

teami

5 DAY *Smoothie*
DETOX CHALLENGE!



**INCLUDES 46 SUPERFOOD
SMOOTHIE RECIPES!**



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welcome

TO THE TEAMI COMMUNITEA!

Welcome to the Teami Communithea! My name is Adi Arezzini and I created this 5 Day Smoothie Detox Challenge just for you! A few years ago I suffered from terrible digestive/stomach issues and that is what got me on the path of researching natural remedies, teas, herbs, and superfoods!



Throughout my journey, I started experimenting with different foods, diets, and methodologies. One of the healthy habits that have stayed consistent through it all is drinking a smoothie for breakfast every day before work!

I am so excited for you to do this 5 Day Smoothie Detox Challenge with me and the entire Teami Communithea and see how you feel at the end!

There is no better way to know what works for YOUR unique body then by doing experiments and challenges.

SHARE YOUR JOURNEY WITH US BY TAGGING **@TEAMIBLENDS**
#THANKYOUTEAMI + #TEAMISMOOTHIECHALLENGE

CO-FOUNDER & CEO
@ADIAREZZINI

benefits

OF DRINKING SMOOTHIES FOR BREAKFAST

Smoothies are a great way to start your day off on a healthy note! Here are 5 of my favorite reasons to drink a smoothie as your breakfast every day!



- 1. Fast + efficient for your busy lifestyle!**
Smoothies take under 5 minutes to make!
- 2. Stay full longer!**
Because smoothies include real fruits and veggies, they are bursting with fiber that keep hunger at bay.
- 3. Reduce cravings naturally!**
Because smoothies keep you full longer, it also comes with the added benefit of less cravings for snacks or unhealthy foods, especially if you add fruits to your recipes!
- 4. Full of antioxidants!**
Fruits, veggies and superfoods are high in antioxidants, drinking a smoothie is a great way to get your dose of antioxidants in the morning!
- 5. Better Digestion!**
Consuming fruits and vegetables in liquid form makes it easier for your body to break down nutrients and digest them.

5 DAY SMOOTHIE DETOX

challenge!



As a Certified Nutrition Health Coach, I understand how important it is to get FRESH fruits, veggies, and superfoods into your diet. Easier said than done, I know!

I personally believe that if you start your morning with real foods your day will be more productive, your energy will be elevated and you will feel more vibrant overall!

THE 5 DAY SMOOTHIE DETOX CHALLENGE IS SIMPLE:

- ✓ Make a smoothie every morning for breakfast instead of your usual meal (or lack thereof).
- ✓ Check-in with us on your social media and show us what you made!

Tag [@teamiblends](#), [#thankyouteami](#) + [#teamismoothiechallenge](#)

You can use our Healthy Smoothie Recipes in this ebook, or make your own! Feel free to change our recipes to fit your own liking! Add more superfoods, add your choice of protein powder, just have fun with it!

CO-FOUNDER & CEO
@ADIAREZZINI

5 DAY SMOOTHIE DETOX CHALLENGE

success checklist

Get your ingredients! Pick out which recipes you want to make for the week and get the ingredients at your local grocery store! You can always order them on insta-cart as well!

Frozen really is better! Frozen fruits + veggies stay fresh longer, which means they won't go bad on you mid-week. There's nothing worse than having to throw away produce! If you already purchased fresh produce, I suggest putting them in Ziploc bags and storing them in your freezer!

Stock up on your Teami Wellness Powders! You're going to love adding our wellness powder into your smoothies for a nutrient boost!

Superfood Greens - 16 Green Superfoods in every scoop! Orders yours [HERE!](#)

Wellness Protein - 17g of plant-based protein! Available in 3 delicious flavors:

[Rich Chocolate](#), [Smooth Vanilla](#), and [Triple Berry!](#)

Beauty Butterfly Collagen - 10g of wild caught marine collagen! Orders yours [HERE!](#)

Matcha Green Tea - Bursting with powerful antioxidants! Orders yours [HERE!](#)

Gut Love - Includes 7 Strains + 20 Billion Probiotics Order yours [HERE!](#)

Drink Water! Don't neglect your water intake! While doing the 5 Day Smoothie Detox Challenge it is important to also stay hydrated! Take a 1/2 gallon or gallon jug with you to work to help you stay on track! (You can also use and refill your Teami Tumbler!)

