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*Green Drinks  
Guide*



## Recipes Included

Dr. Cabral Daily Greens Juice

Sweet Greens

Healthy Joints Green Juice

Natural Flu Shot & Cold Remedy

Shaken Greens Over Ice

Children's Green Juice

Glowing Skin Care Greens Drink

BONUS: All-Day Energy Greens (+Pre-Workout)



## Start Your Day with Green Energy

How do you start your day?

If you've ever listened to my podcast, The Cabral Concept, than you've probably heard me talk about my daily morning protocol -- something that I credit for providing me with unlimited energy and sharpness throughout the day.

Here is exactly what I do...

Upon waking, I drink an 8oz glass of spring water with 1 TBS of Daily Fruit & Vegetable Blend Powder which contains over 22 organic superfoods in each serving! I may also squeeze in some fresh lemon or lime. This is my foundation and helps me hydrate every cell in my body -- because remember, you haven't had anything to drink for at least 8 hours.

After that, I shower and get ready for my day, but before I leave the house, I make myself and my 2 girls a delicious smoothie using the Daily Nutritional Support Powder. For those exact recipes, please feel free to ask for a copy of our Wellness & Weight Loss Smoothie Guide.

I've experimented with over 100 morning routines and as a busy husband, dad, doctor and business owner, this is easily the best!

I hope you enjoy our organic greens drink recipes -- and I challenge you to try out my Daily Foundational Protocol for 21 days. I guarantee it will change your life, like it did mine.

Ayubowan!

A handwritten signature in black ink, appearing to read 'Stephen Cabral', written in a cursive, flowing style.

Stephen Cabral, BCN, IHP  
Doctor of Naturopathy  
Ayurvedic & Functional Medicine Practitioner  
CEO & Founder Equilibrium Nutrition

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D R . C A B R A L ' S

# Daily Greens

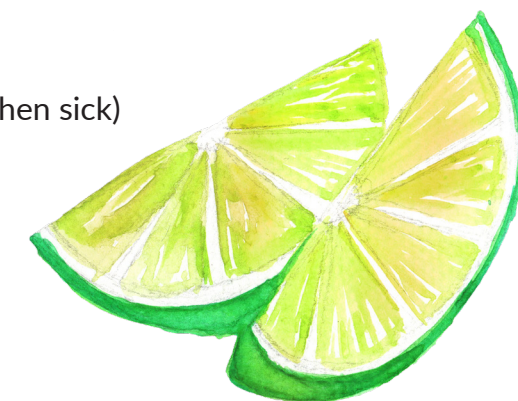
J U I C E

This is the exact foundation I use for essentially all my green's drink/juice recipes. I always add a fresh squeezed lemon or lime (or both!) along with a pinch of Himalayan sea salt for a natural "Gatorade" electrolyte energy formula. The lemon/lime adds potassium and the sea salt provides the sodium I need to stay balanced. I discovered this formula many years ago when training for Sprint Triathlon competitions... It worked and I've stuck with it ever since!

- 8oz water (filtered or spring)
- 1/2-1 squeezed lemon or lime
- Pinch of sea salt (Himalayan or real sea salt)
- 1/2 tsp raw local wildflower honey (sometimes I just eat it ;))
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)
- 2 scoops Daily Nutritional Support (multi/mineral+vegan protein)

#### OPTIONAL ADD-ONS

- 1/2 tsp Vitamin C powder (especially during winter or when sick)
- 1 tbsp flax or chia seeds







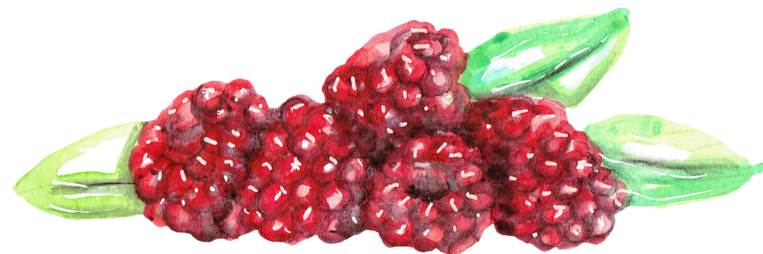
# Sweet Greens

I understand that taste is subjective, which is why I was very particular when creating my 22 organic fruit & vegetable blend powder. I knew it had to have a fairly neutral flavor so that “people & kids of all taste buds” could enjoy it and also create recipes of their own to make it taste great! Therefore, I chose an unflavored formula without any of the artificial sweeteners typically added to greens powders. This allows your greens drink to take on any flavor you add to it and for those that enjoy a sweeter taste check out the recipe below!

- 8oz water (filtered or spring)
- Stevia liquid drops or powder (tiny pinch for desired sweetness)
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

## OPTIONAL ADD-ONS

- 1/2 tsp raw local wildflower honey (my kids just eat a 1/2 tsp after drinking theirs)
- 3-4oz of your favorite healthy organic juice (pomegranate, cranberry, etc.)







# Healthy Joints Green Juice

An interesting commonality amongst people with joint pain is that they seem to have some form of calcification due to excess crystal, tissue damage or calcium build up. So by reducing the acidity of the cellular tissues using a highly alkaline greens drink like the recipe below, I have seen amazing results in just a few short weeks. If you or someone you care for is suffering from joint pain, I can't recommend my morning protocol enough!

