

99 WEIGHT LOSS SMOOTHIES

99 DELICIOUS GREEN

SMOOTHIE RECIPES



The most hormonally healing, low-sugar, belly-fat-burning, and energy boosting green smoothies ever created.

SANE CERTIFIED RECIPE COLLECTION

GET STARTED WITH YOUR FAT-BLASTING WEIGHT LOSS SMOOTHIES

The SANECertified™ green smoothies you are about to enjoy are radically different from the sugar saturated “healthy” smoothies you will find on grocery store shelves and served to you at smoothie chains. While those smoothies can contain as much sugar as three cans of Coke, your SANECertified™ green smoothies contain about as much sugar as a cup of fresh blueberries. They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMO ingredients, and are 100% kid-approved and family friendly. In short, your SANECertified™ green smoothies are the single most effective and safest beverage you and your family could ever enjoy. Simply by adding one to three of these smoothies to your family’s daily routine, within one week you can:

- Lose weight
- Reverse aging
- Control diabetes
- End overeating
- Boost your ability to concentrate
- Improve heart health
- Lower risk of heart disease
- Enhance athletic performance
- Develop lean muscle
- Reduce risk of Alzheimer’s disease
- Boost Mood
- Reduce hunger
- Reduce risk of cancer
- Curb cravings
- Get sick less often
- Sleep better and feel more rested
- Reduce anxiety
- Improve cholesterol and blood pressure
- Enhance bone density
- Boost fertility
- Reduce signs of acne and eczema
- Reduce chronic pain
- Clear away cellulite
- Increase energy
- Boost confidence
- Improve complexion
- Enhance strength and fitness
- Improve libido
- Increase insulin sensitivity
- Improve hormone levels
- Increase regularity
- Enjoy relief from IBS and migraines
- Speed-up metabolism

THE TOP TWO WAYS TO USE SANE SMOOTHIES TO BURN MORE FAT

#1 – THE SANE "ALL VEGGIE" SMOOTHIE

Goal: Easily increase your veggie intake.

Since the goal of these smoothies is only to increase your veggie intake, be sure to exclude any protein and healthy fats in the smoothie's ingredients list. These "all veggie" smoothies are the perfect way to add veggies to a meal which already contains protein and fat.

For example, drink one of these smoothies along with an egg (healthy fat) and egg white (protein) scramble to ensure your breakfast is a Complete SANE Meal (veggies, protein, and fat).

This is probably my favorite way to easily up the intake of green vegetables at any meal. Remember, the one thing that all doctors and weight loss experts agree on is that getting more vegetables into your diet is the first step to losing weight and keeping it off.

In fact, exciting research from the journal of nutrition and diabetes has found that increased consumption of vegetables was directly connected to increased weight and fat loss.¹

Also, these "all veggie" smoothies can be enjoyed throughout the day to help you easily increase your veggie intake to support and accelerate your fat burning.

#2 – THE SANE "MEAL REPLACEMENT" SMOOTHIE

Goal: Quickly prepare a convenient fat-burning meal.

Complete SANE smoothie meals are perfect for busy folks who want to burn fat without spending hours in the kitchen.

¹ Whigham LD, Valentine AR, Johnson LK, Zhang Z, Atkinson RL, Tanumihardjo SA. Increased vegetable and fruit consumption during weight loss effort correlates with increased weight and fat loss. *Nutr Diabetes*. 2012;2:e48. doi:10.1038/nutd.2012.22.

Simply replace any meal with these complete smoothies and not only will you be igniting your metabolism, you will also save time and money. Who doesn't love that!

Since these smoothies serve as your entire meal, they should contain 2-5 servings of Non-Starchy Veggies, 1-2 servings of Nutrient-Dense Protein, and (if needed) 1-2 servings of Whole-Food Fats.

The most delicious and effective way to add Whole-Food Fats to any smoothie is to add a serving of unsweetened shredded coconut or avocado, and then to blend as usual.

PREFACE

Welcome to the SANE family! Jonathan Bailor here and I want to thank you again for taking time out of your hectic schedule to ensure that **your dinner table is for savoring and smiles, not self-criticism and calorie math**. Eating should be a source of joy and wellness, not shame and sickness. I sincerely hope that our time together will open your eyes to how easy it can be to reach your weight and fitness goals once you break free from the confusing and conflicting outdated theories and lies that have trapped you for so long.

If you only take one thing away from this book let it be this: **Any weight problem you may be experiencing is not your fault!** I know that may sound trite, but it's true. How can you be expected to lose those annoying pounds when all you've been given is outdated science and methods from the 1960's that are proven to NOT work.

My mission is to not only reshape your body, it's to reshape the way you think about weight loss. What that means is I will be here with you every step of the way to provide all the support and tools you need to finally reach your weight loss goals. Whether you need to lose a few extra pounds around your belly, are looking for a complete body transformation, want all-day energy, or just want to make sense of all the confusing and conflicting health information out there once and for all, **you are finally in the right place!**

TIP: Be sure to add service@SANESolution.com to your email safe senders list/address book. This ensures you get all your upcoming SANE bonus recipes, tools, and how-to videos.

So if you are ready to stop counting calories... Ready to stop killing yourself with exercise you hate... **Ready to end your struggle with weight... and are tired of being hungry and tired**...this is your chance. It's time to get off the dieting roller-coaster once and for all. Are you ready?

I urge you to **make a commitment to yourself to continue this journey**. You are worth it. After all, you took action to get this book so that means you are ready and willing to step up and make positive changes. If you follow the simple and scientifically backed principles we teach, I promise you will lose weight...and keep it off for good.

You are part of the SANE family now and I am so excited to have you here as we bust the myths that have been holding you back... perhaps for years. Remember this...now is your time, and these are your proven tools for lasting weight loss success. Welcome home.

Can't wait to meet you at SANESolution.com,

A blue, handwritten signature that appears to be 'JB' or similar initials, written in a cursive style.