Inspire Others! It's AWESOME that you decided to do the 5 Day Detox Smoothie Challenge, but now it's your turn to inspire your friends, family, and co-workers to do the same! Invite them to do the challenge with you!



46 HEALTHY SUPERFOOD

smoothie

RECIPES



GLOW GREEN

INGREDIENTS:

- 2 handfuls of spinach
- 1 scoop [Teami Greens Superfood Powder](#)
- 2 cups organic apple juice
- 1/2 cucumber sliced
- 1/2 lemon squeezed
- 1 banana sliced
- Handful of ice

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.



ACHIEVE GRAPENESS

INGREDIENTS:

- 1 cup almond milk
- 1 scoop [Teami Greens Superfood Powder](#)
- 1/2 cucumber peeled & sliced
- 1 cup seedless grapes
- 2 celery stalks peeled & sliced
- 2 teaspoons honey

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth.



VACAY VIBES

INGREDIENTS:

- 1 scoop [Teami Greens Superfood Powder](#) 🌿
- 1 cups spinach 🌿
- 1 cup coconut milk 🌿
- 1 cup chopped mango 🌿
- 1/2 cup chopped fresh pineapple 🌿
- Handful of ice 🌿

INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



TROPICAL GREENS

INGREDIENTS:

- 🌿 1 cup coconut milk
- 🌿 1 scoop [Teami Greens Superfood Powder](#)
- 🌿 1-2 frozen bananas
- 🌿 1-2 kiwis, peeled
- 🌿 1 cup pineapple
- 🌿 Handful of ice

INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth. Top with your favorite fruits and enjoy!





STRAWBERRY SUNRISE

INGREDIENTS:

- 1 cup water
- 1 cup frozen or fresh strawberries
- 1 medium-sized beet, cooked and peeled
- 2 tbsp chia seeds
- Half an avocado

INSTRUCTIONS:

1. Add one whole beet, skin on, to a pot of boiling water and boil for about 40 minutes until fork can easily pierce through flesh.
2. Let cool, and remove skin (skin will peel easily once cooked).
3. Add all ingredients to blender and blend until smooth, about 30 seconds.

For sweetness, add honey or half a banana!



ORANGE DREAMSICLE

INGREDIENTS:

- 1 cup milk of choice
- 1 frozen banana
- 1 small-medium navel orange
- 1 small carrot
- 1-inch chunk fresh ginger, peeled
(or use 1 tsp ground ginger)
- 1/4 tsp ground turmeric

INSTRUCTIONS:

Blend all ingredients together until smooth.

LEAN GREEN

INGREDIENTS:

- 3/4 cup water
- 1 frozen banana
- 1/3 cup fresh or frozen pineapple
- 1 large handful baby spinach
- 1/4 tsp wheat grass
- 1 tbsp [Teami Ceremonial Matcha](#)
- Handful of ice

INSTRUCTIONS:

Blend all ingredients together until smooth.



TAKE ME ON THE GO!

GREEN SUPER-FOOD BOWL

INGREDIENTS:

- 🍌 1-2 frozen bananas
- 🍌 6-8 frozen strawberries
- 🍌 1 cup pineapple chunks
- 🍌 1 scoop [Teami Greens Superfood Powder](#)
- 🍌 1 tbsp almond butter
- 🍌 1 cup almond milk
- 🍌 1 handful of ice

INSTRUCTIONS:

Blend all of your ingredients together in your blender. The texture should be on the thicker side! Pour into a bowl and top with coconut, fruit, granola, and any other desired toppings!

AÇAÍ BOWL

INGREDIENTS:

- 1 frozen banana 🍌
- 1/2 cup of almond milk 🍌
- 1 handful of frozen blueberries 🍌
- 1 tbsp of açai berry powder 🍌
- 1 tbsp almond butter 🍌








INSTRUCTIONS:

Blend all ingredients together. Pour into a bowl and add desired toppings.



