

YOUR
SUPER[®]
.COM



SUPERFOOD LUNCHES



YOUR SUPER FOOD
SKINNY PROTEIN
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

YOUR SUPER FOOD
FOREVER BEAUTIFUL
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

YOUR SUPER FOOD
SUPER GREEN
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

YOUR SUPER FOOD
MUSCLE POWER
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

YOUR SUPER FOOD
POWER MATCHA
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

YOUR SUPER FOOD
CHOCOLATE LOVER
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

YOUR SUPER FOOD
ENERGY BOMB
ORGANIC SUPERFOOD MIX
100% PROTEIN, 40% FIBER, 10% SUGAR, 10% FAT & 10% CARBS

Hi health lover!

We're Kristel and Michael, the founders of Your Super. Not too long ago we were playing tennis at a professional level, enjoying an ideal lifestyle on and off the court.

When Michael was diagnosed with cancer at 24, all of that changed. While rebuilding his immune system after chemo treatments, he learned how important it is to fuel your body with a whole-food diet.

Kristel, with the help of her aunt, an orthomolecular nutritionist, created superfood mixes that Michael could easily add to his food and drink every day. It was so great to see how quickly he got his energy levels up and rebuilt his immune system!

We started sharing the mixes with friends and family, and many of them experienced very positive results. We knew we needed to share these superfoods with the world!

Your Super makes healthy eating easy with functional superfood mixes. Not only do they increase your micronutrient intake, but they also support your health so you can truly thrive. In fact, **85% of Your Super customers report feeling better when they use Your Super products.**

Did you know? Your Super mixes aren't just for smoothies. You can easily add them to any drink, snack or meal — including your lunch.

In this book you'll find some of our favorite lunch recipes to show you just how easy (and delicious!) it is to add any Your Super mix to salads, pasta, wraps and more. Let's get mixing!

xo Kristel & Michael

OUR MIXES

Our superfood and plant-based protein mixes are 100% organic, naturally dried superfoods without any fillers, sweeteners or artificial ingredients. Only the best nature has to offer!



SUPER GREEN

The easiest way to increase your intake of nutritious greens and natural micronutrients— with all essential vitamins and minerals. One spoonful equals one handful of greens!

INGREDIENTS: Wheatgrass, Barley Grass, Baobab, Moringa, Spirulina and Chlorella Powder

TASTE: Earthy, fresh

SERVING SIZE: 1 tsp



FOREVER BEAUTIFUL

Nourish your skin from the inside out! One serving contains 110% of your daily vitamin C (boost your own collagen production!) plus omega-3 fatty acids, beauty vitamins A and E and antioxidants for healthy skin.

INGREDIENTS: Chia Seeds, Açai, Maqui, Acerola, Maca and Blueberry Powder

TASTE: Berry, slightly sweet

SERVING SIZE: 1 tsp



ENERGY BOMB

Boost your energy levels for up to 8 hours. This mix is the perfect healthy coffee replacement and pre-workout booster! You will feel a difference the first time you try it.

INGREDIENTS: Açai, Guarana, Maca, Lucuma and Banana Powder

TASTE: Berry, slightly tart

SERVING SIZE: 1 tsp



POWER MATCHA

This mix is high in antioxidants and natural caffeine, making it a great healthy alternative to coffee. The combination of brain and energy-boosting superfoods optimize your focus and productivity. And yes, it also counts as a portion of greens.

INGREDIENTS: Matcha, Moringa, Maca, Wheatgrass and Barley Grass

TASTE: Green, fresh

SERVING SIZE: 1 tsp



CHOCOLATE LOVER

Relax, boost your mood and curb your cravings for sweets! This feel good mix is great for all sorts of healthy treats and snacks.

INGREDIENTS: Cacao, Carob, Shredded Coconut, Chia Seeds and Lucuma Powder

TASTE: Chocolatey, slightly sweet

SERVING SIZE: 2 tsp



MELLOW YELLOW

This powerful blend of Ayurvedic herbs and adaptogens will help you unwind, de-stress and leave you feeling well-rested and rejuvenated.

INGREDIENTS: Turmeric, Ashwagandha, Ginger, Cinnamon, Lucuma and Pepper Powder

TASTE: Slightly spicy, fresh

SERVING SIZE: 1 tsp



MUSCLE POWER

The perfect combination of plant protein and energizing superfoods. This mix contains 60% highly absorbable plant-based protein (including all 9 essential amino acids) and no sweeteners!

INGREDIENTS: Rice Protein, Pea Protein, Maca, Lucuma and Banana Powder

TASTE: Neutral, slightly sweet

SERVING SIZE: 2 tbsp



SKINNY PROTEIN

Green superfoods with 62% plant-based protein for the best post-workout recovery and hunger control.

