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# THE 5-DAY *Winter* DETOX PLAN

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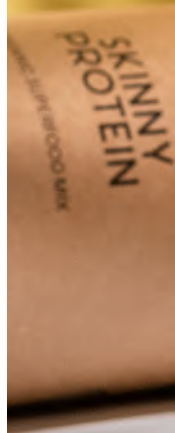
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# Welcome to the Winter Detox



## HI HEALTH LOVER!

When we created the 5-Day Detox we never imagined it would change so many lives. This simple plan has over 10,000+ ★★★★★ reviews and has helped thousands of people improve their health!

Like our original 5-Day Detox, this program is designed to help you optimize your body's functions and clean your system. But, instead of drinking two smoothies a day, this winter program focuses on warm meals (including oatmeal and soup) to help you reset your body and improve your health.

You'll get the same great results as the 5-Day Detox but the journey is a bit different.... And by different, we mean no more frosty smoothies during the months when temperatures are ice cold! (Burr!) But, if you live somewhere with warm winters, you'll find breakfast smoothie options you can choose.

Once you "reset" your body, you may experience a boost in energy, improved sleep, clearer skin, better focus, and less bloating. We can't wait for you to get started!

This booklet is designed to make the next five days as easy as possible—it's filled with interactive pages, easy recipes, and helpful tips to help you thrive. Read through it and then follow this checklist to make sure you have all the support you need throughout your detox:

- ☐ Text **DETOX to 29071** to receive encouraging text messages and tips throughout your detox.
- ☐ Join our private [Facebook Group](#) for helpful information, Facebook Live Q&A Sessions, recipes, and camaraderie from fellow detoxers. Let the community know when you plan to begin your detox, share a photo and your goals, and ask any questions you may have along the way. We're in this together!
- ☐ Sign-up for a free 10-minute intro call with a Your Super team member to ask any questions you may have. Simply go to [www.yoursuper.com/call](http://www.yoursuper.com/call) to reserve your spot.
- ☐ Download the [Your Super app](#) for notifications, recipes, cooking videos, and free e-books.

Stay Healthy. Be Happy!  
Kristel & Michael

# THE 5-DAY DETOX BUNDLE

## **SUPER GREEN | 1 serving = 1 tsp**

Super Green is made with organic wheatgrass, barley grass, moringa leaves, baobab fruit, spirulina and chlorella. All of these greens contain chlorophyll, which cleans the blood and draws toxins (e.g., heavy metals, herbicides, pesticides and environmental toxins) out of the body. They also increase the amount of oxygen in the body and promote digestive health.

## **FOREVER BEAUTIFUL | 1 serving = 1 tsp**

Rich in antioxidants and phytonutrients, Forever Beautiful contains organic chia seeds, acai berries, maqui berries, acerola cherries, maca root and blueberries. Vitamins A, B3, B6, C and E and minerals like iron, calcium, magnesium and zinc support the removal of toxins from the body during your detox.

## **SKINNY PROTEIN | 1 serving = 2 tbsp**

Skinny Protein is 62% highly absorbable and high-quality vegan proteins and 3 green superfoods: organic pea protein, hemp protein, moringa, spirulina and alfalfa. This nutrient-dense mix, which is also sugar-free and low in carbs, is the perfect combination of macro- and micronutrients, which aids in detoxification and digestion.

## **GOLDEN MELLOW | 1 serving = 1 tsp**

Golden Mellow is a powerful blend of Ayurvedic herbs and superfoods: organic turmeric, ashwagandha, ginger, cinnamon, lucuma and pepper. While turmeric is a powerful anti-inflammatory and antioxidant, it can also aid in the detoxification of the body. This calming mix will also help you get a good night's sleep and reduce stress and anxiety.





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## SKINNY PROTEIN

ORGANIC SUPERFOOD MIX

PEA PROTEIN, HEMP PROTEIN,  
MORINGA, SPIRULINA & ALFALFA

NET WT 14.1oz (400g)

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## GOLDEN MELLOW

ORGANIC SUPERFOOD MIX

TURMERIC, ASHWAGANDHA, GINGER,  
CINNAMON, LUCUMA & PEPPER

NET WT 7.05oz (200g)

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## SUPER GREEN

ORGANIC SUPERFOOD MIX

WHEATGRASS, BARLEY GRASS, BABBAR,  
MORINGA, SPIRULINA & CHLORELLA

NET WT 5.34oz (150g)

YOUR  
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COM

## FOREVER BEAUTIFUL

ORGANIC SUPERFOOD MIX

CHIA SEEDS, ACAL MAGUI,  
ACEROLA, MACA & BLUEBERRIES

NET WT 20.8oz (590g)

# ABOUT THE 5-DAY DETOX

## WHAT IS A DETOX?

A detox diet or cleanse is a healthy way to reset the body's systems. When you follow a detox diet, you're improving and optimizing the function of your body's own detoxification systems and supporting your body's health. You're also trying to give your body a break so it can heal itself. If it's constantly being occupied with digestion, which takes a lot of energy, your body will put the deep cleaning process on hold.