GREEN MATCHA BOWL

INGREDIENTS:

- 1/2 tsp **Teami Ceremonial Matcha** 
- 1 handful baby spinach 
- 1/4 avocado 
- 1 frozen banana 
- 3/4 cup almond milk 
- 1/2 cup frozen pineapple 
- 1 cup ice 

INSTRUCTIONS:







Blend all ingredients together. Pour into a bowl and add toppings.



CANTALOUPE BOWL



INGREDIENTS:

-  1 frozen banana
-  3-5 cantaloupe chunks
-  1/2 cup almond milk
-  1/2 an avocado
-  1 tsp turmeric
-  1 tbs almond butter

INSTRUCTIONS:

Blend all ingredients together. Texture should be on the thicker side! Pour into a bowl and add desired toppings.



HEALTHY PIÑA COLADA

INGREDIENTS:

- 1 cup frozen pineapple
- 1 frozen banana
- 1 cup coconut milk
- 1 tbsp unsweetened shredded coconut flakes

HEALTHY GREEN MACHINE

INGREDIENTS:

- 1 cup spinach
- 1 cup fresh/frozen mango
- 1 frozen banana
- 3/4 cup coconut milk
- 1/4 cup orange juice

ALMOND BUTTER DELIGHT

INGREDIENTS:

- 1 frozen banana
- 1 cup almond milk
- 2 tbsp almond butter
- 1 tbsp honey
- 1 scoop [Teami Wellness Protein- Chocolate](#)

INSTRUCTIONS:

For each smoothie, blend all ingredients until smooth. Pour in your favorite glass and enjoy!



HEALTHY CHAI

INGREDIENTS:

- 3/4 cup coconut or nut milk
- 1/2 cup [Teami Chai](#)
- 1 frozen banana
- 1 pinch of cayenne
- 1/8 tsp turmeric
- 1 tbsp almond butter

INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth and enjoy!

LEMON-GINGER

INGREDIENTS:

- 1 cup baby spinach
- 1 cup kale leaves
- 1 frozen banana
- 1 pear, cored
- 1/4 - 1/2 inch chunk fresh ginger, peeled
- 1 lemon, juiced
- 1/2 cup water

INSTRUCTIONS:

Blend all ingredients together until smooth.





CARROT ON

INGREDIENTS:

- 1 large sliced carrot
- 1 orange, peeled
- 1/2 cup pineapple
- 1 tsp white chia seeds
- 1 cup milk of choice
- Squeeze of lime
- Handful of ice

INSTRUCTIONS:

Blend all ingredients together until smooth. Enjoy!

MAPLE SWEET POTATO

INGREDIENTS:

- 1 tsp ginger
- 1 tsp cinnamon
- 1 tsp nutmeg
- 1 tbsp black chia seeds
- 1 tbsp organic maple syrup
- 1 frozen banana
- 1 tbsp almond butter
- 1 cup sweet potato puree
- 1 cup almond milk
- Handful of ice

INSTRUCTIONS:

Blend all ingredients together.





COCONUT VANILLA MATCHA

INGREDIENTS:









- 1 can light coconut milk
- 1 tbsp [Teami Ceremonial Matcha](#)
- 1 tbsp vanilla extract
- 2 1/2 tbsp agave nectar
- 1/2 cup shredded coconut
- 1 cup frozen pineapple
- 1/2 ripe banana
- 1/2 cup ice
- 1 tbsp chia seeds
- Small pinch salt

INSTRUCTIONS:

Add all ingredients to blender.
Blend until smooth and enjoy!

CLEAN CHOCOLATE

INGREDIENTS:

- Handful of blueberries 
- 1 frozen banana 
- 1/2 avocado 
- 1 tbsp raw cacao 
- 1 tsp cinnamon 
- 1 tbsp raw almond butter 
- 1 cup milk of choice 
- Handful of Ice 








INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth and enjoy!