INGREDIENTS: Pea Protein, Hemp Protein, Moringa, Spirulina and Alfalfa Powder

TASTE: Earthy, green

SERVING SIZE: 2 tbsp



MAGIC MUSHROOM

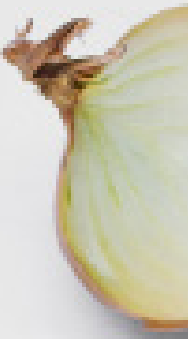
This magical mix of functional mushrooms, adaptogens and superfoods is designed to support a strong and healthy immune system while managing your stress.

INGREDIENTS: Cacao, Chaga Mushrooms, Ashwagandha, Reishi Mushrooms, Lucuma and Cinnamon Powder

TASTE: Chocolatey, cinnamon

SERVING SIZE: 1 tsp

Recipes



SUPERFOOD WRAPS

Serves 1

INGREDIENTS:

1-2 whole grain or gluten-free tortillas
½ cup lettuce
sliced tofu or tempeh
sliced tomatoes, bell peppers, etc.

SUPER GREEN TZATZIKI

1 tsp Super Green mix
½ cucumber, shredded
1 cup plain vegan yogurt
1 garlic clove, minced
salt and pepper, to taste

DIRECTIONS:

1. Prepare the Super Green Tzatziki: Using your hands, squeeze out any excess water from the cucumber. Transfer to a bowl and mix in the yogurt, garlic, Super Green mix and salt and pepper.
2. Assemble the wraps by adding the lettuce and vegetables on top of the tortillas.
3. Top with a dollop of the Super Green Tzatziki, roll up and enjoy.

ROASTED BUTTERNUT SQUASH SOUP

Serves 2

INGREDIENTS:

2 tsp Mellow Yellow mix
1 butternut squash
1 onion, quartered
1-2 garlic cloves
1 can coconut milk
2 cups vegetable broth (or water)
salt and pepper, to taste
ground nutmeg

DIRECTIONS:

1. Preheat the oven to 375°F and line a baking sheet with parchment paper.
2. Peel and dice and butternut squash. Place the butternut squash, onions, and garlic on the baking sheet and season with salt and pepper.
3. Bake for 30 minutes or until tender.
4. Transfer the vegetables to a blender.
5. Pour in the coconut milk and broth and blend until smooth.
6. Transfer to a large pot and simmer until heated through.
7. Turn off the heat and stir in the Mellow Yellow mix.
8. Season with nutmeg, plus more salt and pepper to taste.
9. Pour into bowls and serve.



CHOCOLATE CHILI

Serves 2

INGREDIENTS:

2 tsp Magic Mushroom mix
1-2 tbsp olive oil
1 white onion, diced
1 garlic clove, minced
1 bell pepper, diced
2 cans diced tomatoes
1 can kidney beans, drained
1 can sweet corn, drained
2 tbsp maple syrup
1 tbsp taco seasoning
1 tbsp hot sauce (optional)
salt and pepper, to taste

DIRECTIONS:

1. Heat the oil in a large pot, then add the onions, garlic and bell pepper and sauté until the onions are translucent.
2. Add the remaining ingredients (except the Magic Mushroom mix) and stir well.
3. Cover and bring to a boil. Reduce heat to low and simmer for 10 minutes.
4. Remove the chili from heat and stir in the Magic Mushroom mix.
5. Serve with your favorite bread or over cooked rice or quinoa.

BEET HUMMUS

Makes 2 cups

INGREDIENTS:

1 tsp Energy Bomb mix
1 can chickpeas
1 garlic clove
1 cup beetroot, cooked
½ lemon, juiced
2 tbsp olive oil
2 tbsp tahini
salt and pepper, to taste
vegetables or crackers,
for dipping

DIRECTIONS:

1. Drain and rinse the chickpeas.
2. Place all of the ingredients in a high speed blender and blend until smooth.
3. Transfer to a bowl and serve with crackers or veggies.



YOUR SUPER COFF

FOREVER BEAUTIFUL

ORGANIC SUPERFOOD MIX

CHIA SEEDS, ACAI BERRY, ACEROLA, MACA & BLUEBERRIES

NET WT 100g

VEGAN PESTO PASTA

Serves 2

INGREDIENTS:

1 tsp Super Green mix
2 tbsp Skinny Protein mix
2 servings pasta
½ cup basil leaves
¼ cup cashews
3 tbsp pine nuts (or cashews)
2-3 tbsp nutritional yeast
(optional)
½ garlic clove
¼ cup water
3 tbsp olive oil
salt, to taste

DIRECTIONS:

1. Cook the pasta according to the package.
2. Meanwhile, in a food processor pulse the Super green mix, Skinny Protein mix, basil, cashews, garlic and pine nuts until finely chopped.
3. While the food processor is running, slowly pour in the oil and water and continue to process until well combined.
4. Season the pesto with salt.
5. Toss the cooked pasta with 2-3 tbsp pesto until evenly coated.
6. Spoon into a bowl and serve.
7. Store the remaining pesto in an air-tight container for up to 5 days.

