GLOBAL SMOOTHIE DAY

STARTER KIT + RECIPES



#GLOBALSMOOTHIEDAY ~ OCT 3RD

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One Love.

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INTRODUCTION

Despite our inherent desires to live a healthy and joyful life, so many of us are overcome with feelings of anxiety, defeat and exclusion before we ever get the chance to try. When it feels like the whole world is against you, you do what you can to get by. Slowly, as we lose our hope in humanity, we begin to lose hope in ourselves. Self-care? Who cares.

We care. We want to welcome you into this world of wellbeing, because we all deserve to be here, and because the health of our shared home, Planet Earth, needs us to be here, too. We will try to paint you a clear picture of our harsh future that is right around the corner, so we all understand the urgency.



Before we do, we wish to remind you that we are here to help by building the case for your adoption of a smoothie lifestyle--one that follows a simple formula and leaves you feeling better than before. Our plan with this ebook is to empower you to onboard this lifestyle, by consuming what we believe to be the new fast food: 'green' smoothies. Those which take little time to prepare AND are extremely good for you and our planet.

OUR COLLECTIVE WHY

What we consume not only impacts our own health, but it impacts the health of our communities and our planet. According to the UN agricultural organization, livestock farming releases more greenhouse gases than global traffic - i.e., all cars, trucks, ships, and planes combined.

In the amazonian rainforest, which nature designed to absorb large amounts of carbon dioxide from our atmosphere, already 80% has been deforested for the purposes of cattle ranching and subsequent meat consumption.

In the United States, livestock consume up to seven times more grain than the amount needed to feed the entire U.S population. What's more, nearly half of all the water used in the U.S. goes toward raising animals for meat.

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To put things into perspective, it takes more than 2,400 gallons of water to produce just 1 pound of meat versus the 25 gallons of water that is required to grow 1 pound of wheat. While agriculture consumes water in the U.S, people in other parts of the world face major water shortages.

To this day, the majority of us are unaware of, ignoring, or incapable of directing our attention towards the environmental, health and social consequences of the conventional farming and meat industries. As forests around the world are cleared to create single crop food for livestock--, which now takes up more than 30 percent of the earth's land surface, we find ourselves in a global emergency of drastic climate changes that we all need to be ready for.

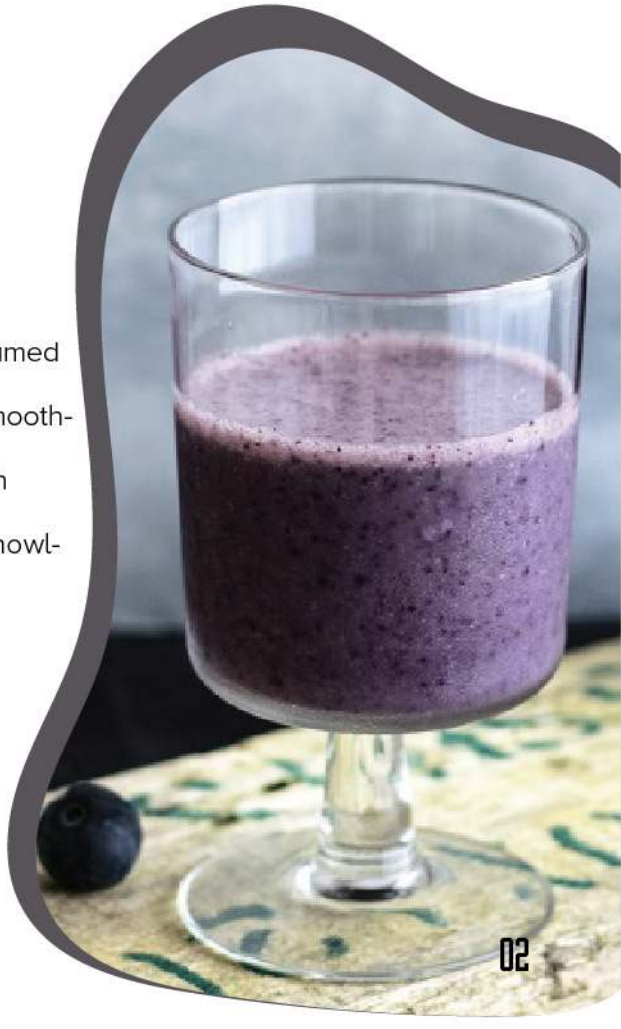
Not only are these conventional farming practices hurting our planet, but they are hurting our own health and longevity. When we consume factory farmed meat, we are unknowingly consuming the chemicals, medicines and hormones that the livestock are exposed to. Heavy pesticide use on both feed crops and plant foods and grains, and the consequential lack of biodiversity in the soil ends up reducing the overall nutrition of the foods we eat, in addition to introducing poisons into our bodies.

