

RECIPES



NUTRIBLAST

PHASE 1

Toxin Cleansing Blast

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored pear
- 1 banana
- 1 cored apple
- 1 cup of pineapple
- water

PHASE 2

Energy Elixir

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick me up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup of walnuts
- water

PHASE 3

Life Boost Blast

Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handful of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- 1/8 cup flax seeds
- 1/8 cup of goji berries
- water

The Immune Booster

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries
- water

Nature's Candy

Balance hormones by way of this fantastic tasting treat.

- 2 cups butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup blueberries
- 1 banana
- 1/4 cup maca powder
- water

Free Radical Fighter

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls Swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup blackberries
- 1 fig
- 1/2 cup blueberries
- 1/8 cup flax seeds
- water

