

teami<sup>i</sup>

**5 DAY *Smoothie***  
**DETOX CHALLENGE!**



✦ ✦ ✦ INCLUDES 22 SUPERFOOD  
SMOOTHIE RECIPES! ✦ ✦ ✦



# TABLE OF CONTENTS

WELCOME	3
BENEFITS OF DRINKING SMOOTHIES FOR BREAKFAST	4
5 DAY SMOOTHIE DETOX CHALLENGE!	5
SUCCESS CHECKLIST	6
Glow Green	8
Achieve Grapeness	8
Vacay Vibes	9
Tropical Greens	9
Strawberry Sunrise	10
Orange Dreamsicle	11
Lean Green	11
Green Super-food Bowl	12
Açaí Bowl	12
Green Matcha Bowl	13
Cantaloupe Bowl	13
Healthy Piña Colada	14
Tropical Green Machine	14
Almond Butter Delight	14
Healthy Chai	15
Lemon-Ginger	15
Carrot On	16
Maple Sweet Potato	16
Coconut Vanilla Matcha	17
Clean Chocolate	18
Blueberry Muffin	18
Berry Butterfly	19
SMOOTHIES ON THE GO!	20
YOU DID IT!	21

# 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 Teami Superfood Greens!** You're going to love adding our superfood greens powder into your smoothies! Not only does it taste great, but it is an easy way to add 16 superfood ingredients to create the perfect nutrient-dense smoothie! You can 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!



22 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 tbs Teami Ceremonial Matcha
- Handful of ice

### INSTRUCTIONS:

Blend all ingredients together until smooth.



## 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

### 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!

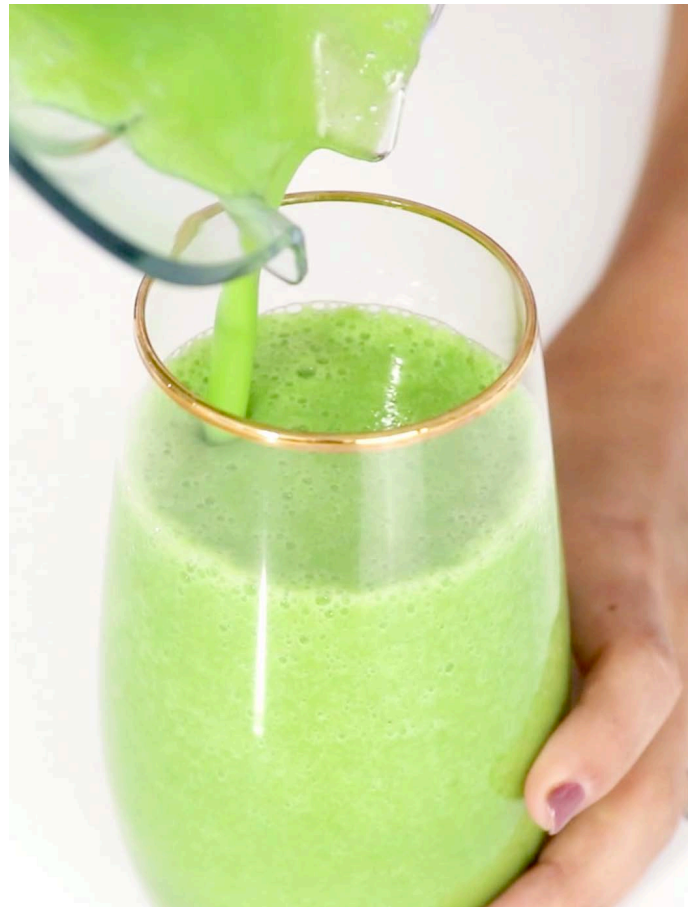
## LEMON-GINGER

### 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
-  1/2 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**
- 3/4 cup almond milk
- 2-3 frozen bananas
- 3-4 blackberries
- 1 dragon fruit, peeled

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

### 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.

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!

Check out our website to learn more!

[teamiblends.com](https://teamiblends.com)

# 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

teami

FIND MORE RECIPES AT [TEAMIBLENDS.COM](https://TEAMIBLENDS.COM)

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