- 8oz water (filtered or spring)
- 3-4oz of organic tart cherry juice
- 2 tbsp of Bragg's Apple Cider Vinegar
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

#### OPTIONAL ADD-ONS

- 1/2 tsp Bob's Red Mill Baking Soda (highly alkaline, aluminum-free, GF)
- Turmeric tea, powder or capsules





N A T U R A L

# Flu Shot Cold

R E M E D Y

Having 2 little girls and 2 busy practices I literally come into contact with viruses, bacteria, and microbes on a daily basis. In order to keep my body healthy and recover quickly if I do get sick, I use this "Natural Flu Shot & Cold Remedy." I discovered it a few years back and the results have been fantastic in terms of keeping my body strong all Winter long! (I also use it when traveling on airplanes)

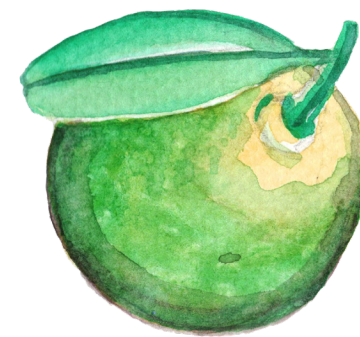
- 8oz water (filtered or spring)
- 1/2-1 squeezed lemon
- 2oz of Fire Cider (or make your own with cayenne, ginger, horseradish, garlic, ACV)
- 1/2 tsp raw local wildflower honey (spoon in mouth afterwards if desired)
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

#### OPTIONAL ADD-ONS

- 1/2 tsp Vitamin C powder
- 4oz fresh pressed or organic low-glycemic juice (pomegranate, cranberry, etc.)
- Use Adult Immunity Protocol & Children's Immune Protocol in addition to drink







# Shaken Greens Over Ice

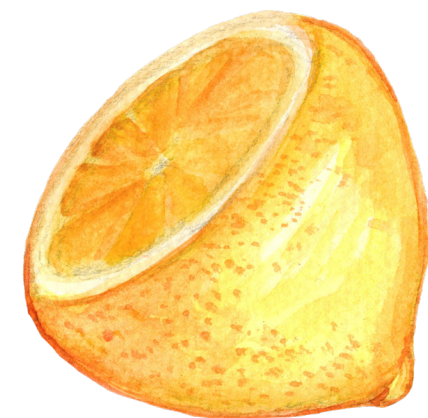
Sometimes simple is best! If it's hot out and you're looking for a cold and refreshing drink that is low calorie, low sugar, and will actually do your body good this is the recipe for you! The nice thing about the Daily Fruit & Vegetable blend organic greens powder is that it comes in a small bottle that's easy to keep at work or in your car when you're thirsty, but don't want just a water. At work, I often just find myself adding it to a water bottle, just shaking it up, and drinking it!

- Fill a mason jar or water bottle halfway with ice
- 8oz water (filtered or spring)
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

Cap water bottle/jar and shake vigorously for 30 seconds!

#### OPTIONAL ADD-ONS

- 1/2-1 squeezed lemon or lime
- Choose items from any other recipe





# Childrens Greens Juice



We all know how hard it can be to get our kids to eat their vegetables, but now there's an easier way! For my own children I add some of the Daily Fruit & Vegetable blend to my smoothie in the morning (which I give to my girls as well) and then I make a children's version of my daily green's juice. They see me drinking it and they want it too, so we're all happy (and healthy)!

- 8oz water (filtered or spring)
- 4oz favorite fresh pressed or organic low-glycemic juice (pomegranate, cranberry, etc.)
- 1/2 tsp raw local wildflower honey (or they can eat it AFTER they drink their juice ;))
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

This makes 2-3 servings for children

## OPTIONAL ADD-ONS

- Stevia for added sweetness
- 1/2 squeezed lemon or lime
- Children's liquid multi-vitamin (or 1/2sc of Daily Nutritional Support powder in smoothie)







# Glowing Skin Care

## GREENS DRINK

We've all been misled for many years to believe that healthy glowing skin is created through topical creams and lotions... Nothing could be further from the truth and beautiful radiant skin is a byproduct of healthy cells and clean blood. Therefore, if you want ageless skin and that vibrant glow, it's important to feed your body what it needs to repair damaged skin and hydrate your cells. This recipe will help do just that!

- 8oz water (filtered or spring)
- 2oz pomegranate juice (or eat 1 kiwi with green drinks)
- 1/2-1 squeezed lemon or lime (I prefer lime with this recipe)
- 1-2 tbsp of Bragg's Apple Cider Vinegar
- 1/2 tsp raw local wildflower honey (sometimes I just eat it ;))
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

### OPTIONAL ADD-ONS

- 1/2 tsp Vitamin C powder (Vitamin C is used for tissue/skin repair)
- Psyllium Husk powder or capsules (if needed for constipation)





\* B O N U S \*  
G R E E N S D R I N K

# All Day Energy

+ P R E - W O R K O U T D R I N K

I've had the privilege of caring for thousands of people in my practice and the one thing most people have in common is that they would like to have more energy that lasts all day long. I have that same desire, which is what led me to create my energizing Dr. Cabral Daily protocol. But, I also know that many people are turning to harmful empty-calorie energy drinks to keep them going or "pump them up" before a workout. This All-Day Energy recipe is a better, safer, and a more effective alternative!

- 6-8oz water (filtered or spring)
- 6-8oz green tea (room temperature) or add 1/2 tsp of organic Matcha powder
- 1/2-1 squeezed lemon
- Pinch of sea salt (Himalayan or real sea salt)
- 1/2 tsp raw local wildflower honey (sometimes I just eat it ;))
- 1 tbsp Daily Fruit & Vegetable Blend (organic greens powder)

#### OPTIONAL ADD-ONS

- Stevia for additional sweetness










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