The result? Our microbiomes weaken, our sensitivities deepen, our energy drops and our risks for chronic diseases rise.

OUR PRESCRIPTION: 'GREEN' SMOOTHIE LIFESTYLE

Our solution to this crisis is a nutrient-enriched ‘green’ smoothie, consumed once a day as best as possible . Green speaks to the impact of this smoothie on both your body and our planet. It is a vegan smoothie, made with nutrient-dense plant foods, and it is chemical-free, to the best of our knowledge.

The adoption of a once a day vegan ‘green’ drink has the potential to nourish, energize and even heal you. Remember, our genes may be inherited, but they are certainly not our destiny.



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The ‘green’ smoothie lifestyle has many positive side effects, including influencing our friends and families, making us more environmentally and health conscious, cleansing our systems, and saving us time in the kitchen!

Internally we might feel lighter and more resilient, with a new found power and courage.

Imagine that! All that transformation packed into this one daily prescription for personal and planetary wellness.

Once again, we wish to welcome you to this generous world of wellbeing, through a practice of vegan smoothie making.

Over the coming pages we intend to build our case for ‘green’ smoothies as the ultimate natural medicine, and we hope to inspire you to experiment in a way that feels fun and inviting.

PRESENTING GLOBAL SMOOTHIE DAY

When? On October the 3d, on Global Smoothie Day!

On this day, we invite you to pause and listen deeply to your body’s needs.

Global Smoothie Day is our chance to reconnect with what makes us thrive from the inside out.

It’s a time for us to celebrate the goodness that a green smoothie lifestyle can bring to ourselves and our loved ones.

It’s an opportunity for us to gather in community over a shared purpose of health awareness.

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THE SMOOTHIE MANIFESTO



We believe in the power of plants as medicine.

We believe in non-violence and fairness for all sentient beings.

We believe that the body can naturally heal,

when given the chance to rest and digest.

We believe that if we eat foods that are fresh and alive, it will be easier for

us to connect to our own aliveness.

We believe that we only win when we prioritize our collective wellbeing.

We believe that the green smoothie lifestyle is an accessible approach to

lowering the stress of people around the world and of our shared planet.

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HOW TO CELEBRATE ON OCTOBER 3RD

Offline

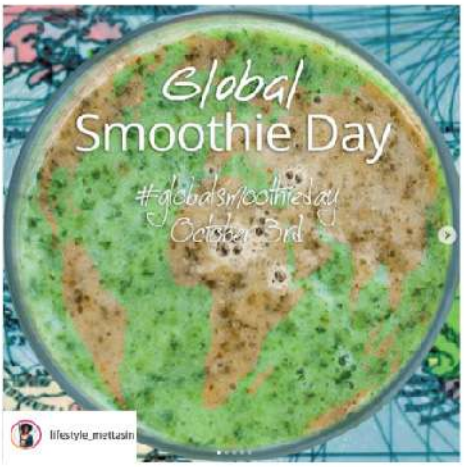
Make yourself a smoothie using the template and recipes we've provided! It's by far the most effective way to celebrate this day. There are lots of smoothie and juice bars around too. If these are available to you in your community, we recommend you support them! Opt for choices that are 'green' - meaning they are good for you and good for our planet.

