



# TRANSFORMATION BUNDLE GUIDE

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## HOW TO USE

**Pineapple Chia Cleanse:** blend or shake one scoop with 10-12 oz of water, juice or nut 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 for a health transformation
- ✓ Boosts metabolism, digestion & immunity
- ✓ Used to assist with weight loss and weight management
- ✓ Designed by nutritionists with over 50 of the most powerful superfoods on earth
- ✓ Look, feel and perform at your best.

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## DAILY GAME PLAN

### **Energize with Beets | 8 AM Revive Beets + Roots**

*Start your day with an energy-boosting blend of freshly pressed organic beets, turmeric, ginger and superfood roots.*

### **Nourish with Greens | 10:00 AM Organic Pressed Greens**

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

### **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.**

## 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.**

## CHERRY BLUEBERRY METABOLISM SMOOTHIE

### Ingredients:

- 1 scoop Organic Pressed Greens
- 1 scoop Revive Beets + Roots
- 1 cup oat milk
- 1/2 banana
- 1/2 cup frozen blueberries
- 1/2 cup frozen cherries

**Blend & enjoy.**

## IMMUNITY GREENS JUICE

### Ingredients:

- 1 scoop Organic Pressed Greens
- 1 scoop Immunity Wellness
- 1/2 ripe banana
- 1 cup unsweetened Almond Milk
- 1 tbsp fresh ginger, peeled and minced
- 1/4 tsp turmeric
- Sprinkle of cinnamon
- Freshly ground black pepper

**Blend & enjoy.**



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

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