

Rinse and Repeat Smoothies

Liquid Base

1 c. almond, coconut, hemp, cashew milk, plain grass fed cow, sheep, goat yogurt or kefir

Small amount of fruit or assortment of fruit

(1/2 c)

any berry, pear or stone fruit, greenish banana half

Green (optional)

1 c. kale, watercress, romaine etc.

Protein (optional)

Grass fed whey, collagen protein, hemp or pea protein 1 serving or 2 raw eggs

Fat

1 heaping tablespoon MCT oil, coconut manna, nut or seed butter, 1/3 avocado

Fiber (optional)

2 tsp. chia or hemp or ground flax or fiber supplement

Optional Add in Superfoods!

Cacao powder or nibs (Bitter, but so good for you – cacao helps increase blood flow, lower bad cholesterol levels while raising levels of the good type, lower blood pressure, regulate blood sugar, and improve brain function, vision, and mood)

Goji berries (Have some interesting compounds not found in many other foods. A class of oils called sesquiterpenoids that is found in goji berries boost the production of human growth hormone, which produces anti-aging effects)

Acai or Maqui Berries (Have tons of fiber, proteins, trace minerals, and monounsaturated fats. They have been shown promising in preventing atherosclerosis, lowering cholesterol, and killing cancer cells)

Spirulina (Helps allergy symptoms because it blocks histamine production. It can also improve the functioning of your immune system and help bring relief to people suffering from autoimmune disorders. Spirulina also acts like a sponge for toxins and can remove heavy metals from the body)

Bee Pollen (Nice source of protein, vitamins, and minerals. It has been used to treat asthma, indigestion, anemia, acne, arthritis, and fatigue)

Maca (Can help improve energy and mood, lower stress, and to increase sexual function and fertility)

Camu-camu (Brazilian super-fruit that actually has anti-viral properties that can help with cold sores, herpes, shingles, and the common cold)