NON-STARCHY VEGGIES
At Least 4 BIG Handfuls Per Smoothie

Spinach
- Reduces signs of aging
- Promotes weight loss
- Improves blood pressure
- Strengthens bones & muscles
- Helps prevent arterial plaque that causes heart attacks and cardiovascular disease
- Boosts memory and reduces risk of Alzheimer’s disease
- Lowers cancer risk

Romaine Lettuce
- Lowers “bad” cholesterol
- Rich in essential vitamins, minerals, and phytonutrients
- Helps prevent osteoporosis
- Reduces cancer risk
- Helps reverse hypertension
- Improves brain function, focus, mood, and memory
- Boosts energy and endurance
- Heals your ‘leaky gut’

Kale
- Provides more nutrients than almost any other food
- Speeds weight loss
- Cuts cravings for sweets
- Reduces cancer risk
- Improves cholesterol levels
- Helps reverse causes of cardiovascular disease
- Boosts blood sugar regulation
- Improves vision
- Suppresses appetite

Mixed Greens
- Boost the immune system
- Combats inflammation
- Drops heart disease risk
- Improves metabolic functions
- Increases bone strength
- Assists in weight loss
- Lowers blood pressure
- Reduces fevers
- Promotes vibrant skin
- Staves of dementia
- Boosts digestive health

Chard
- Improves blood sugar levels
- Helps prevents cancer
- Improves digestion
- Boost the immune system
- Helps reduces fevers
- Combats inflammation
- Lowers blood pressure
- Drops heart disease risk
- Increases bone strength
- Improves memory and focus

Arugula
- Lowers risk of cancer
- Strengthens bones
- Helps improve vision
- Reduces risk of heart attack
- Improves cholesterol levels
- Reduces skin blemishes
- Helps prevent dementia
- Improves metabolic functions
- Boosts weight loss
- Increases mineral absorption
Nutrient-Dense Proteins

About 30 Grams of Protein Per Meal Replacement Smoothie

Clean Whey Protein Concentrate
- Proven to help burn fat and cut cravings more than other sources of protein
- World’s most bioavailable protein and 100% junk free
- Over 80% protein
- Boosts your immune system, metabolism, and energy
- Gives you a toned look fast while reversing signs of aging

Pasteurized Liquid Egg Whites
- Over 80% protein
- Zero sugar or additives
- Convenient and simple
- Highly bioavailable
- Supports muscle and bone health naturally
- Versatile in the kitchen
- Blends well and cooks well

Unflavored Greek Yogurt
- Over 65% protein
- Provides a creamy texture
- Rich in digestion boosting healthy bacteria
- Versatile in the kitchen
- No added sugars
- No artificial flavorings

Clean Non-GMO Pea Protein Isolate
- 100% plant-based & junk-free
- Over 80% protein
- Zero sugar or additives
- Boosts liver, skin, joint, bone, and muscle health
- Support healthy weight loss
- Rich in amino acids
SANE Sweeteners

1/2 Cup Low-Fructose Fruit + Erythritol as Needed

**Oranges**
- Low in sugar
- Excellent source of vitamin C
- High in fiber
- Good source of vitamin B1
- Provides essential folate, copper, and potassium.
- Delicious!

**Strawberries**
- Very low in sugar
- Good source of manganese and vitamin C
- Provides essential copper, biotin, and vitamin B6
- Good source of fiber
- Scrumptious!

**Blueberries**
- Low in sugar
- High in antioxidants and phytonutrients
- Good source of fiber
- Provides essential potassium, folate, vitamin C and B6
- Yummy!

**Natural No-Calorie Sugar Substitute Erythritol**
- 100% Natural
- Zero calories
- No negative hormonal impact
- Diabetic friendly
- Doesn't promote tooth decay
- Clean sweet taste!
Superfoods

Garden In My Glass
1 TBSP per 8oz. of smoothie
Importance: High
- Reduces the inflammation that causes weight gain
- Boosts mood and energy
- Reduces junk food cravings
- Helps improve focus, memory, and mental clarity
- Improves digestion & regularity
- Boosts thyroid function

Clean Whey Protein
4 TBSP per smoothie
Importance: ESSENTIAL
- Clinically proven to help burn fat and cut cravings
- 100% junk free
- Boosts your immune system and fights off disease!
- Helps you get a toned look fast
- Helps to heal your “leaky gut”
- Promotes good gut bacteria

Slimming Sugar Substitute Erythritol
As needed per smoothie
Importance: Medium
- Natural taste like regular sugar without the negative effects
- Does not promote tooth decay
- Zero calories
- Safe for people with diabetes (0 on the glycemic scale)
- Protects blood vessels from oxidative stress