Jonathan Bailor

New York Times Bestselling Author, SANE Founder, and soon...your personal weight-loss coach

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Improve Your Weight Loss, Energy, Mood, and Digestion In Just 17 Second A Day!



0g Sugar



100% Plant-Based



Gluten Free



No GMO's



No Dairy



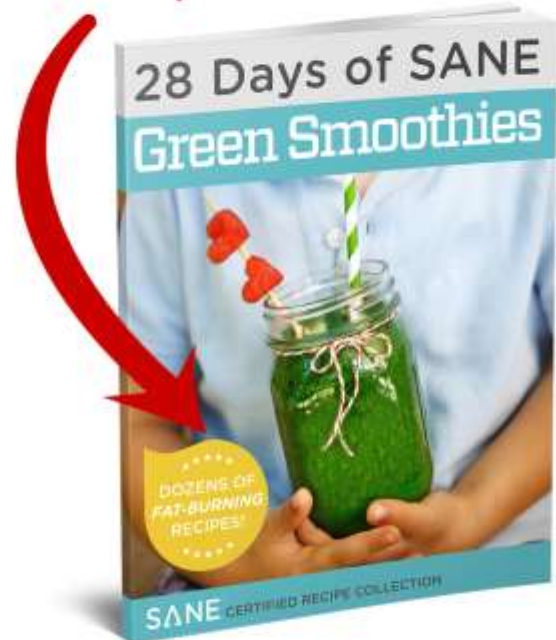
No Soy



Introducing *Garden In My Glass*. The quickest, easiest, and most affordable way to get your family eating their fruits and veggies...and loving it!

When you order today you will also receive our wildly popular '28 Days Of Green Smoothies' recipe collection.

Plus, Get A Green Smoothie Recipe Book for FREE!



LEARN MORE AT: GardenInMyGlass.com



SANECERTIFIED GREEN SMOOTHIE RECIPES



DISCOURAGE DIABETES DELICIOUSLY

To enjoy the best smoothies and health possible, start this habit:

Habit: For every handful of green veggies added to a smoothie, add half a teaspoon of raw, undistilled, unfiltered apple cider vinegar.

In addition to transforming the taste of the leafy greens, this specific form of vinegar will help your body digest the veggies so you don't have to worry about any bloating or gas. The only catch is that **not just any vinegar will work**. You must use raw, undistilled, unfiltered apple cider vinegar (ACV). [I get mine on Amazon](#), and it's also in the "healthy" section of most grocery stores. It is not generally shelved by the other vinegars.

Fast Facts: ACV, Diabetes, Weight, and You

Studies suggest that the habit of adding ACV to your green smoothies can:

- ✓ Improve insulin sensitivity by up to 19-34% when eating a high-carb meal while significantly lowering blood glucose and insulin responses.
- ✓ Reduce blood sugar by up to 34% when eating bread.
- ✓ Increase insulin sensitivity and lower blood sugar responses all day.
- ✓ Help you to unconsciously avoid overeating (up to 275 calories daily).
- ✓ Correlate with reduced belly fat, slimmer waist circumference, lower blood triglycerides and weight loss.

Better taste, digestion, blood sugar, heart health, and weight loss... **keep that teaspoon handy** because adding this to your green smoothies is a belly-fat-blasting no-brainer!



INSIDER SECRET: BLEND LIKE A PROFESSIONAL

The difference between a convention blender and a Vitamix (what professionals use) is like the difference between a car and an airplane: *One is much faster, and more importantly, gets you places the other just can't.*

If you plan on making smoothies a daily habit, then you need to treat yourself to a Vitamix. I'm not here to be a salesperson, so let me just say that I've used my Vitamix every day at home for the past 10 years and I love it. It's not a blender. It's a Vitamix, and you will see, taste, hear, and feel the difference.

Because these are professional machines, you may have seen them with a steep \$700 price tag. You deserve better, so here's what I did... we worked with Vitamix on a deal where you can get the same model I use for around [\\$299 with free shipping](#) and a no-strings 5-year warranty. That's less than \$60 per year...shipped free of charge. To put what we've done for you here in perspective, the "special deal" Costco offered last week was a Vitamix for \$499.

Is \$299 still a lot of money? Yes. Is your health worth \$299? No. It's worth more. If you could wave a magic wand and make eating a lot of veggies fast, easy, and tasty, would you do it? I would. And I consider my Vitamix my magic wand.

Invest in yourself. If it doesn't work out, call Vitamix at 800.848.2649 and they'll make it work out. You can redeem this [special SANE deal here](#).



BLACKBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLACKBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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BLACKBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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BLUEBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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BLUEBERRY RASPBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY RASPBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY RASPBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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BLUEBERRY RASPBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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BLUEBERRY RASPBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

