



Eternity Warrior

SMOOTHIE & JUICE RECIPES GUIDE



Smoothies

Join the smoothie train! There is no better way to sneak more plant foods into your diet than via a smoothie. Aim for at least a handful of greens in each one. This sounds like a lot, but your body will thank you. And best of all, you hardly know it's there!

Benefits of Smoothies:

- 💡 Smoothies retain all of the nutrients from fruits and vegetables, including the fiber.
- 💡 Blending breaks the fiber apart, making the fruit and vegetables easier to digest.
- 💡 The fiber helps create a slow and steady release of nutrients, balancing blood sugar.
- 💡 Smoothies are more filling than juices, so they satisfy hunger and sustain energy longer.



FOUNDATIONAL SMOOTHIE INGREDIENTS

Base

Filtered water, coconut water, or low-sugar nut milk

Add in

3-to-1 ratio of veggies to fruits

Protein

plant-based protein powder (optional)

Healthy fats

avocado, nut butter, coconut oil or milk

Superfoods

cacao, chia seeds, maca, flax, acai, goji, greens, l-glutamine, functional powders, bee pollen, beet powder, etc.

Best blenders

High-speed blenders are a must for perfectly creamy smoothies. We recommend Vitamix and Blend- tec brands.

Smoothies are NOT meant to be loaded with lots of sugary stuff (aka too much fruit). It's important to try to stay close to the 2:1 vegetable-to-fruit ratio and not to exceed 1/2- cup of fruit.



Mint Cacao Chip Smoothie

Add to shopping list:

- ✓ 1/2 cup peppermint tea, chilled
- ✓ 2-3 cups spinach or kale
- ✓ 1 1/4 cup unsweetened almond milk
- ✓ 1 scoop plant protein powder (optional)
- ✓ 1-2 drops peppermint extract
- ✓ 2 teaspoon maca powder
- ✓ 1 tablespoon raw cacao nibs
- ✓ Stevia, to taste (optional)
- ✓ 2 ice cubes (optional)

Put all ingredients in a blender, except for cacao nibs, and blend on high for a minute or so, until smooth and creamy. Add nibs and gently blend.

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Super Duper Smoothie

Add to shopping list:

- ✓ 1/2 cup frozen berries or cherries
- ✓ 1/4 avocado
- ✓ 1/2 cup coconut water + 3/4 cup filtered water
- ✓ Juice of half a lime
- ✓ 1 serving plant protein powder (optional)
- ✓ 2-3 cups greens (spinach, kale, or chard)
- ✓ 1 tablespoon flax or chia seeds
- ✓ 1 teaspoon superfoods
- ✓ Stevia, to taste (optional)
- ✓ 2 ice cubes



Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.



Greenie Colada Smoothie

Add to shopping list:

- ✓ 1/2 cup frozen pineapple chunks
- ✓ 1/2 cup coconut water + 3/4 cup filtered water
- ✓ 1/5 avocado
- ✓ 1/2 tablespoon coconut oil
- ✓ 1 serving plant protein powder (optional)
- ✓ 2-3 cups greens (spinach, kale, or chard)
- ✓ 1 tablespoon flax or chia seeds
- ✓ 1 teaspoon superfoods Stevia, to taste (optional) 2 ice cubes

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.

Blueberry Pear Smoothie

Add to shopping list:

- ✓ 1/2 small ripe pear, peeled and diced
- ✓ 1/2 cup frozen blueberries
- ✓ 1 teaspoon pure vanilla extract
- ✓ Pinch of ground ginger
- ✓ Juice of 1/2 a lime
- ✓ 1/2 cup almond milk + 3/4 cup filtered water
- ✓ 1 serving protein powder (optional)
- ✓ 2-3 cups greens (spinach, kale, chard) Stevia, to taste (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.



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Ginger-Lime Smoothie

Add to shopping list:

- ✓ 1/2 avocado
- ✓ 1 large apple, cored and quartered
- ✓ Juice of 1 lime
- ✓ 2-3 cups greens
- ✓ 1 inch cube of ginger, peeled and
- minced
- ✓ 1 1/4 cup nut/seed milk
- ✓ 1 teaspoon superfoods
- ✓ 1 serving protein powder (optional)
- ✓ 3-4 ice cubes

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.

A.B. & J Smoothie

Add to shopping list:

- ✓ 2 tablespoons almond butter
- ✓ 2 cups spinach
- ✓ 1/2 cup blueberries
- ✓ 1 serving protein powder (optional)
- ✓ 1 1/4 cup unsweetened almond milk
- ✓ 1 teaspoon superfoods
- ✓ Stevia, to taste (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.