BLUEBERRY MUFFIN

INGREDIENTS:

-  2/3 cup fresh or frozen blueberries
-  1/2 cup rolled oats
-  2 tbsp flax oil
-  1 1/2 cups orange juice
-  1 scoop [Teami Wellness Protein Triple Berry or Vanilla!](#)
-  1/2 tsp cinnamon
-  1 cup ice

INSTRUCTIONS:

Add all ingredients to your blender.
Blend until smooth and enjoy!



BERRY BUTTERFLY

INGREDIENTS:

- 1/2 cup steeped [Teami Butterfly](#)
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 3/4 cup almond milk
- 2-3 frozen bananas
- 3-4 blackberries
- 1 dragon fruit, peeled

INSTRUCTIONS:

1. Add 1 tbsp of Teami Butterfly tea to 1/4 cup of boiling water and let steep for 5-10 mins (*until you see a rich blue color!*).
2. Add all ingredients to blender and blend until smooth, about 30 seconds. Texture should be on the thicker side.
3. Pour into a bowl and add desired toppings.

Tip: Steep your butterfly tea and refrigerate overnight so it is nice and cold!



BLUEBERRY BEAUTY

INGREDIENTS:

- 🍷 1 cup nut milk of choice
- 🍷 1 tbsp greek yogurt
- 🍷 1 tbsp chia seeds
- 🍷 1 cup blueberries
- 🍷 1 scoop [Teami Beauty Butterfly Collagen](#)
- 🍷 2-3 ice cubes

INSTRUCTIONS:

Blend until creamy and enjoy!

CHOCO-HAZELNUT

INGREDIENTS:

- 1 frozen banana 🍷
- Handful frozen blackberries 🍷
- 1 tbsp hazelnut butter 🍷
- 1/4 cup raw cacao powder 🍷
- 1/2 tsp cinnamon powder 🍷
- 1 scoop [Teami Beauty Butterfly Collagen](#) 🍷
- 1 scoop [Teami Gut Love Unflavored](#) 🍷
- 1 cup ice - or as desired 🍷








INSTRUCTIONS:

Blend until smooth and enjoy!



GLOWING CHOCOLATE

INGREDIENTS:

- 1 banana 
- 1 1/2 cup oat milk - or your choice of milk 
- 1 tbsp almond butter 
- 1 tbsp raw cacao powder 
- 1/2 tsp cinnamon powder 
- 1 scoop [Teami Beauty Butterfly Collagen](#) 
- 1 cup ice - or as desired 

INSTRUCTIONS:









Blend until creamy and enjoy!



CHOCOLATE MATCHA



INGREDIENTS:

-  1 banana
-  1 1/2 cup almond milk - or your choice of milk
-  1 tsp [Teami Matcha Powder](#)
-  1 scoop [Teami Beauty Butterfly Collagen](#)
-  1 scoop [Teami Wellness Protein - Chocolate](#)
-  1/2 tsp pure vanilla extract - optional
-  1/2 tsp cinnamon - optional
-  1 cup ice - or as desired

INSTRUCTIONS:

Blend until creamy and enjoy!



KETO BEAUTY COLLAGEN

INGREDIENTS:

- 1 cup unsweetened Coconut Milk (or almond milk)
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1 tsp stevia - optional
- 1 tbsp cocoa powder (unsweetened natural)
- 5 ice cubes

INSTRUCTIONS:

Blend until creamy and enjoy!

SUPER GREEN COLLAGEN

INGREDIENTS:

- 2 cups baby spinach
- 1 cup pineapple
- 1/4 avocado
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 2 inch piece ginger root
- 1 tsp turmeric
- 1 cup water or 1 cup pineapple juice
your choice!

INSTRUCTIONS:

Blend until creamy and enjoy!





OCEAN BEAUTY

INGREDIENTS:

- 1 cup frozen/fresh blueberries
- 1/2 frozen banana
- 1/2 avocado
- 1 tbsp almond butter
- 1 tbsp chia seeds
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1 1/2 cups milk - any kind you want!
- 1 cup ice

INSTRUCTIONS:

Blend until creamy and enjoy!