## HOW IS THE 5-DAY DETOX DIFFERENT?

The safest and most effective detox is one that supports your body with all the nutrients it needs while eliminating whatever it doesn't need. Unlike most detox programs that focus on expensive juices or pills, this detox diet plan focuses on real, whole foods and nutrient-dense superfoods. Over the next 5 days you'll eliminate meat, dairy, processed foods, caffeine, sugar, salt, oils, additives and fillers.

## DETOX HEALTH BENEFITS

Detoxing for 5 days is a manageable way to clean your system, sleep better, jumpstart your weight loss, improve your skin, clear your mind and boost your energy levels. You also reduce the amount of harmful substances coming into your body.

## DETOX SIDE EFFECTS

Common side effects of detoxifying include: headaches, bad moods, getting a cold, feeling tired or skin breakouts. Don't worry; this is a sign the detox is working and your body is releasing toxins. Make sure you drink enough water to ease the detox symptoms.





# DETOX PLAN

For the next 5 days, you will have

- ✓ A smoothie OR oatmeal and a shot for breakfast (Yes! Shots for breakfast!)
- ✓ A plant-based salad with roasted/steamed veggies and superfood dressing for lunch
- ✓ A delicious soup for dinner
- ✓ Snacks

All of these customizable detox recipes can be found on page 22. You can easily swap out ingredients based on your taste preferences as long as they follow these simple guidelines...

## EXCLUDE

- ✗ Alcohol
- ✗ Meat
- ✗ Dairy
- ✗ Processed foods
- ✗ Caffeine
- ✗ Sugar
- ✗ Chocolate
- ✗ Oils
- ✗ Additives and fillers
- ✗ Energy Bomb, Power Matcha, Magic Mushroom, Chocolate Protein, Chocolate Lover (due to the cacao & caffeine)
- ✗ Salt\*

\*We recommend not using salt as most of us always consume too much of it, however, if you prefer to add a little (and we mean a little!) pinch of sea or Himalayan salt to your soups, that's totally ok!

## INCLUDE

- ✓ Fresh & frozen fruits
- ✓ Fresh & frozen vegetables
- ✓ Beans & Legumes
- ✓ Rice, potatoes, & oats
- ✓ Plant-based milk
- ✓ Coconut water
- ✓ Raw nuts & seeds
- ✓ Herbs & spices
- ✓ Herbal teas
- ✓ Condiments
- ✓ Water

This detox is **not** about depriving yourself; it's about nourishing your body with as many nutrients as possible. This means, **snacking will be part of your next 5 days as well!**

We also suggest drinking herbal teas, Forever Beautiful and water, or superfood shots in between meals in addition to 80-100 oz of water a day!

Adding ginger or cucumber to your water is also a great way to enhance the flavor! You can also swap water with herbal tea in the morning or evening.

# YOUR WINTER DETOX CHECKLIST

Use this checklist to prepare for your Winter Detox.

## ☐ START YOUR PRE-DETOX

To make your body detox-ready, we recommend cutting back on caffeine, alcohol, dairy, and processed foods a few days before you begin. This makes it easier for your body to adapt to the changes you will be making for the week and can reduce the number of symptoms you experience.

## ☐ PLAN OUT YOUR MEALS AND MAKE YOUR SHOPPING LIST USING THE TEMPLATE ON PAGE 42

Recipes can be altered to fit your needs and taste preferences as long as they follow the guidelines on page 10.

## ☐ GO GROCERY SHOPPING

On page 19, you'll find a comprehensive grocery list that includes everything you'll need for the entire week! We recommend buying organic produce when possible because it's grown without hazardous chemicals, synthetic pesticides, or fertilizers.

## ☐ PREP YOUR MEALS FOR THE WEEK (OPTIONAL)

Some people like to wash and chop their veggies before the detox begins, others like to cook as they go—you can choose what works best for your schedule!

## ☐ TRACK YOUR PROGRESS

Using the journal template on page 37, you can track your mood, water intake, meals, sleep, and more!

## ☐ STAY CONNECTED

Find and tag us [@yoursuperfoods](#) or use [#yoursuper](#) on social media. You can send us an email at [happy@yoursuper.com](mailto:happy@yoursuper.com) any time you have questions.





# Cooking Tips

# 5 STEPS FOR MAKING A WINTER-FRIENDLY SMOOTHIE



## STEP 1

Use cold or room temperature ingredients instead of frozen



## STEP 2

Use warming fruits like pears, apple, bananas, dates, and strawberries



## STEP 3

To make it creamy, include quick oats, nut butter, a handful of cashews, or oat milk



## STEP 4

Add warming spices like cinnamon, black pepper, turmeric, clove, cayenne, and ginger

These help stimulate digestion.



## STEP 5

Add roasted winter squash, like butternut squash or roasted sweet potato, in place of frozen banana





# 5 STEPS FOR MAKING WARM OATMEAL



## STEP 1

Combine 1 cup of oats with water or plant-based milk



## STEP 2

Add fruit like bananas, apples, berries, or dates



## STEP 3

Stir on medium heat for 5-10 minutes



## STEP 4

Add your superfood mixes

We like to use 2-3 different mixes at a time!