Coastal Girl Smoothie

Add to shopping list:

- ✓ 1/2 cup unsweetened almond milk
- ✓ 2 cups spinach or kale
- ✓ 1/2 cup coconut water + 3/4 cup filtered water
- ✓ 1 tablespoon coconut butter
- ✓ 1 cup fresh cilantro leaves
- ✓ 1 serving protein powder (optional)
- ✓ 1/2 cup frozen mango or peaches
- ✓ Stevia, to taste (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.

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She's A Peach Smoothie

Add to shopping list:

- ✓ 1/4 avocado
- ✓ 1 serving protein powder (optional)
- ✓ 2 cups spinach or kale
- ✓ 1/2 cup coconut water
- ✓ 3/4 cup filtered water
- ✓ 1/4 cup frozen organic cherries
- ✓ 1/4 cup frozen organic peaches
- ✓ 1 teaspoon superfoods Stevia, to taste (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.



Pumpkin Pie Smoothie

Add to shopping list:

- ✓ 1 cup organic pumpkin puree (chilled)
- ✓ 1 1/4 cup unsweetened almond milk
- ✓ 1 tablespoon coconut butter
- ✓ 2 cups spinach
- ✓ 1/2 teaspoon cinnamon
- ✓ 1/4 teaspoon nutmeg
- ✓ 1/2 teaspoon fresh ginger, minced
- ✓ 1 scoop plant protein powder (optional)
- ✓ 1 tablespoon flax seeds Stevia, to taste (optional)
- ✓ 2 ice cubes (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.

Cacao Berry Smoothie

Add to shopping list:

- ✓ 1/2 cup frozen berries
- ✓ 2 cups spinach or kale
- ✓ 1/4 avocado
- ✓ 2 teaspoons raw cacao powder
- ✓ 1 scoop plant protein powder (optional)
- ✓ 1 1/4 cup unsweetened almond milk
- ✓ 1/4 teaspoon pure vanilla extract
- ✓ 1/8 cup fresh mint, chopped
- ✓ Stevia, to taste (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.



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Cheeky Cherry Smoothie

Add to shopping list:

- ✓ 1/2 cup frozen cherries
- ✓ 2 cups spinach or kale
- ✓ 2 teaspoons almond butter
- ✓ 1 scoop plant protein powder (optional)
- ✓ 1 teaspoon pure vanilla extract
- ✓ 1 teaspoon maca powder
- ✓ 1 1/4 cup unsweetened almond milk
- ✓ 1/5 avocado
- ✓ Stevia, to taste (optional)
- ✓ 2 ice cubes (optional)

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.

Almond Buttercup Smoothie

Add to shopping list:

- ✓ 1 1/4 cup unsweetened almond milk
- ✓ 2 tablespoons almond butter
- ✓ 1/4 avocado
- ✓ 1 teaspoon raw honey
- ✓ 2 cups spinach or kale
- ✓ 1 teaspoon flax seed or chia
- ✓ 2 tablespoons raw cacao
- ✓ 3-4 ice cubes

Put all ingredients in a blender and blend on high for a minute or so, until smooth and creamy.



Juice

Benefits of Juicing:

- 💡 It extracts water and nutrients from produce—two substances that lead to better health and wellness.
- 💡 It discards the fiber so your digestive system doesn't have to work as hard to break down food.
- 💡 The food's vitamins, minerals, and phytonutrients are more readily available for absorption.
- 💡 It is a healing and detoxifying way to nourish and restore your body.

FOUNDATIONAL JUICE INGREDIENTS

Base

Cucumbers, celery, dark leafy greens, or broccoli

Add in

Apples, pears, carrots, lemon, ginger, or herbs

Tips for great green juice

Drink your juice within 24-48 hours of making it. The fresher, the better! To get the most juice from your greens, pack them tightly.

Simply Green

- ✓ 1 large cucumber
- ✓ 3 stalks celery
- ✓ 1 cup spinach
- ✓ 2 cups kale
- ✓ 2 cups parsley

The Glow

- ✓ 2 green apples
- ✓ 3 carrots
- ✓ 1 cucumber
- ✓ 1 cup kale
- ✓ 1 cup parsley
- ✓ 1 lime
- ✓ 1 knuckle ginger

The Cure

- ✓ 1 beet
- ✓ 2 broccoli florets
- ✓ 1 green apple
- ✓ 1 cup kale
- ✓ 1 cup parsley
- ✓ 3 stalks celery
- ✓ handful of grapes

Greener Colada

- ✓ 1 cup kale
- ✓ 1 banana
- ✓ 1 cup pineapple
- ✓ 1 cup spinach
- ✓ coconut water

Purple Power

- ✓ 1 beet
- ✓ 1 knuckle ginger
- ✓ 1 cup blueberries
- ✓ 1 cup strawberries
- ✓ 2 carrots
- ✓ 2 stalks celery