If you end up making one for yourself at home, consider making a little extra and sharing it with a loved one. If you're feeling motivated, consider hosting a smoothie gathering for your friends. Everyone can bring their own or you can explore making the recipes together. So many options! Remember, the best way to celebrate is to have a smoothie on this day--Global Smoothie Day (and every day!).

Online

It takes a community to inspire changes to our daily habits and routines. As we consciously reconnect with our bodies on this day, we ask that you share your highlights with our online community as a way to showcase your solidarity to the cause. Only if this option is available to you, of course! Please use the tag #globalsmoothieday on your post. And if you're not sure what to post, consider sharing your favorite recipe or a smoothie selfie.







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WHY SMOOTHIES



One thing is clear: we believe in the power of smoothies!

Besides all of that jam packed nutrition, we view the smoothie lifestyle as an anchor for healthier living in general.

From sick to healthy, and around the world, the majority of people would agree that smoothies are an accessible and highly rewarding practice to incorporate into your daily routine.

Since they are an easy to absorb liquid vehicle entering your body, you have the choice to keep them simple with 2 or 3 ingredients, or to pack more nutritious ingredients into the blender, making the smoothie feel more like a meal. The keyword is choice, and the good news is there are hundreds of ingredients to play with. But let's start simple, and remember, at the very least you are still hydrating your body, which is a win in itself.

Here are all the reasons why we love and encourage a smoothie lifestyle.



- The amount of nutrition a smoothie delivers is far more than what you could eat or chew in a single meal
- A smoothie is 'pre-chewed,' meaning it is easier for your digestive system to absorb all that nutrition (even if it's weak to begin with)
- The plant fibers in smoothies can also help ensure you have regular bowel movements
- Building a smoothie making habit can inspire other healthy habits too
- Making smoothies at home takes us into the kitchen, our home's pharmacy

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- Making a smoothie is a meditative process that connects us more deeply with nature

- Making smoothies brings us to the farmers market or to the important aisles of the grocery store

- Since smoothies can be made with any combination of produce, they give you the chance to use up all of your leftovers, thereby reducing waste

- Smoothies serve as a channel to take in all kinds of essential nutrients, such as omega 3's, prebiotic fibers, B vitamins, magnesium, calcium, zinc, vitamin C, and plant-based protein

- Smoothies can be boosted with superfoods which contain extremely high levels of specific nutrients to enhance systems like the nervous system, detoxification and the immune system

- Smoothies unite us---> You can go almost anywhere in the world, and have a smoothie!



- Smoothies are easy to take on the go

- Smoothies are the new fast food

- Smoothies hydrate us in a time-released fashion, while quenching our thirst

- The plant fibers in smoothies can bind toxins and help remove them from the body

In the following pages, you will be introduced to our 'green' smoothie formula, our onboarding guide, and some incredible smoothie recipes that have been shared by longtime members of our caring community. Ready?

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OUR GREEN SMOOTHIE TEMPLATE

[local fruits] — 20-40 %

[local greens] — 40-60 %

[prebiotic fiber]

[healhty fats] 10-20 %

[plant based protein]

[mind-body boosters] — 5 %

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80% GREENS, PROTEIN, FAT, FIBER, ADD ONS

20% FRUITS

CRUCIFEROUS GREENS


KALE


BROCCOLI


SPINACH


CHARD

PROTEIN


HEMP


PEA

PRESERVATIVE


LEMON

GREENS


CELERY


CUCUMBER


FENNEL

FIBER


FLAX


CHIA

FAT


AVOCADO


COCONUT OIL

LOW-GLYCEMIC FRUIT


BERRIES


GREEN APPLE


GREEN BANANA

BASE


WATER


UNSWEETENED NON-DAIRY MILK


ROOM TEMP. TEA

ADD A PINCH


SEA SALT

ADD-ONS: TOP IT ALL OFF! (AS DESIRED)