## STEP 5

Add a spoonful of nut butter, shredded coconut, maple syrup, cinnamon, or nuts

## TOPPINGS

Toppings can transform your ordinary oatmeal into an **extraordinary** and satisfying breakfast. Here are some of our favorite toppings:

- Almonds
- Pumpkin seeds
- Walnuts
- Dates
- Blueberries
- Strawberries
- Bananas
- Raisins
- Nut butter
- Shredded coconut



## 4 STEPS FOR MAKING ROASTED VEGGIES



### STEP 1

Choose your veggies! Our favorites include sweet potatoes, pumpkin, broccoli, potatoes, carrots, beets, parsnips, brussel sprouts, onions...etc.



### STEP 2

Wash and slice the veggies.



### STEP 3

Place everything on a lined baking tray and roast in the oven at approx. 400°F until crispy.



### STEP 4

Serve with your favorite dips & a side salad!

**TIP:** Roast more veggies so you can use your leftovers to make a soup at night.

## 5 STEPS FOR MAKING A WARMING SOUP



### STEP 1

Boil or roast your veggies for about 20-30 minutes until soft.



### STEP 2

Use hot water or plant-based milk like coconut milk as a base.



### STEP 3

Add spices like pepper, cumin, curry, ginger, chili, Italian spices, etc.



### STEP 4

Add your favorite superfood mixes.



### STEP 5

Blend everything in a blender or with a hand mixer.





# Grocery List





Here are all of the ingredients you will need for your meals for the week! (Please note: ingredients for the Breakfast Smoothie Option or the Additional Recipes aren't included on this list.)

Building your own Detox Plan? Go to page 42 for a blank grocery list template.

## FRESH PRODUCE

- ☐ blueberries
- ☐ dates
- ☐ 1 head of cauliflower
- ☐ 2 heads of broccoli
- ☐ mushrooms (100g)
- ☐ 2 avocados
- ☐ mixed greens
- ☐ spinach (75g)
- ☐ 2 heads of romaine lettuce
- ☐ 3 medium potatoes
- ☐ 5 large carrots
- ☐ 4 onions
- ☐ 1 zucchini
- ☐ green peas (145g)
- ☐ 1 cucumber
- ☐ 1 butternut squash  
or small pumpkin
- ☐ 1 head of garlic
- ☐ 5 tomatoes
- ☐ 2 apples
- ☐ 1 orange
- ☐ 2 bananas
- ☐ 2 lemons
- ☐ 1 lime
- ☐ ginger root (1-2 inches)

## GRAINS

- ☐ oats (500g)
- ☐ quinoa (200g)
- ☐ brown rice (380g)

## PANTRY STAPLES

- ☐ Your Super mixes
- ☐ 1 can coconut milk
- ☐ 1 can chickpeas
- ☐ 1 can cannellini beans
- ☐ 1 can tomato paste
- ☐ plant-based milk (8 fl oz)
- ☐ cashew nut butter
- ☐ apple cider vinegar
- ☐ cashews\*
- ☐ raisins
- ☐ shredded coconut
- ☐ walnuts
- ☐ almonds\*
- ☐ pumpkin seeds\*
- ☐ almond butter\*

## HERBS & SPICES

- ☐ pepper
- ☐ cumin
- ☐ garlic powder
- ☐ curry powder
- ☐ chili powder
- ☐ dill
- ☐ ground cinnamon
- ☐ Italian seasoning

## ETHNIC AISLE

- ☐ tahini

## CONDIMENTS

- ☐ mustard

\*optional



A top-down view of a white bowl filled with yellow oatmeal, a small potted cactus in a terracotta pot, and a packet of Golden Mellow Organic Superfood Mix. A silver spoon with the word 'HEALTHY' on its handle is placed in the oatmeal. The word 'Recipes' is written in a large, white, cursive font across the center of the image.

# Recipes

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GOLDEN  
MELLOW

ORGANIC SUPERFOOD MIX

TURMERIC, ASHWAGANDA, GINGER,  
CINNAMON, LUMUMA & PEPPER

21

NET WT 7.05oz (200g)

# day 1

Use the tracking sheets on page 37 to track your progress throughout your Detox!

## BREAKFAST: BERRY OATMEAL + SUPER GREEN SHOT

### BERRY OATMEAL

Serves 1

#### INGREDIENTS:

2 tsp Forever Beautiful mix  
1½ cups water  
1 cup oats  
½ cup frozen blueberries  
3 tbsp chopped dates  
2 tbsp shredded coconut toppings (optional—see suggestions on p. 15)

#### DIRECTIONS:

1. Combine all of the ingredients (except the Forever Beautiful mix) in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in Forever Beautiful mix.
4. Pour into a bowl, add toppings (if desired), and serve.