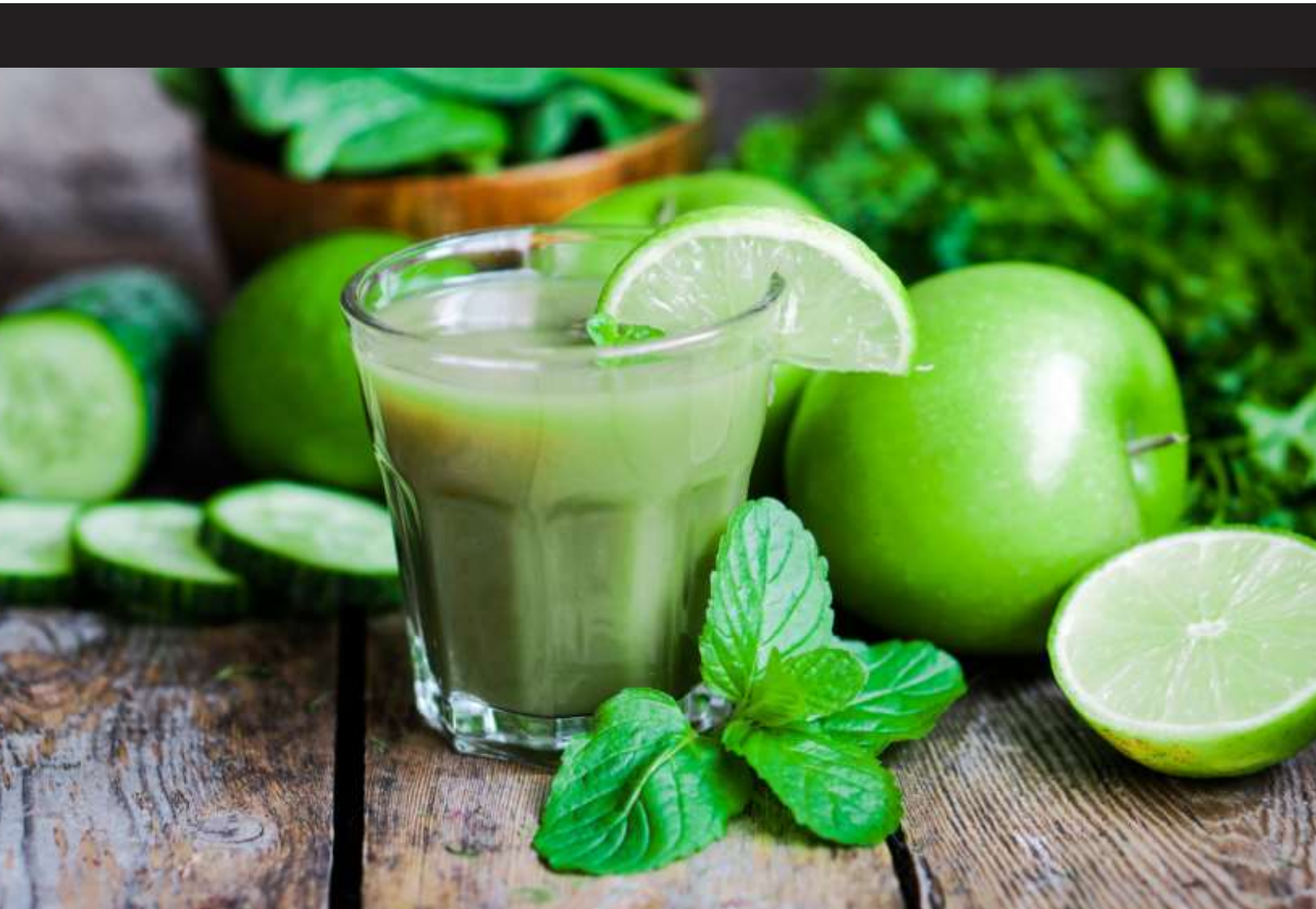
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

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*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY CRANBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY CRANBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY CRANBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY CRANBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY CRANBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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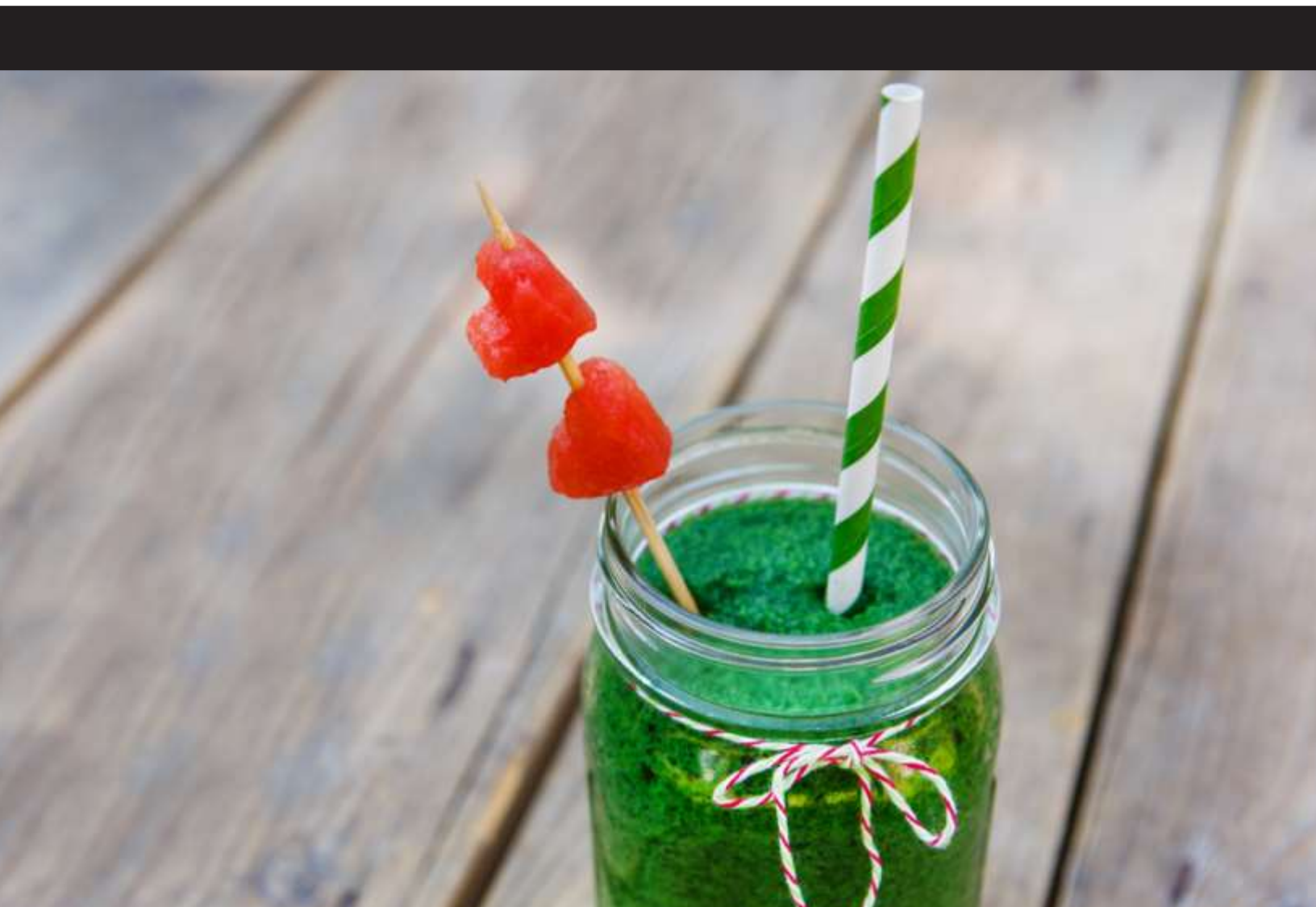
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CHERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY BLUEBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY BLUEBERRY DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY BLUEBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY GRAPEFRUIT BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY GRAPEFRUIT DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY GRAPEFRUIT ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY GRAPEFRUIT SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY ORANGE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY ORANGE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY ORANGE ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY PEACH BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY PEACH DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY PEACH GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY PEACH SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY PEACH WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY STRAWBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY STRAWBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY STRAWBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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GRAPEFRUIT BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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GRAPEFRUIT GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

