

Clean Juice SMOOTHIES



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Ingredients

- CHOOSE HEMP OR WHEY PROTEIN
- ALMOND BUTTER
- ALMOND MILK
- 1/2 BANANA
- SPINACH
- DATE
- CHIA OR FLAX SEEDS

SUPERFOOD ADD-IN'S (PICK ONE OR TWO \$1 EACH):

CINNAMON-(METABOLISM BOOSTER/BLOOD SUGAR REGULATOR)

CAMU CAMU (HIGH IN VITAMIN C)

TURMERIC (INFLAMMATION FIGHTER)

SPIRULINA (HIGH IN ANTIOXIDANTS/DETOXIFYING)

RAW CACAO NIBS-(HIGH IN MINERALS) ADD FOR CRUNCH

THE FUNDAMENTALS GREEN ONE



This Meal Smoothie is high in Fiber, healthy fat and protein to replenish and fuel your body.

Ingredients

- CHOOSE HEMP OR WHEY PROTEIN
- COCONUT OIL (OR) ALMOND BUTTER
- ALMOND MILK
- SPINACH
- BLUEBERRIES
- DATE
- VANILLA

SUPERFOOD ADD-IN'S (PICK ONE OR TWO \$1 EACH):

CINNAMON-(METABOLISM BOOSTER/BLOOD SUGAR REGULATOR)

CAMU CAMU (HIGH IN VITAMIN C)

MACA (HORMONAL BALANCE/ENERGY)

SPIRULINA (HIGH IN ANTIOXIDANTS/DETOXIFYING)

RAW CACAO NIBS-(HIGH IN MINERALS) ADD FOR CRUNCH

THE FUNDAMENTALS YOUTHFUL ONE



This Meal Smoothie is high in Antioxidants and healthy fats to support youthful aging.

Super Food List

Cacao-(High in Flavonoids, lower blood pressure,

Cacao Nibs-(High Minerals including Magnesium & Zinc)

Camu Camu-(Super High in Vitamin C)

Cayenne-(Vitamin A, lowers blood sugar, "activates" turmeric)

Chia Seeds-(High in Fiber, Omega 3 Fatty Acids, contain Protein)

Cinnamon-(Metabolism Booster, Blood Sugar Balancing)

Coconut Oil-(Saturated Fat, MCT's, Blood Sugar Balance)

Elderberry-(Boost Immune Support)

Goji Berry-(High Antioxidants, Boost Immune Health)

Hemp Seeds-(Complete Protein, All Essential Amino Acids)

Maca-(Libido, Hormonal Support, Energy, Endurance)

Matcha-(Cholesterol Balance, Caffeine, Energy, Antioxidants)

Pitaya-(Fiber, Blood Sugar Balancing, Immune Support)

Blue Spirulina-(Reduce Inflammation, Protein, Energy, Weight)

Turmeric-(Anti-Inflammatory, heart health, free radicals)