



EVERYTHING YOU NEED BUNDLE GUIDE

HOW TO USE

Pineapple Chia Cleanse: blend or shake one scoop with 10-12 oz of water, juice or nut milk.

Vegan Vanilla Proteini: blend or shake 1.5 scoops with 8-10 oz of smoothie, water or vegan milk.

Organic Pressed Greens: blend or shake one scoop with 8-10 oz of chilled water, apple juice or smoothie.

Revive Beets + Roots: blend or shake one scoop with 6 oz of juice or chilled water.

BENEFITS OF DRINKING DAILY

- ✓ Everything you need from plants
- ✓ Supports energy, detox, GI and weight loss goals
- ✓ Designed by nutritionists with top 60 organic superfoods
- ✓ Proven system of superfoods you need to look, feel and perform at your best
- ✓ Supports your daily cleanse, weight loss goals, and gut health.

DAILY GAME PLAN

Cut Your Cravings | 8 AM Vegan Vanilla Proteini

Start your day with a great source of plant-based protein to keep you feeling full for hours and regulate your blood sugar.

Nourish with Greens | 10:00 AM Organic Pressed Greens

Energize, detox and nourish your body with over 20 superfoods specifically formulated for optimal metabolism.

Energize with Roots | 2 PM Revive Beets + Roots

Beat the afternoon slump with an energy-boosting blend of freshly pressed organic beets, turmeric, ginger and superfood roots.

Undo the Junk | 5 PM Pineapple Chia Cleanse

Drink an hour before dinner to help you feel full and enjoy a lighter meal (which is great for both digestion and sleep!).



PINEAPPLE CHIA SIGNATURE SMOOTHIE

Ingredients:

- 1 Scoop Pineapple Chia Cleanse
- 8 ounces plant milk
- 1/2 - 1 frozen banana
- 1/2 cup frozen organic berries (any variety)
- 2 pitted dates
- 5 ice cubes

Blend & enjoy.

VEGAN VANILLAPROTEINI SIGNATURE SMOOTHIE

Ingredients:

- 1.5 Scoops of Vegan Vanilla Proteini
- 10oz Nut Milk
- 1 Frozen Banana
- 2 Tbs Nut Butter
- 2 Pitted Dates
- 4 to 6 Ice Cubes

Blend & enjoy.

ORGANIC PRESSED GREENS SIGNATURE SMOOTHIE

Ingredients:

- 1 Scoop of Organic Pressed Greens
- 10oz Fruit Juice
- 1/2 Frozen Banana
- 1/4 Avocado
- 1/2 Cup Pineapple Chunks
- 4 to 6 Ice Cubes

Blend & enjoy.

THE EVERYTHING SMOOTHIE

Ingredients:

- 1 scoop Revive Beets + Roots
- 1 scoop Organic Pressed Greens
- 1 scoop Pineapple Chia Cleanse
- 1 scoop Vegan Vanilla Proteini
- 1 frozen banana
- 1 cup frozen berries
- 1/2 cup frozen peaches
- Optional: 1/2 cup greek yogurt
- Handful of ice cubes
- 10 oz plant milk
- Handful of ice

Blend & enjoy.



Discover dozens of delicious smoothie and clean meal recipes [here](#).

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