Raw Organic Heirloom Criollo Cacao Powder
As needed per smoothie
Importance: Medium
- Reduces the risk of heart attack, stroke, high blood pressure, cancer, Alzheimer’s, dementia, diabetes, and cardiovascular disease
- Contains more antioxidants, polyphenols and flavanols than blueberries and Acai berries

Beet Root Powder
1 TBSP per 8oz. of smoothie
Importance: High
- Naturally and safely detoxifies and cleanses all day
- Improves cardiovascular and heart health
- Boosts immune system
- Improves blood pressure
- Rich in rare nutrients

Coconut Flour
As needed per smoothie
Importance: Medium
- Speeds weight loss
- High in fiber & gluten free
- Low in carbs
- Improves regularity
- Great option for diabetics and pre-diabetics
- Improves gut health
Kale Leaf Powder
1 TBSP per 8oz. of smoothie
Importance: Medium
- Improves cholesterol levels
- Rich in antioxidants
- Reduces cancer risk
- Improves heart health
- Boosts digestion
- Reduces inflammation
- Rich in immune system boosting flavonoids

Organic Green Tea Smoothie Enhancer
1 TSP per smoothie
Importance: High
- Reduces cancer risk
- Drops heart disease risk
- Improves cholesterol
- Helps burn belly fat
- Improves cardiovascular health
- Improves mood, focus, memory, and energy

Thyroid Optimizing Kelp
1/3 TSP per smoothie
Importance: Medium
- Ideal source of iodine
- Boosts thyroid health
- Naturally and safely cleanses and detoxifies all day
- Improves circulation
- Normalizes cholesterol
- Reduces inflammation
- Helps with weight loss

Raw Organic Cassia Cinnamon Powder
1/3 TSP per smoothie
Importance: High
- Reduces diabetes risk
- Improves cholesterol
- Enhances digestion and regularity naturally
- Supports mental focus
- Helps improve mood
- Reduces arthritis pain

Raw Unsweetened Coconut Milk Powder
As needed per smoothie
Importance: Medium
- Boosts metabolism
- Assists with weight loss
- Enhances the absorption of essential nutrients
- Increases energy
- Improves skin, nails, and hair

Raw Unsweetened Shredded Coconut
As needed per smoothie
Importance: Medium
- Boosts immune function
- Promotes lasting weight loss
- Improves focus and memory
- Provides all-day energy
- Ideal for diabetics
- Cuts cravings
Taste Turbochargers

**Raw Undistilled Apple Cider Vinegar**

1/2 TSP per handful of greens
- Improve the taste of green smoothies without sugar
- Reduces diabetes risk
- Improves insulin sensitivity
- Reduces appetite
- Helps burn belly fat
- Improves triglycerides

**Lemons**

1/4 lemon per handful of greens
- Improves the taste of green smoothies with less than one gram of sugar
- Boosts energy
- Improves immunity
- Detoxifies and cleanses
- Aids in digestion
- Reduces cancer risk

**Guar Gum**

1/8 TSP per 8oz. of smoothie
- Enhances smoothie texture
- Curbs cravings
- Reduces appetite
- Heals the gut
- Improves blood sugar
- Reduces brain inflammation

**Raw Organic Cassia Cinnamon Powder**

1/8 TSP per handful of greens
- Improves smoothie taste
- Reduces insulin resistance
- Lowers blood sugar
- Improves cholesterol
- Reduces Alzheimer’s risk

**Unflavored Gelatin**

1/2 TSP per 8oz. of smoothie
- Improves smoothie texture
- Fills you up
- Cuts cravings
- Makes your skin glow
- Reduces joint pain
- Heals your gut
Optimal Whole-Food Fats
1/4 Cup Per Meal Replacement or Dessert Smoothie

**Unsweetened Organic Shredded Coconut**
- Increases weight loss
- Improves absorption of essential nutrients
- Provides smooth energy
- Boosts focus, memory, alertness, and mental clarity
- Improves digestion & regularity
- Promotes healthy gut bacteria

**Raw Undutched Criollo Cocoa Powder**
- Improves mood quickly
- Cuts cravings for sweets
- Reduces cancer risk
- Suppresses appetite
- Decreases inflammation
- Boosts energy and focus
- Improves digestive health
- Drops heart attack risk

**Organic Chia Seeds**
- Reduces appetite
- Improves regularity
- Boosts cardiovascular health
- Enhances brain function
- Improves cholesterol
- Increases energy
- Lowers heart attack risk
- Reduces cancer risk

**Organic Flax Seeds**
- Improves cholesterol
- Enhances brain function
- Promotes a positive mood
- Lowers heart attack risk
- Boosts cardiovascular health
- Reduces cancer risk
- Increases energy
- Helps to heal ‘leaky gut’

**Avocados**
- Improves smoothie texture
- Balances cholesterol levels
- Provides all-day energy
- Reduces inflammation
- Promotes healthy gut bacteria
- Drops cardiovascular and Alzheimer’s disease risk