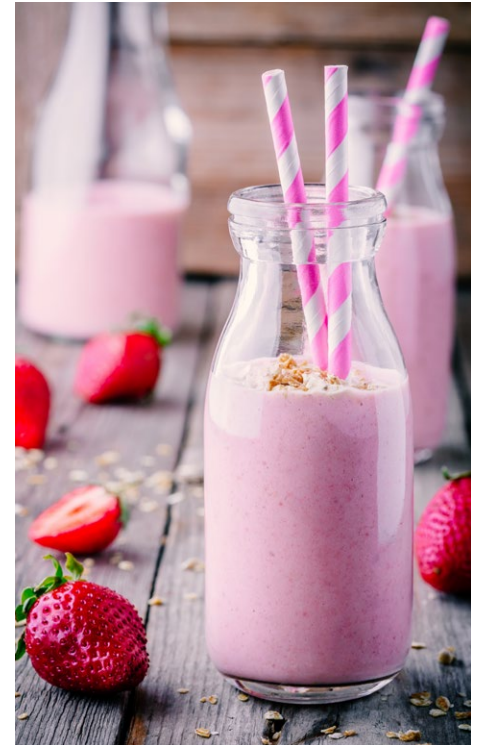
CREAMY COLLAGEN

INGREDIENTS:

- 1/2 avocado
- Handful blackberries
- 1/2 tbsp almond butter
- 1 cup milk - your choice
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1 scoop [Teami Superfood Greens](#)
- 1 scoop [Teami Gut Love Unflavored](#)
- Ice - optional!

INSTRUCTIONS:

Blend until creamy and enjoy!



TRIPLE BERRY COLLAGEN

INGREDIENTS:

- 1/2 cup strawberries
- 1/2 cup blueberries
- 1/2 cup raspberries
- 1 1/2 cups milk - your choice
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1 scoop [Teami Wellness Protein - Chocolate](#)
- 1 scoop [Teami Gut Love Triple Berry](#)
- Ice - optional

SUNSHINE BEAUTY

INGREDIENTS:

- 1 cup of milk of choice (almond milk, hemp milk)
- 1 banana
- 1 small-medium navel orange
- 1 small carrot
- 1-inch chunk fresh ginger peeled (or 1 tsp ground)
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1/4 tsp ground turmeric

STRAWBERRY MUFFIN

INGREDIENTS:





- 1 1/2 cups orange juice
- 2/3 cup fresh or frozen strawberries
- 1/2 cup rolled oats
- 2 tbsp flax oil
- 1/2 tsp cinnamon
- 1 scoop [Teami Beauty Butterfly Collagen](#)
- 1 cup ice

INSTRUCTIONS:

Blend until creamy and enjoy!

ON VACAY COLLAGEN

INGREDIENTS:

- 1 cup water 
- 2 tbsp greek yogurt 
- 1/2 cup frozen pineapple 
- 1/2 cup frozen mango 
- 1 scoop [Teami Beauty Butterfly Collagen](#) 
- 1 tbsp almond butter 

INSTRUCTIONS:







Blend until creamy and enjoy!



SUPER BEAUTY (27G PROTEIN)!



INGREDIENTS:

-  1 scoop [Teami Wellness Protein - Chocolate](#)
-  1 scoop [Teami Beauty Butterfly Collagen](#)
-  1-2 cups milk of choice
-  1 banana
-  1/2 tsp cinnamon powder
-  Ice

INSTRUCTIONS:

Blend until creamy and enjoy!