### SUPER GREEN SHOT

Serves 1

#### INGREDIENTS:

1 tsp Super Green mix  
½ cup water  
squeeze of ½ lemon

#### DIRECTIONS:

1. Whisk all of the ingredients together in a small glass.
2. Drink and enjoy!



**SUPER TIP:** If you prefer a sweeter taste, stir Super Green into fresh apple or orange juice instead of water and lemon juice.

## BREAKFAST SMOOTHIE OPTION: GREEN SMOOTHIE

Serves 1

#### INGREDIENTS:

1 tsp Golden Mellow mix  
2 tbsp Skinny Protein mix  
1 tsp Super Green mix  
2 tbsp coconut cream (from a can)  
1 cup water  
1 handful of spinach  
1 banana  
1 lemon

#### DIRECTIONS:

1. Peel lemon and banana and add them to a high-speed blender.
2. Place all remaining ingredients in blender and blend until smooth.
3. Pour into a glass and enjoy!

If you prefer a thicker smoothie, use less water or opt for plant-based milk instead. For thinner smoothies, add a little more water.

## LUNCH: BUDDHA BOWL

Serves 1

### INGREDIENTS:

1 tsp of Super Green mix  
½ small head of cauliflower  
6 small mushrooms  
½ cup cooked brown rice  
1 tbsp tahini  
1 handful mixed greens  
½ avocado, diced  
pepper to taste

### DIRECTIONS:

1. Cut up the cauliflower and mushrooms, season them with pepper and roast them in the oven at 360°F until soft.
2. Cook brown rice as directed.
3. Stir Super Green and tahini together in a small bowl.
4. Add the cauliflower, mushrooms, and brown rice to a bed of lettuce.
5. Top with avocado.
6. Finish it off with a drizzle of Super Green tahini and pepper.

## DINNER: BROCCOLI POTATO SOUP

Serves 1

### INGREDIENTS:

1 tsp Super Green mix  
½ onion, diced  
1 garlic clove, minced  
2 medium potatoes, diced  
2 cups water  
1 cup plant-based milk  
4 cups broccoli florets

### DIRECTIONS:

1. Heat 1-2 tbsp of water in a large saucepan, then add the onions and garlic and sauté until translucent.
2. Add the potatoes, the rest of the water, and plant-based milk.
3. Cover and bring to the boil. Reduce heat to low and simmer for 10 minutes.
4. Add the broccoli and continue to cook until broccoli is tender.
5. Transfer half of the soup to a high-speed blender and add the Super Green mix.
6. Return the soup to the pan and season with pepper to taste.



# day 2

## BREAKFAST:

### GREEN APPLE OATMEAL + GOLDEN MELLOW SHOT

#### GREEN APPLE OATMEAL

Serves 1

##### INGREDIENTS:

1 tsp Super Green mix  
1 apple, grated  
1½ cups water  
1 cup oats  
¼ cup walnuts  
2 tbsp chopped dates  
1 tsp ground cinnamon  
toppings (optional)

##### DIRECTIONS:

1. Combine all of the ingredients (except the Super Green mix) in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Super Green mix.
4. Pour into a bowl, add toppings (if desired), and serve.



**SUPER TIP:** Add a tablespoon of almond butter to make it even creamier!

#### GOLDEN MELLOW SHOT

Serves 1

##### INGREDIENTS:

1 tsp Golden Mellow mix  
½ cup water  
squeeze of ½ fresh orange

##### DIRECTIONS:

1. Whisk all of the ingredients together in a small glass.
2. Drink and enjoy!

## BREAKFAST SMOOTHIE OPTION:

### DETOX PEAR SMOOTHIE

Serves 1

##### INGREDIENTS:

1 tsp Golden Mellow mix  
2 tbsp Skinny Protein mix  
1 tsp Super Green mix  
1 banana  
1 pear, cored and sliced  
1 cup water  
½ cup spinach

##### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy!

## LUNCH: GREEN ROASTED SALAD BOWL

Serves 1

### INGREDIENTS:

1 head romaine lettuce  
4 florets broccoli  
1 diced tomato  
⅓ zucchini, chopped  
½ cup brown rice  
1 cup green peas

### DRESSING

1 tbsp Skinny Protein mix  
3 tbsp cashew nut butter  
1/2 tsp garlic powder  
dash of pepper  
water, to thin out

### DIRECTIONS:

1. Prepare the dressing in a large bowl by whisking all of the ingredients together.
2. Roast broccoli, zucchini, and tomato at 400°F for 15-25 minutes.
3. Cook brown rice according to package.
4. In a large bowl, add romaine lettuce, brown rice, green peas, and roasted veggies.
5. Top with dressing.

## DINNER: TOMATO SOUP

Serves 1

### INGREDIENTS:

1 tsp Super Green mix  
1 onion, diced  
1 garlic clove, minced  
3 tomatoes  
1 can tomato paste  
1½ cups hot water  
1 tbsp Italian seasoning  
pepper, to taste  
¼ cup cashews (optional)

### DIRECTIONS:

1. Add onions and garlic to a saucepan and sauté with 1 tbsp of water until translucent.
2. Add in the tomatoes, tomato paste, water, and Italian seasoning.
3. Cover and bring to a boil. Reduce heat to low and simmer for 5 minutes.
4. Transfer to a high-speed blender, add the Super Green mix and cashews (if using) and blend until smooth.
5. Season with pepper to taste.
6. Pour into a bowl and enjoy.