MIXED BERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Mixed Berries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

MIXED BERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Mixed Berries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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NECTARINE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

NECTARINE CRANBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE CRANBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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NECTARINE CRANBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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NECTARINE DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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NECTARINE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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NECTARINE ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

ORANGE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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ORANGE SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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ORANGE WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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PEACH BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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PEACH DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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PEACH ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

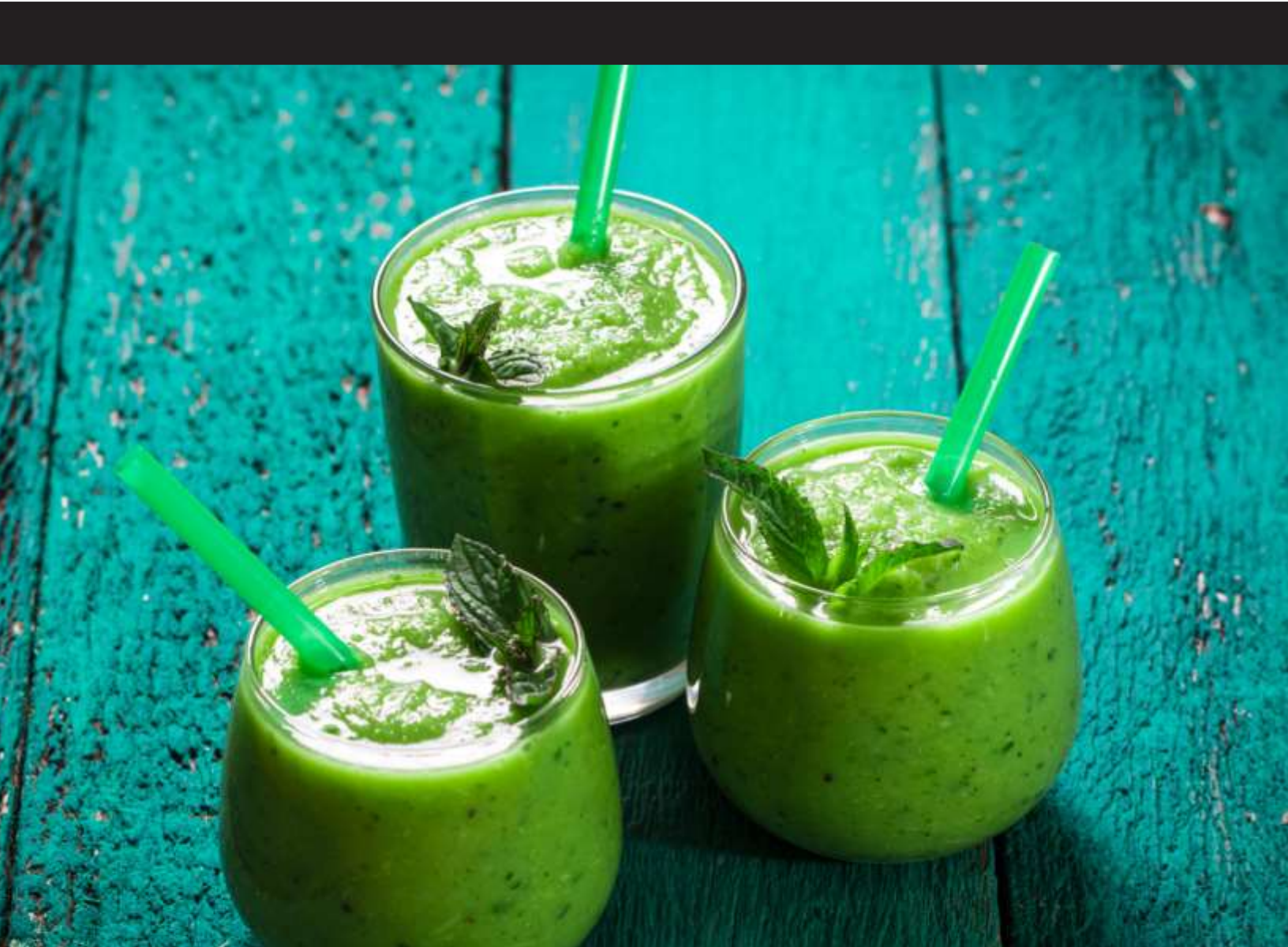
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH GRAPEFRUIT DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH GRAPEFRUIT GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH GRAPEFRUIT MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH GRAPEFRUIT WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH NECTARINE DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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PEACH NECTARINE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Nectarine Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH ORANGE BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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PEACH ORANGE BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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PEACH ORANGE SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH STRAWBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH STRAWBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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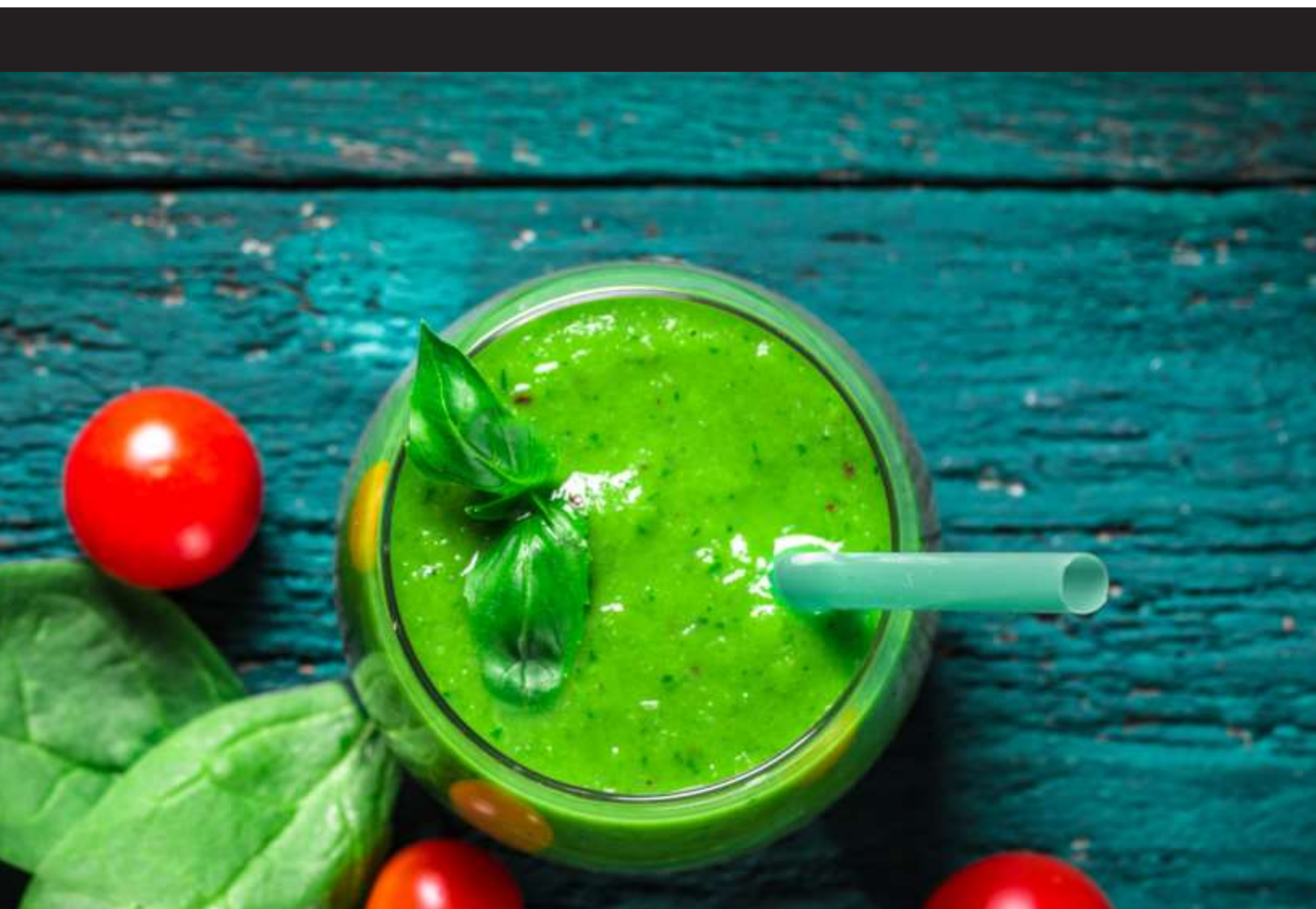
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PEACH WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY CRANBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY CRANBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY CRANBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