SUPER IMMUNITY

INGREDIENTS:

- 2/3 cup spinach blend
- 1/2 medium avocado
- 1 scoop [Teami Greens Superfood Powder](#)
- 1 scoop [Teami Wellness Protein - Smooth Vanilla](#)
- 1 scoop [Teami Gut Love Unflavored](#)
- 1 tsp pure vanilla extract
- 1/2 cup coconut milk
- 1/2 tsp turmeric
- 2/3 cup water
- 5 ice cubes

INSTRUCTIONS:

Blend all of your ingredients together in your blender at home OR take your smoothie on the go in your new [Teami MIXit!](#)

TROPICAL KALE







INGREDIENTS:

- 1/2 cup yogurt plain or Greek
- 2 cups kale chopped
- 1 banana
- 1 cup pineapple chopped
- 1 tablespoon flax seeds
- 1 cup milk
- 1 scoop [Teami Greens Superfood Powder](#)



MORNING SUPERFOOD BOOST

INGREDIENTS:

- 1/2 frozen banana 
 - 1/2 cup frozen blackberries 
 - Handful frozen spinach 
 - 1 cup unsweetened almond milk 
 - 1/2 tablespoon ground chia seeds 
 - 1 cup water / ice 
- 1 scoop [Teami Greens Superfood Powder](#)

INSTRUCTIONS:








- Add all ingredients to blender.
- Blend until smooth.



HEALTHY CHOCOLATE GREENS



INGREDIENTS:

-  1/2 frozen banana
-  1 tablespoon almond butter
-  1 scoop [Teami Wellness Protein- Chocolate](#)
-  1 cup unsweetened almond milk
-  1 scoop [Teami Greens Superfood Powder](#)
-  1 cup water / ice
-  Top with shaved coconut

INSTRUCTIONS:

- Add all ingredients to blender.
- Blend until smooth.



CHOCO RASPBERRY PROTEIN BOWL

INGREDIENTS:

- 🍌 2 frozen bananas
- 🍌 1/2 cup frozen raspberries
- 🍌 1/4 cup nut milk of your choice
- 🍌 1 scoop [Teami Wellness Protein - Chocolate](#)
- 🍌 1 scoop [Teami Gut Love Unflavored](#)

INSTRUCTIONS:

1. Add frozen bananas and raspberries to a food processor or high powered blender, add a splash of milk and blend.
2. Slowly add the rest of the milk until the desired consistency.
3. Top with whatever you want. (We topped ours with chocolate chunks, raspberries, pistachios & dragon fruit.)



SNICKERDOODLE PROTEIN SHAKE

INGREDIENTS:

- 1 scoop [Teami Wellness Protein - Vanilla](#)
- 1 tsp peanut butter
- 1/2 banana
- 1 tbsp honey
- 10 oz almond milk
- 1 cup ice - or as desired
- 1 tsp ground cinnamon
- 1 tsp vanilla extract

INSTRUCTIONS:

Blend until creamy and enjoy!

MANGO BLUEBERRY PROTEIN SMOOTHIE

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1/2 cup frozen blueberries
- 1/2 cup frozen mango
- 1 scoop [Teami Wellness Protein - Vanilla](#)
- 1 tbsp chia seeds

INSTRUCTIONS:

Blend until smooth and enjoy!





VANILLA CHAI SHAKE

INGREDIENTS:






- 🍷 1 cup almond milk or water
- 🍷 1 scoop [Teami Wellness Protein- Vanilla](#)
- 🍷 1/4 cup strong brewed, [Teami Chai Tea](#)
- 🍷 1/4 tsp vanilla extract
- 🍷 pinch of ground cinnamon, cloves and cardamom
- 🍷 handful of ice cubes
- 🍷 sprinkle of chia seeds

INSTRUCTIONS:

1. Add your almond milk or water and 1 scoop of Teami Wellness Protein- Vanilla to your blender
2. Steep 1/4 cup Teami Chai Tea and add to the blender
3. Pour in 1/4 tsp of vanilla extract
4. Add a pinch of ground cinnamon, cloves and cardamom.
5. Throw in a handful of ice cubes and a sprinkle of chia seeds
6. Blend until creamy and enjoy!

PUMPKIN PIE SMOOTHIE

INGREDIENTS:

- 1 cup unsweetened almond milk 
- 1 scoop [Teami Wellness Protein - Vanilla](#) 
- 1 banana, frozen 
- 3 tbsp pumpkin puree 
- 1/4 tsp pumpkin pie spice 

INSTRUCTIONS:









Blend until creamy and enjoy!