# day 3

## BREAKFAST: GOLDEN OATMEAL + SUPER GREEN SHOT

### GOLDEN OATMEAL

Serves 1

#### INGREDIENTS:

1 tsp Golden Mellow mix  
½ banana, sliced  
1½ cups water  
1 cup oats  
3 tbsp raisins  
2 tbsp shredded coconut  
toppings (optional)

#### DIRECTIONS:

1. Combine all of the ingredients (except the Golden Mellow mix) in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Golden Mellow mix.
4. Pour into a bowl, add toppings (if desired), and serve.

### SUPER GREEN SHOT

Serves 1

#### INGREDIENTS:

1 tsp Super Green mix  
½ cup water  
squeeze of ½ lemon

#### DIRECTIONS:

1. Whisk all of the ingredients together in a small glass.
2. Drink and enjoy!

## BREAKFAST SMOOTHIE OPTION: HIDDEN GREENS SMOOTHIE

Serves 1

#### INGREDIENTS:

1 tsp Forever Beautiful mix  
1 tsp Super Green mix  
1 banana  
1 cup berries of choice  
1 tbsp almond butter  
1 cup plant-based milk

#### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy!

## LUNCH: VEGGIE STIR-FRY + WHITE BEAN DIP

### VEGGIE STIR-FRY

Serves 1

#### INGREDIENTS:

1 cup brown rice  
1 cup mushrooms  
½ cup romaine lettuce  
½ onion  
2 large carrots, sliced  
¼ tsp chili powder

#### DIRECTIONS:

1. Cook brown rice according to the package.
2. Sauté mushrooms, onion, carrots in ⅓ cup of water for 5-10 minutes.
3. Season with chili powder.
4. Serve on a bed of romaine lettuce with a large dollop of White Bean Dip (recipe below).

### WHITE BEAN DIP

Serves 2

#### INGREDIENTS:

1 tsp Golden Mellow mix  
1-2 tbsp Skinny Protein mix  
2 tbsp tahini  
1 can cannellini beans  
1 cup water  
1 tsp curry powder  
pepper, to taste

#### DIRECTIONS:

1. Combine all ingredients in a blender or food processor and blend until smooth.



**SUPER TIP:** Leftovers make a great snack—serve with sliced veggies!

## DINNER: SQUASH SOUP

Serves 1

#### INGREDIENTS:

1 tsp Golden Mellow mix  
½ onion, diced  
1 garlic clove, minced  
½ butternut squash or small pumpkin, peeled and diced  
½ can coconut milk  
1 cup water  
pepper, to taste

#### DIRECTIONS:

1. Add the onions and garlic to a saucepan and sauté with 1 tbsp of water until translucent.
2. Add the squash or pumpkin, coconut milk, and water.
3. Cover and bring to a boil. Reduce heat to low and cook until squash or pumpkin is fork-tender.
4. Transfer to a high-speed blender, add the Golden Mellow mix, and blend until smooth.
5. Season with pepper to taste.
6. Pour into a bowl and enjoy.



**SUPER TIP:** If you bought a whole butternut squash or pumpkin, roast all of it and use the leftovers for your lunch salad tomorrow.

# day 4

## BREAKFAST:

### GOLDEN GREEN OATS + FOREVER BEAUTIFUL SHOT

#### GOLDEN GREEN OATS

Serves 1

##### INGREDIENTS:

1 tsp Golden Mellow mix  
1 tsp Super Green mix  
½ apple, chopped  
½ banana, sliced  
1½ cups water  
1 cup oats  
2 tbsp raisins  
1 tsp cinnamon  
toppings (optional)

##### DIRECTIONS:

1. Combine all of the ingredients (except the Super Green mix and Golden Mellow mix) in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Super Green and Golden Mellow mixes.
4. Pour into a bowl, add toppings (if desired), and serve.

#### FOREVER BEAUTIFUL SHOT

Serves 1

##### INGREDIENTS:

1 tsp Forever Beautiful mix  
½ cup water

##### DIRECTIONS:

1. Whisk all of the ingredients together in a small glass.
2. Drink and enjoy!

## BREAKFAST SMOOTHIE OPTION:

### LEAN GREEN SMOOTHIE

Serves 1

##### INGREDIENTS:

2 tbsp Skinny Protein mix  
1 tsp Super Green mix  
1 banana  
1 orange, peeled  
¼ cucumber  
1 cup water

##### DIRECTIONS:

1. Place all of the ingredients in a high-speed blender and blend until smooth.
2. Pour into a glass and enjoy!



## LUNCH: SQUASH POWER SALAD

Serves 1

### INGREDIENTS:

¼ cup cut fresh butternut  
squash or pumpkin  
1 can chickpeas  
1 cup quinoa  
1 cup spinach  
⅓ cucumber, sliced  
1 tsp of curry powder

### DRESSING

1 tsp Super Green mix  
3 tbsp mustard  
1 tbsp tahini  
1 tsp dried dill  
3 tbsp apple cider vinegar  
pepper  
water to thin

### DIRECTIONS:

1. Prepare the dressing in a bowl by whisking all of the ingredients together.
2. Roast squash or pumpkin and chickpeas with curry powder in the oven at 400°F for 30 minutes.
3. Cook quinoa according to the package.
4. Combine quinoa, roasted veggies, spinach, and sliced cucumber.
5. Stir in dressing and enjoy!