VEGGIE TACOS

Serves 2

INGREDIENTS:

4 corn tortillas
veggies (e.g. tomatoes, corn, etc.)
lettuce, chopped
red onions, diced (optional)

FOREVER BEAUTIFUL BEAN DIP

2 tsp Forever Beautiful mix
1 can kidney beans
½ onion
½ lime, juiced
¼ cup water
1 tbsp taco seasoning
salt and pepper, to taste

DIRECTIONS:

1. Drain and rinse the beans.
2. Place all of the ingredients for the Forever Beautiful Bean Dip in a high speed blender or food processor and blend until smooth.
3. Spread the bean dip onto the tortillas.
4. Top with veggies, lettuce and onions and serve.



Tip: Feel free to get really creative with the filling! Try avocado, tempeh, smoked tofu, rice — the options are endless!



YOUR SUPER CUP
MUSCLE POWER

BUDDHA BOWLS

Serves 2

INGREDIENTS:

1 cup broccoli florets
1 sweet potato, diced
1 bell pepper, diced
1 tomato, diced
1 avocado, diced
2 cups mixed greens
1 cup cooked brown rice
salt and pepper, to taste
lemon juice, peanuts (optional)

MUSCLE POWER HUMMUS

2 tbsp Muscle Power mix
1 can chickpeas
3 tbsp tahini
1-2 garlic cloves
salt and pepper, to taste

DIRECTIONS:

1. Place the broccoli and sweet potato on a lined baking tray and coat with the olive oil.
2. Add salt and pepper to taste.
3. Roast at 375°F for 20-25 minutes or until tender.
4. Meanwhile, prepare the Muscle Power Hummus: Drain the chickpeas, reserving the liquid. Blend all of the ingredients in a high-speed blender or food processor until smooth (Adding 1 tbsp chickpea liquid as needed to achieve desired consistency.) Set aside.
5. Combine all of the ingredients in a bowl and enjoy!

BURRITO BOWLS

Serves 2

INGREDIENTS:

2 cups mixed greens
1 tomato, diced
¼ red onion, thinly sliced
1 cup black beans
½ cup sweet corn
1 cup cooked brown rice

MATCHA LIME DRESSING

1 tsp Power Matcha mix
1 ripe avocado
1 garlic clove
½ lime, juice and zest
½ cup water
salt and pepper, to taste

DIRECTIONS:

1. Prepare the Matcha Lime Dressing: Place all of the ingredients in a high-speed blender and blend until smooth.
2. In a large bowl, toss the salad ingredients with the dressing.
3. Divide equally among 2 bowls and serve.



Tip: No blender? No problem! Just mash the avocado with a fork and mince the garlic before adding the remaining ingredients.

GIVING BACK

Your Super is B Corp certified — the highest standard for social corporate responsibility. The driving force behind Your Super, the whole reason we're in business, is to create change and improve people's health across the globe. Our customers, our employees, our suppliers, our community and the environment will always come before our bottom line.

DID YOU KNOW?

Every year 2.6 million children around the world die from severe malnutrition. That's one child every 12 seconds. Life-threatening conditions currently affect 20 million children worldwide, but this can be prevented!

WHAT WE GIVE

The most recent innovation in the fight against hunger are the effective Ready-to-Use Therapeutic Foods (RUTF) called the Plumpy'Nut® packages. This powerful package contains an extremely nutrient-rich paste made predominantly from peanuts and enhanced with a mixture of vitamins and minerals. This revolutionary product requires no refrigeration, clean water or cooking and has a shelf life of two years. By consuming three Plumpy'Nuts® a day for seven weeks, a child can recover from near death to certain survival.

HOW WE GIVE

We're honored to have partnered with Action Against Hunger to coordinate the delivery of our Plumpy'Nut® donations. Action Against Hunger has pursued its vision of a world without hunger for over three decades by combating hunger in emergency situations of conflict, natural disaster and chronic food insecurity. Their reach extends to over 45 countries and their innovative programs in nutrition, food security, livelihoods, water, sanitation and hygiene help more than 9 million people each year.



SOURCING

We believe that you should know where your (super)food comes from. That's why we created a 100% transparent supply chain.

We source all of our ingredients directly, we personally visit the farmers to see how our superfoods are grown and we try to have a positive impact on the local communities where they're sourced.

Your Super mixes contain 5-6 naturally dried superfoods. Every ingredient is organically grown without pesticides and tested by third party labs for pesticides, glyphosate, heavy metals and microbiology.

All of our mixes are USDA Certified Organic, Non-GMO certified, Glyphosate-Free, plant-based and gluten-free. You'll never find any sweeteners, stevia, artificial flavors, fillers, preservatives or additives.



CERTIFIED ORGANIC



NON GMO



GLUTEN FREE



100% PLANT BASED





Now it's your turn - we want to see your favorite Your Super creations!
Tag us on instagram @yoursuperfoods and #yoursuper. We always love to hear from you :)



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