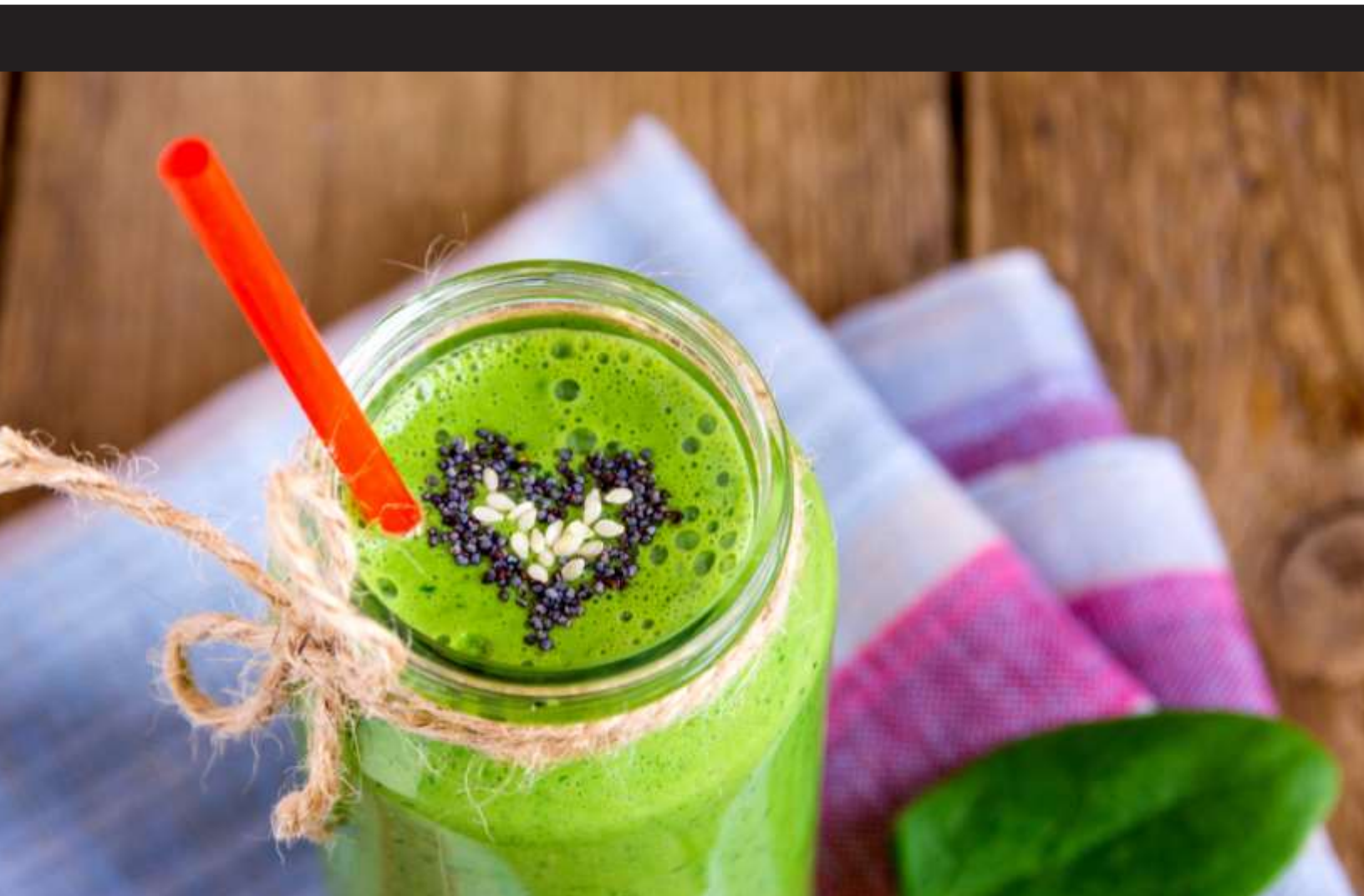
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RASPBERRY ORANGE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY ORANGE GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