## DINNER: GREEN DETOX SOUP

Serves 1

### INGREDIENTS:

1 tsp Super Green mix  
½ zucchini  
1 cup water  
1 ripe avocado  
½ garlic clove  
juice of ½ lime  
½ cup spinach

### DIRECTIONS:

1. Boil zucchini and garlic for 10 minutes.
2. Add to a blender with all remaining ingredients.
3. Blend until smooth.
4. Pour into a bowl and enjoy!

# day 5

## BREAKFAST:

### CINNAMON OATMEAL + SUPER GREEN SHOT

#### CINNAMON OATMEAL

Serves 1

##### INGREDIENTS:

2 tsp Forever Beautiful mix  
1½ cups water  
1 cup oats  
½ banana, sliced  
3 tbsp chopped dates  
1 tsp cinnamon  
toppings (optional)

##### DIRECTIONS:

1. Combine all of the ingredients (except the Forever Beautiful mix) in a small pot.
2. Cook over medium heat, stirring often to prevent burning or sticking.
3. Remove from heat and stir in the Forever Beautiful mix.
4. Pour into a bowl, add toppings (if desired), and serve.

#### SUPER GREEN SHOT

Serves 1

##### INGREDIENTS:

1 tsp Super Green mix  
½ cup water  
squeeze of ½ lemon

##### DIRECTIONS:

1. Whisk all of the ingredients together in a small glass.
2. Drink and enjoy!

## BREAKFAST SMOOTHIE OPTION:

### KIWI CLEANSE SMOOTHIE

Serves 1

##### INGREDIENTS:

1 tsp Golden Mellow mix  
2 tbsp Skinny Protein mix  
1 tsp Super Green mix  
1 cup plant-based milk  
1 banana  
2 kiwis  
1 cup spinach

##### DIRECTIONS:

1. Place all of the ingredients in a blender and blend until smooth.
2. Pour into a glass.
3. Enjoy!

## LUNCH: GOLDEN GODDESS SALAD

Serves 1

### INGREDIENTS:

1 cup spinach  
1 tomato, diced  
1-2 boiled potatoes, diced  
¼ onion, diced  
¼ cucumber, chopped

### DIRECTIONS:

1. Add all ingredients for the salad in a bowl and toss well.
2. Add all ingredients for the dressing to a cup and stir well.
3. Splash the dressing over the salad.
4. Enjoy!

### DRESSING

1 tsp Golden Mellow mix  
3 tbsp tahini  
1 tsp cumin  
½ tsp garlic powder  
pepper  
water to thin

## DINNER: GINGER CARROT SOUP

Serves 1

### INGREDIENTS:

1 tsp Golden Mellow mix  
½ onion, diced  
1 garlic clove, minced  
½ small head of cauliflower, diced  
3 large carrots, sliced  
½ can coconut milk  
2 cups of hot water  
1-inch ginger root, peeled  
and chopped  
pepper, to taste

### DIRECTIONS:

1. Add a splash of water to a large saucepan, then add the onion and garlic and sauté until translucent.
2. Add the cauliflower, coconut milk, carrots, and water.
3. Cover and bring to a boil. Reduce heat to low and cook until cauliflower and carrots are fork-tender.
4. Transfer to a high-speed blender, add the ginger and Golden Mellow mix and blend until smooth.
5. Season with pepper to taste.
6. Pour into a bowl and enjoy.



# Additional Recipes

GOLD  
MELLO

ORGANIC SUPERFOOD

TURMERIC, ASHWAGANDA, GINGER  
CINNAMON, LUCUMA & PEPPER

NET WT 7.05oz (200g)

Here are some additional recipes to enjoy during your detox, but please note: ingredients for these recipes aren't included in the shopping list so you'll need to adjust it accordingly.

## SMOOTHIES

You can start your day with one of these winter smoothies or swap out your dinner soup for any of the recipes below.

### CHAI SPICE SMOOTHIE

Serves 1

#### INGREDIENTS:

1 tsp Golden Mellow mix  
1½ cups plant-based milk  
1 banana  
¼ of roasted sweet potato

#### DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.

### GOLDEN SPICE SMOOTHIE

Serves 1

#### INGREDIENTS:

1 tsp Golden Mellow mix  
1 cup oat milk  
1 banana  
1-inch ginger root  
1 large carrot  
1 tbsp lemon juice

#### DIRECTIONS:

1. Combine all ingredients in a blender and blend until smooth.

### ANTIOXIDANT BERRY SMOOTHIE

Serves 1

#### INGREDIENTS:

1 tsp Forever Beautiful mix  
1 tsp Golden Mellow mix  
⅔ cup almond milk  
½ cup berries  
1 banana  
2 tbsp oats

#### DIRECTIONS:

1. Blend all ingredients in a blender until smooth.
2. Pour into a glass.
3. Enjoy!





# HUMMUS 3 WAYS

These hummus recipes are ideal for adding flavor to your lunch and snacks.