OATMEAL COOKIE PROTEIN SHAKE



INGREDIENTS:

-  1/4 cup dry oats
-  1 1/2 cups water or almond milk
-  1 scoop [Teami Wellness Protein - Vanilla](#)
-  1/2 frozen banana, peeled and chopped
-  1 tsp honey
-  1/2 tsp ground cinnamon
-  1/2 tsp vanilla extract
-  pinch of ground ginger, nutmeg and salt

INSTRUCTIONS:

Blend until creamy and enjoy!



GUT LOVIN' SMOOTHIE BOWL

INGREDIENTS:

- 1 scoop [Teami Gut Love Unflavored](#)
- 1 scoop [Teami Wellness Protein Chocolate](#)
- 1 scoop [Teami Wellness Protein Vanilla](#)
- 2 frozen bananas
- 1/4 cup nut milk of your choice
- Nut Butter of your choice
- Chia Seeds

INSTRUCTIONS:

1. Combine Proteins, Gut Love, nut butter, bananas, milk, in blender and blend until desired thickness.
2. Pour into bowl and top with nut butter, chia seeds, almonds or nut mix!
3. Enjoy!

MAKE YOUR SMOOTHIES *on the go!*

Our [Mixit Portable Smoothie Blender](#) helps you make your superfood creations **ON THE GO!**



Add in your ingredients and make your smoothie in the car, office, gym, basically everywhere!

WELLNESS POWDER FAVES



Teami Greens Superfood Powder

[LEARN MORE](#)



Teami Wellness Protein Rich Chocolate

[LEARN MORE](#)



Teami Wellness Protein Smooth Vanilla

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Teami Wellness Protein Triple Berry

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Teami Matcha Tea Powder

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Gut Love Unflavored

[LEARN MORE](#)



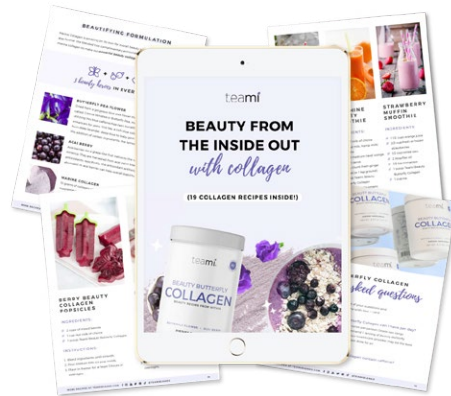
Gut Love Triple Berry

[LEARN MORE](#)

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TEAMI 5 DAY WATER CHALLENGE



TEAMI BEAUTY BUTTERFLY COLLAGEN RECIPES



TEAMI 5 DAY WORKOUT CHALLENGE



TEAMI DETOX APPROVED RECIPES

Click [HERE](https://www.teamiblends.com/blogs/ebooks) or head to
<https://www.teamiblends.com/blogs/ebooks> to get yours!

you did it!

I am so proud of you! It can be daunting to try new morning routines, new recipes and new habits, but you DID IT!

So, how do you feel?

Check-in with yourself and see if you saw any improvements.

ASK YOURSELF THESE QUESTIONS:

Did your mood change? _____

How were your energy levels? _____

Did you have less or more cravings? _____

How was your appetite? _____

Did you see any changes in your digestion? _____

Were there improvements in your skin complexion? _____

Feel free to DM [@teamiblends](#) or me directly [@adiarezzini](#) and share what changes you saw and felt!



CO-FOUNDER & CEO
@ADIAREZZINI

WANT TO BE A TEAMI COMMUNITEA VIP?!

ways to get involved

Join our Communithea Rewards Program to earn \$ points, get rewards and refer your friends!

SIGN UP



Join our exclusive Communithea Group to connect + share feedback

JOIN NOW

Join our text message VIP communithea!

TEXT 69551 TO JOIN!



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BE ACTIVE ON SOCIAL



WE LOVE YOU,
Teami Communithea!

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