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clear your mind, and improve your overall health.

~~10 Day~~
Green Smoothie
CLEANSE



Smoothie Making Cheat Sheet – The Only Guide to Making Smoothies You Will Ever Need

You've read through the full ebook and now you have all the knowledge you could possibly need to get out there and start making smoothies. You know why they're so important, you know what nutrients to include and you have a ton of recipes ready to make.

What's left to do, is to start actually making them! And in case you lost that somewhere along the way, this cheat sheet will guide you through the steps...

Your Blender

First choose a blender. Choose one that is:

- Easy to clean
- Powerful enough to cut through skins and tough fruits
- Potentially has the ability to take the bottle with you

Choose the Fruits and Vegetables

Next, choose your ingredients. These will be based on your flavor preferences but more importantly, on your desired goal. Refer to the resource sheet to find which fruits you need.

Of course, it's fine to experiment! Once you've chosen the basic ingredients, you can also think about the liquid and the base.

Choose Your Liquid

The first thing to add to your smoothie is your liquid. This is what will keep your smoothie fluid and it is what will make it watery. The more liquid you add of course, the more watery it will be – so don't add too much unless you like them that way!

Examples include water, juice, milk or ice.

Choose Your Base

The base is what gives your smoothie it's consistency. A good choice will be something that makes your smoothie thick and creamy, while at the same time helping you to better digest and absorb the nutrients from the other fruits. Good examples include: avocado, banana, peach, pear, mango, yogurt.

Extras

A few extra things can be added to your smoothie, including:

Honey: This is a good natural sweetener with lots of health benefits.

Protein Shake: Great for building muscle, losing weight or skipping meals.

Oats: Good for thickening your shake and making it more filling.

Garnishes: Great for presentation!

Spices: These can give your smoothie a kick and are also a great option for thermogenic weightless smoothies.

Add it All In and Mix it Up

Add everything together into your blender and hit blend! Hold the lid down and leave it until it is a runny but thick texture.

Top Tips for Better Smoothie Making

- If you don't want to spend time peeling your smoothies and deseeding, then consider using tinned fruits
- You can also use purees for a blast of flavour and goodness!
- Don't forget to try green smoothies, for less sugar
- Only drink one smoothie a day that is high in sugar
- Consider freezing your fruits to make your smoothie cold and to make sure they last
- You can also bulk buy fruits from markets
- Or you can set up a regular home delivery to make sure you don't run out!
- Try 'prep and pick up' – make a big batch of smoothie and then you can grab a bottle each morning!