## SUPER GREEN HUMMUS

Serves 2

### INGREDIENTS:

2 tsp Super Green mix  
1 can chickpeas  
½ small garlic clove  
2 tbsp tahini  
2 tbsp lemon juice  
dash of pepper

### DIRECTIONS:

1. Blend all ingredients in a blender/food processor until smooth.
2. Spoon into a bowl.
3. Dip with veggies or crackers.
4. Enjoy!



**SUPER TIP:** Sprinkle some hemp seeds over the dip for some added healthy fats!

## WHITE BEAN DIP

Serves 2

### INGREDIENTS:

2 tbsp Skinny Protein mix  
1 can cannellini beans  
1 cup water  
3 tbsp tahini  
1 tsp onion powder  
½ tsp garlic powder  
½ tsp pepper

### DIRECTIONS:

1. Combine all ingredients in a blender or food processor and blend the mixture until smooth.
2. Enjoy with some crackers or veggies!



**SUPER TIP:** Add some of our Super Green mix for extra green goodness!

## VEGAN BEAN DIP

Serves 2

### INGREDIENTS:

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

### DIRECTIONS:

1. Blend all ingredients in a food processor until creamy.
2. Serve in a bowl and dip your favorite veggies in it.



# Track your progress

Use these tracking sheets to keep on top of your detox. Each day fill in what you had to eat, your daily affirmation, your workouts and your overall mood.

## TRACK YOUR DAY:

day 1

DATE \_\_\_\_\_  
 M T W T F S S

“ DAILY AFFIRMATION ”

## GLASSES OF WATER



## CUPS OF HERBAL TEA



## MY WORKOUT

# OF STEPS

BREAKFAST \_\_\_\_\_

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LUNCH \_\_\_\_\_

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**DINNER** \_\_\_\_\_

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SNACKS \_\_\_\_\_

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## HOW DO I FEEL TODAY?

# TRACK YOUR DAY:

day 2

DATE

M T W T F S S

💧 DAILY AFFIRMATION

””

GLASSES OF WATER



CUPS OF HERBAL TEA



MEDITATION



SLEEP



MY WORKOUT

# OF STEPS

BREAKFAST \_\_\_\_\_

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LUNCH \_\_\_\_\_

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DINNER \_\_\_\_\_

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SNACKS \_\_\_\_\_

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HOW DO I FEEL TODAY?

## TRACK YOUR DAY:

day 3

DATE \_\_\_\_\_  
M T W T F S S

“ DAILY AFFIRMATION ”

## GLASSES OF WATER



## CUPS OF HERBAL TEA



MY WORKOUT

# OF STEPS

BREAKFAST \_\_\_\_\_

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---

LUNCH \_\_\_\_\_

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---

---

---

## DINNER

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## SNACKS \_\_\_\_\_

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## HOW DO I FEEL TODAY?

# HOW DO I FEEL TODAY?



## TRACK YOUR DAY:

day 4

DATE

M T W T F S S

💧 DAILY AFFIRMATION

”

GLASSES OF WATER



CUPS OF HERBAL TEA



MY WORKOUT

# OF STEPS

BREAKFAST \_\_\_\_\_

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LUNCH \_\_\_\_\_

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DINNER \_\_\_\_\_

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SNACKS \_\_\_\_\_

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HOW DO I FEEL TODAY?

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## TRACK YOUR DAY:

day 5

DATE

M T W T F S S

💧 DAILY AFFIRMATION



GLASSES OF WATER



CUPS OF HERBAL TEA



MEDITATION



SLEEP



MY WORKOUT

# OF STEPS

BREAKFAST \_\_\_\_\_

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LUNCH \_\_\_\_\_

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DINNER \_\_\_\_\_

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SNACKS \_\_\_\_\_

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HOW DO I FEEL TODAY?

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# GROCERY LIST TEMPLATE



fresh produce	Grains
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	Pantry
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frozen	Herbs + spices
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	Cans + Jars
Refrigerated	
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# GROCERY LIST TEMPLATE



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## frozen

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## Refrigerated

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## Grains

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## Pantry

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## Herbs + spices

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## Cans + Jars

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## Misc.

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## 5-DAY DETOX REVIEWS

Whether you need motivation to get started with your detox or encouragement to stick with it, past detoxers overwhelmingly agree that they're so grateful they did it. See how the 5-Day Detox has helped them quickly improve their health and instill new healthy habits.