RASPBERRY ORANGE MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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RASPBERRY ORANGE WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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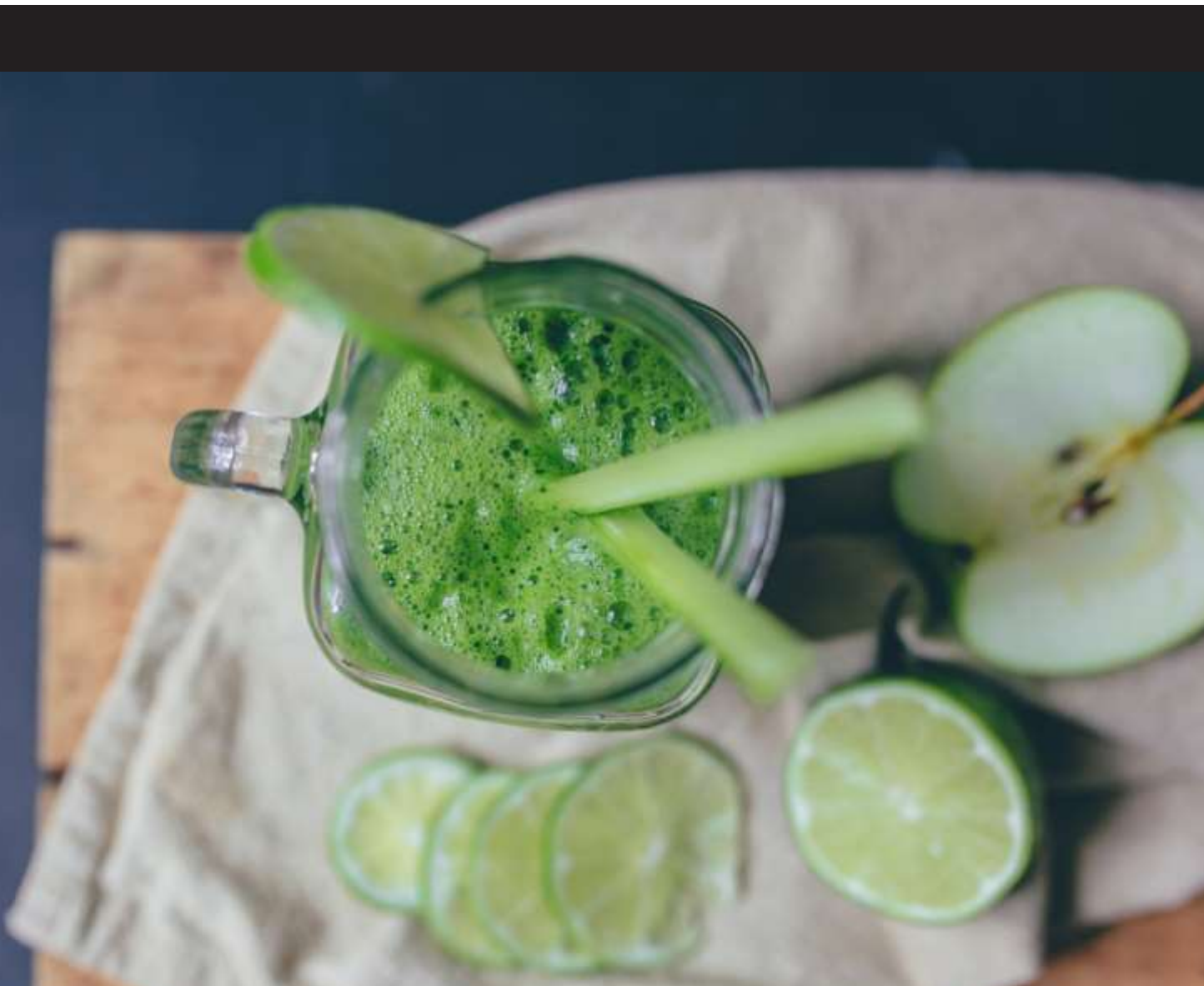
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RASPBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY BLUEBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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STRAWBERRY BLUEBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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STRAWBERRY BLUEBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
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DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY BLUEBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
