogurt (aka ice cream) and massive portions.

3. Supports weight loss & builds lean muscle

Adding extra fiber and protein to your Homemade Smoothies makes you feel fuller longer, supports weight loss goals, helps you build lean muscle and improves digestion.

4. Boost your immune system & reverse chronic conditions

Adding antioxidants, superfoods, omega 3s, hearty healthy fats and other ingredients listed below will improve your health, boost your immune system, protect you from disease and can reverse or reduce chronic conditions, as well as helping you to lose or maintain a healthy weight.

5. Enjoy for any meal, anytime and take anywhere

One of the great things about Homemade Smoothies is that you can enjoy them for any meal, snack or even a nourishing dessert. And they are transportable and storable (see our tips below). Best of all, they are delicious and satisfying too!

Your Homemade Superfood Smoothie Guide

Step 1: Choose your fruits		
Best examples	Health benefits	1 serving
Bananas, peaches, nectarines, pineapple, mango, papaya, coconut, kiwi	Rich in vitamins, minerals, fiber, phytochemicals, heart health, diabetes, cancer protection,	1 cup
Berries: Strawberries, blueberries, blackberries, raspberries	Rich in antioxidants, vitamins, minerals and immune boosting, disease protection and reversal, cancer protection, anti-aging	½ cup
<i>*Pro tip: Freeze fruit for a thicker, creamier smoothie. Make sure to chop into 2-3 inch pieces and remove non-edible peels and stones before freezing.</i>		

Step 2: Add Greens and/or Raw Vegetables		
Best examples	Health benefits	1 serving
Spinach, kale, lettuce, seasonal greens, parsley, basil	Rich in phytochemicals, antioxidants vitamins, minerals, fiber anti-aging, lower cholesterol, heart health, diabetes, cancer protection	½ cup - 1 cup
Cucumber, carrot, celery, beet, bell peppers	As above, eat a variety for optimum health benefits	½ cup
<i>*Pro tip: You can sneak greens and raw veggies in Homemade Smoothies - and you often can't even taste it! Start with a small amount and increase over time</i>		

Step 3: Add liquid of your choice

Best examples	Health benefits	1 serving
Dairy milk, soy milk, almond milk, coconut water, plain water, 100% juice (orange, apple or other)	Proteins, calcium, vitamins, minerals for bone health. Coconut water contains electrolytes for hydration.	½ cup - 1 cup

**Pro tip: The less liquid you add, the thicker the smoothie. You can also add ice to thicken.*

Step 4: Boost with special ingredients & superfoods (choose around 1-3 groups below per smoothie)

Group	Best examples	Health benefits	1 serving
Fibre	Psyllium, chia seeds, ground flax, dates, prunes, almonds, vegetables, berries	Digestion, bowel movements, heart health, lower cholesterol, weight loss, feel full & satisfied	1 tbspn
Protein	Chia seeds, nuts, whey, hemp, soy or other proteins	Lean muscle & recovery, weight loss, control blood sugars, balance hormones, brain health, heart health	1 tbspn
Probiotics	Plain unflavored yogurt; kefir, unsweetened probiotic drink	Gut health, digestive issues, improve immunity, decrease inflammation and allergies, women's health	2 tbspn
Healthy fats	Nuts butters, coconut milk or flesh, nuts, avocado	Heart health, stroke and heart disease, satiety and weight loss, vitamin absorption	1 tbspn
Omega 3 & 6 fatty acids	Ground flax, Walnuts, Chia seeds	Joint health, anti-inflammatory, brain and skin, diabetes, blood cholesterol, blood pressure, menopausal issues, cancer protection, heart health	1 tbspn
Superfoods	Macca root powder, chia seeds, raw cacao, spirulina, acai	Fight cancer, heart disease & inflammation, lower cholesterol, antioxidants, regulate metabolism	1 tspn

**Pro tip: Serving size is approximate. Experiment and find what works best for you!*

Step 5: Blend on high for 1-2 mins, garnish, serve immediately & enjoy mindfully!

**Pro tip: Garnish top with sliced fruit, crushed nuts, raw cacao, chia seeds or grated coconut*



Transport & Storage Tips

~ **For a healthy snack or meal on the go, pour smoothie into a mason jar or bottle.**
Great for mornings when you just can't squeeze in time for breakfast! Or to take to work or social events. Just shake before serving (beware some discoloration and thickening may occur)

~ **Get organized and prepare a couple of weeks of smoothie supply.**
Simply add all ingredients (minus liquid) to ziploc bags and freeze. Make a variety of types! Remove from freezer and blend with liquid when you are ready to serve. Will stay fresh in freezer for up to 1 month.

~ **Enjoy smoothies at work if you have access to a freezer and blender.**
Just take your ziploc bags in and freeze until you are ready for a super convenient and healthy snack or meal. If not, consider investing in a nutribullet which you can store at work.

What you will need

1. [Blender or nutribullet](#)
2. [Ziploc bags](#) to pre-prepare smoothie bags for super convenience
3. [Mason jars](#) for a healthy meal on the go~!
4. [Fruit & other ingredients](#) - see details below.

If you prefer the convenience of shopping online, [use this link](#) to see the brands and products we recommend.