### “ **Easiest Detox Ever**

The fact that the detox is only 5 days made it easy to see the light at the end of the tunnel, but after I was done I wanted to keep going! The shakes are filling and honestly tasty—unlike chalky shakes or those that you just have to hold your nose and drink. The salad options were amazing! In only 5 days I lost inches, I was less fluffy and I no longer felt bloated! It has jumpstarted my new relationship with food. Your Super is my new lifestyle and now a part of my daily routine! LOVE IT! - **Melissa M.**

### “ **Loved It!**

I've never detoxed before and was nervous. But I felt so good after 5 days, that I went 3 more days! - **Justyn T.**

### “ **Loving It!**

I decided to continue for an entire week. The results are amazing, I'm down 3kg, I feel lighter, more energized, and confident! Since then, I kept my Super Green Smoothie for breakfast and my Super Berry Smoothie in the evening. I have convinced friends and family to try too! - **Emilie A.**

### “ **Great Reset**

I loved the 5-Day Detox. It helped me realize how much I eat all day without thinking about it. I was able to give up—and surprisingly not miss—my daily coffee and WINE! My skin feels better, I'm sleeping better, and have more energy straight through the evening. - **Amanda A.**

### “ **Amazing detox!**

I love, love, love the Detox Bundle! I never experienced any negative symptoms while on the 5-day detox, instead, I felt more energy, better digestion, and way less sugar cravings afterward! I continue to use the powders in my smoothies and dinner recipes wherever possible. The salads are so versatile for adding any veggies you want, with a little sprinkle of Forever Beautiful on top! - **Ashley P.**

### “ **Best Decision I've Made!**

I'm actually on my 8th day of eating clean and I don't want to stop my detox because of how great I feel! I was nervous to do it but I definitely don't regret it at all! - **Xochiti P.**

### “ **Life Changing**

I know that sounds cliché or as if someone paid me to write that, BUT, the detox changed my world around. I was excited to try the next recipe at each meal, I wasn't starving, I felt great and lost weight. Before the detox, I was eating terribly and feeling awful. I was drinking way too much coffee and it wasn't even working. On Day 2, I noticed a huge difference already. Your Super powders will be a staple in my household now. - **Melissa H.**





# Kristel's Top Post-Detox Tips



## 1. CONTINUE TO START YOUR DAY ON A HEALTHY NOTE

Keep up the Your Super smoothie breakfast to start your day healthily - just like during the detox! Lots of our favorite recipes can be found on our blog:

[www.yoursuper.com/recipes](http://www.yoursuper.com/recipes)

## 2. KEEP UP YOUR 5-A-DAY

Keep using 5 servings of your favorite Your Super mixes every single day and be sure to track your progress! You will continue to see an improvement in your health if you keep up a consistent schedule! 😊 Remember that you can add them to oatmeals, sprinkle on snacks, mix with water, or add to sauces!

## 3. READ THE INGREDIENTS LIST, NOT THE NUTRIENT LABEL

Eating well shouldn't be about counting calories and restricting yourself, but rather about focusing on eating real foods! If you don't recognize the ingredients on a product label, think twice before you buy it.

## 4. LEARN TO LISTEN TO YOUR BODY

If you're feeling hungry...snack! Some days you will eat more than others and that's life. Your body won't act the same every single day - and that's ok!

## 5. START LEARNING HOW TO MAKE MORE PLANT-BASED RECIPES

After the detox is a beautiful time to experiment with more plant-based meals...You don't need to switch to 100% plant-based right away, but let's try together to get more plants into your day!



## CONTINUE YOUR SUPER JOURNEY WITH THESE SUPER PRODUCTS!



### ULTIMATE HEALTH BUNDLE



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<https://yoursuper.com/blogs/yoursuperfoodsblog>

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# LOVE HOW YOU'RE FEELING POST-DETOX?

A [Your Super Subscription](#) is the best way to make sure you always have superfoods at the ready to add to your meals, snacks, and drinks. When you become a subscriber, you enjoy these great benefits:

- ✓ Get 20% off everything
- ✓ Earn double rewards
- ✓ Customize every order
- ✓ Skip orders anytime
- ✓ Delivery every 30 days
- ✓ Cancel anytime after 3 orders

SPECIAL  
OFFER!

SAVE 30% on your  
first subscription

SIGN UP



And, if you loved following a daily plan to help you feel your best, then [The Superwoman Bundle](#) is a great follow-up to your detox. It includes a 7-day program that will help you introduce simple but powerful changes that will improve your health and energy levels significantly. It'll also help with hormonal balance and skin health. Feel like a superhero with the power of (super)plants!

SHOP NOW

If you're enjoying eating plant-based but would like more guidance, the [Your Super Plant-Based Course](#) is a great way to get started. It includes:

- 🌱 60+ plant-based recipes
- 🌱 2-week meal plan (based on what Kristel actually eats in a week)
- 🌱 10+ recipe how-to guides
- 🌱 Plant-based eating & lifestyle tips

SHOP NOW

The ultimate  
guide into  
plant-based  
eating





## ANY QUESTIONS?

Email [happy@yoursuper.com](mailto:happy@yoursuper.com)  
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