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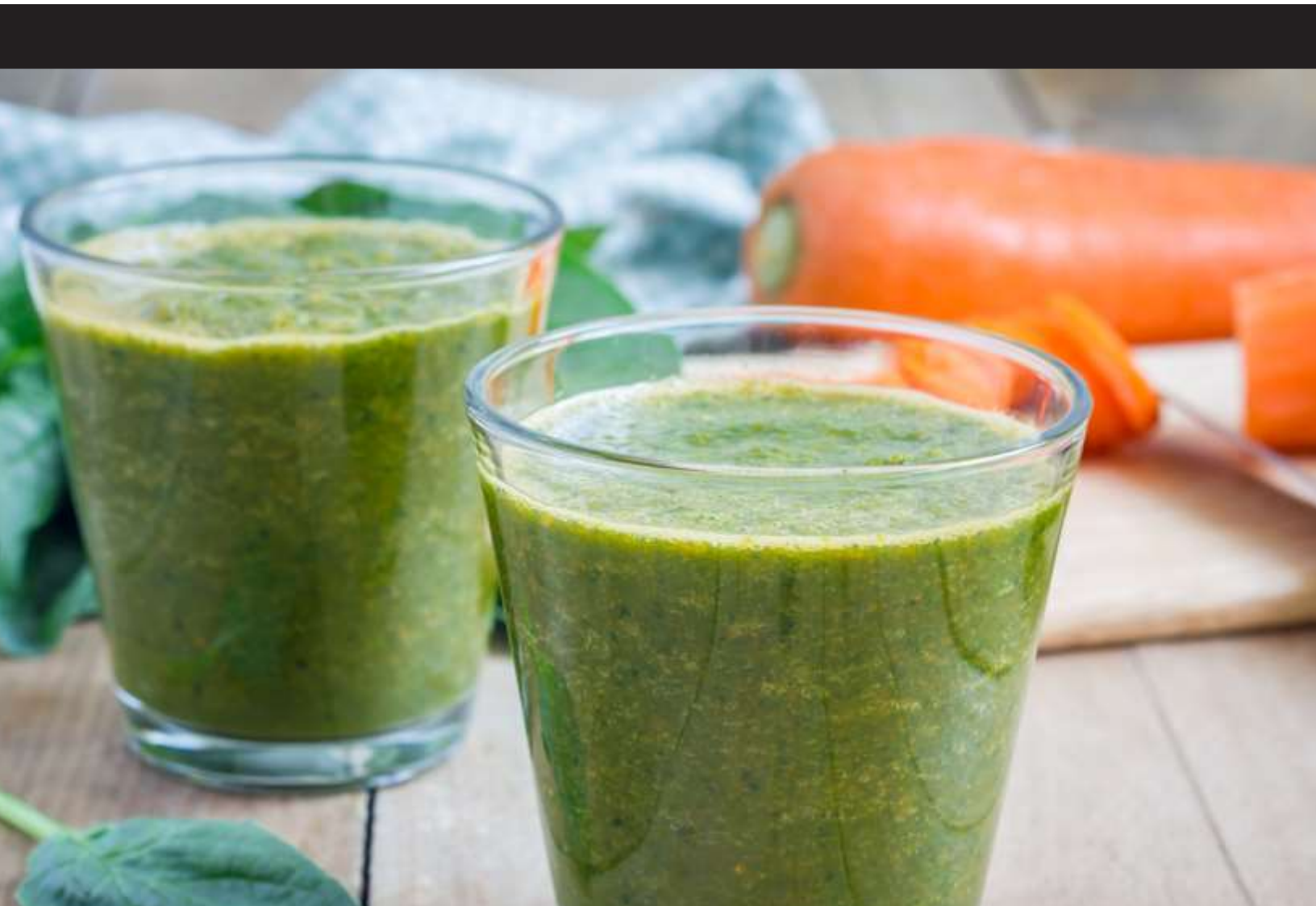
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STRAWBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY GRAPEFRUIT BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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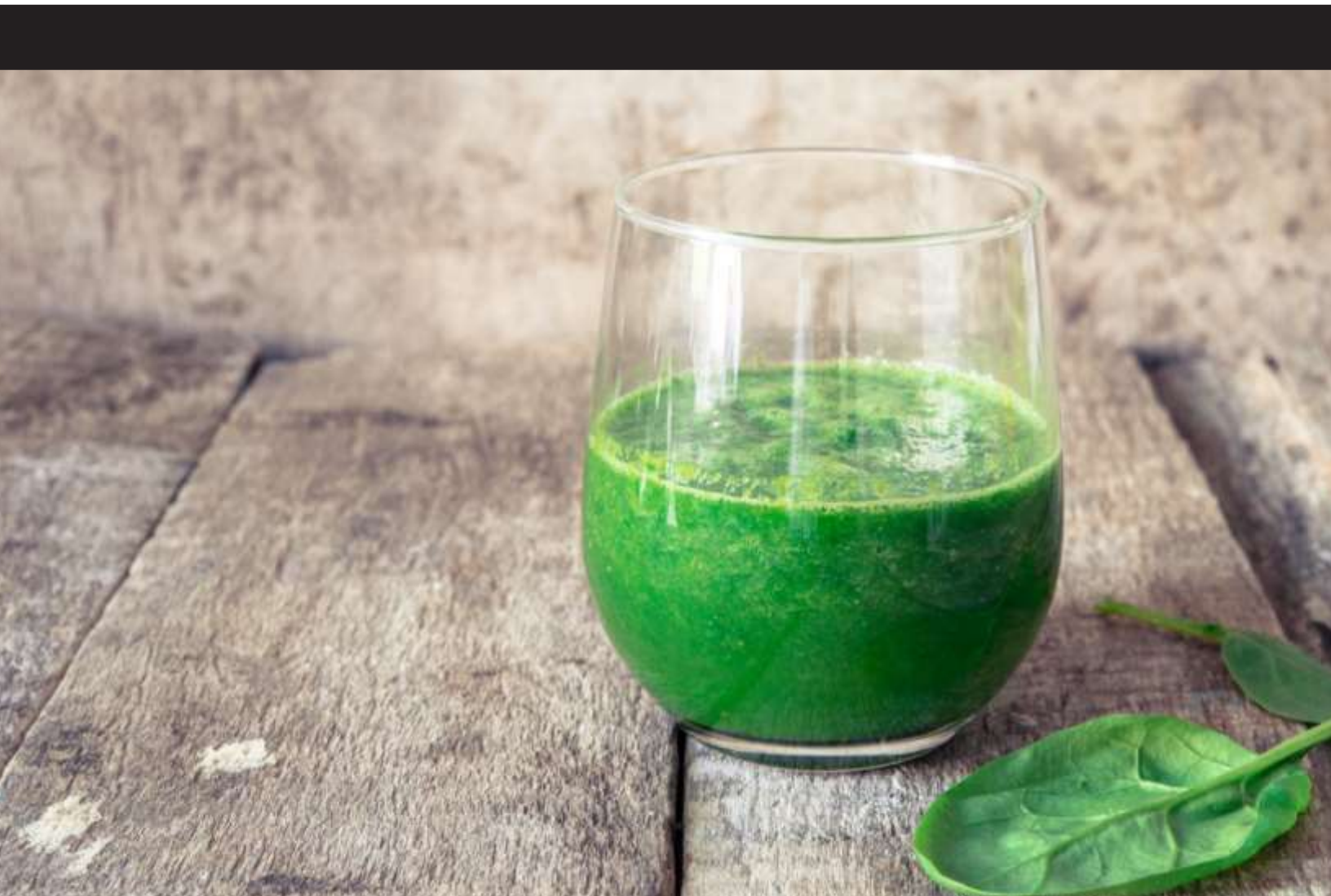
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STRAWBERRY GRAPEFRUIT MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
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DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY ORANGE BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY ORANGE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

