



# LIFE 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.

**Immunity Wellness:** stir or shake one scoop with 4-6 oz of water or juice.

## 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 management, gut health and immune health.
- ✓ The easiest way to get on track and stay on track

## 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!).*

### **Boost your Immunity | 8 PM Immunity Wellness**

*Drink this winning combination before bed to boost your immunity and rev up your body's natural defenses against viruses.*



## 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.**

## EVERYTHING IN YOUR KITCHEN SMOOTHIE

### Ingredients:

- 1 scoop Vegan Vanilla Proteini
- 1 scoop Pineapple Chia Cleanse
- 1 scoop Organic Pressed Greens
- 1 scoop Immunity Wellness
- 1 scoop Revive Beets + Roots
- Vanilla oat milk
- Banana
- Cherries
- Pineapple
- Greek yogurt
- Splash of apple juice

**Blend & enjoy.**



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

**REFER YOUR FRIENDS AND  
GET \$15 OFF**

Give your friends \$15 off. When your friends buy from your invite link, you also get \$15 off orders of \$75 or more!



Get your link [HERE](#)