STRAWBERRY ORANGE ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

STRAWBERRY ORANGE WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

STRAWBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

SO MUCH TO LOOK FORWARD TO...

SANE eating is a lifelong, enjoyable, sustainable, simple, and delicious way of eating. It is not a repackaging of the unsustainable calorie counting diets that failed you.

I know you understand this already—otherwise you wouldn't be here—but please keep in mind that since SANE isn't a calorie counting diet, you will not suffer through the same calorie counting tools and resources that failed you in the past. For example, memorizing endless food lists and following unrealistic minute-by-minute meal plans aren't just a pain—they cannot work in the real world, and they cannot work long term.

Life is crazy. Things happen. And heck, people have different tastes in food, so while minute-by-minute “eat exactly this right now no matter what” endless lists might make for good reality TV, if they worked in the real world, you would have already met your goals. To get a different result (long-term fat loss and robust health), you **MUST** take a different approach. That's what you will find here.

If you approach your new SANE life calmly, gradually, and with the next 30 years in mind rather than the next 30 days, you will learn the underlying principles that enable you to make the SANE choices easily—forever.

Think of your new approach as the difference between memorizing the sum of every possible combination of numbers versus learning the underlying principles of how addition works. Once you understand addition, lists and memorization aren't necessary as you know what to do with any combination of numbers—forever.

The same thing applies with food. Once you understand the new science of SANE eating, you will know exactly what to eat (and what to avoid) everywhere you go—forever—without any lists or any memorization.

This new approach changes everything and will forever free you from all the confusing and conflicting weight-loss information you've been told. So please allow me to congratulate you on coming to the life-changing realization that to get different results than you've gotten in the past, you must take a different approach than you used in the past!

The great news is that when you combine a calm, gradual, long-term, and progress vs. perfection mindset with your scientifically proven SANE tools, program, and coaching, you are guaranteed to burn belly fat, boost energy, and enjoy an unstoppable sense of self-confidence!

Your new SANE lifestyle has helped over 100,000 people in over 37 countries burn fat and boost health *long-term*....and it will do the same for you if you let it and trust it. Thank you for taking the road less travelled...it will make all the difference!

SANEly and Gratefully,



Jonathan Bailor

New York Times Bestselling Author, SANE Founder, and soon...your personal weight-loss coach

Improve Your Weight Loss, Energy, Mood, and Digestion In Just 17 Second A Day!



0g Sugar



100% Plant-Based



Gluten Free



No GMO's



No Dairy



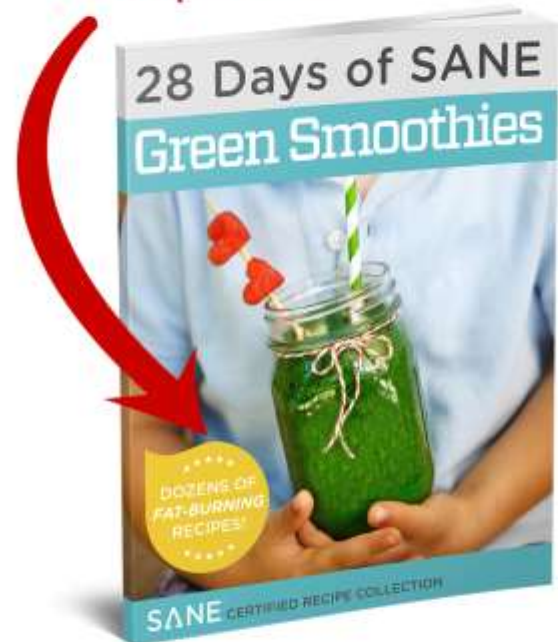
No Soy



Introducing *Garden In My Glass*. The quickest, easiest, and most affordable way to get your family eating their fruits and veggies...and loving it!

When you order today you will also receive our wildly popular '28 Days Of Green Smoothies' recipe collection.

Plus, Get A Green Smoothie Recipe Book for FREE!



LEARN MORE AT: GardenInMyGlass.com