CHLORELLA


RAW CACAO


RHODIOLA


CHAGA


SHREDDED COCONUT


CAYENNE PEPPER


CINNAMON

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SMOOTHE ONBOARDING GUIDE

Before you start, remember:

* Green means good for your body and good for the planet.
* Your smoothies can be any color, as long as they are nutritious.
* Purchase your ingredients organic or local, to ensure they are nutrient-dense and low on chemicals.
* The thicker the skin, generally the safer the fruit or vegetable from pesticides.
* Chew your smoothies a little to ensure the nutrients get broken down well.
* Rotate leafy greens, so you're never consuming too much of one thing.
* Use ice in your cold smoothies to keep them from overheating while blending.
* Use lemon juice to keep your smoothies fresh and long-lasting.
* Smoothies keep for about 2 days.
* Use water, tea, or non-dairy milk as your liquid base to ensure your smoothie is vegan and planet-friendly.
* Store your smoothies in a capped jar in the fridge or freezer to increase shelf life.

RECIPES

START HERE

These recipes are fruitier and simple. They're a great place to start if you're new to this lifestyle. Since these recipes may be on the sweeter side, we recommend you sprinkle cinnamon into the blender or on the final product, which helps regulate your blood sugar. We don't like sugar spikes, as they make us tired soon after. Adding fiber to the fruitier smoothies will help, too.

Our prescription:

BACK TO BALANCE

2 CUPS OF WATER OR COCONUT WATER
1 CUP BLUEBERRIES, FRESH OR FROZEN
1 BANANA
1/4 CUCUMBER
PINCH OF CINNAMON POWDER
1/2 CUP OF CRUSHED ICE

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READY FOR MORE

If you're ready to experiment some more, these recipes invite you to play with diverse fruits and vegetables, along with some healthy fats and fiber to keep you satisfied and full for longer.

Our prescription To the original Back to balance recipe add

1 CELERY STALK
1 CUP OF KALE, STEMS REMOVED
1/2 AVOCADO OR A SCOOP OF UNSWEETENED NUT BUTTER

NEXT LEVEL

If you're curious about how to turn your smoothie into a meal that can heal, these recipes are for you! Here we bring in more diverse nutrition, including plant-based protein, essential vitamins and minerals, phytonutrients, and specific superfoods that optimize certain body systems. It's time to unleash the biohacker in you!

Our prescription: To the previous Back to balance recipe add

A SCOOP VEGAN PROTEIN POWDER OR THE RAW INGREDIENTS (CHOICE OF HEMP SEEDS, PUMPKIN SEEDS OR PEA PROTEIN)
1 TEASPOON STRESS-REDUCING SUPERFOODS (CHOICE OF MACA, ASHWAGANDHA, RHODIOLA POWDERS)
1 TABLESPOON GUT AND IMMUNE-REGULATING SUPERFOODS (CHOICE OF GINGER OR TURMERIC ROOT, CAMU CAMU BERRY, ACAI BERRY OR DRIED BLUEBERRY POWDERS, REISHI MUSHROOM POWDER, FLAX SEEDS, CHIA SEEDS)
1 TEASPOON BRAIN-BOOSTING SUPERFOODS (CHOICE OF BRAHMI, LION'S MANE MUSHROOM, RAW CACAO POWDERS)

Remember, this is your guide. That means you have to enjoy the process. You can always go back to the Starter recipes if you start to feel overwhelmed. As their name suggests, they will bring you back to balance!

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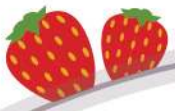
START HERE

KEEPING IT SIMPLE

- 1 BANANA
- 1 APPLE
- 1/4 CUP MINT
- PINCH OF CINNAMON AND CARDAMOM POWDERS
- 1 CUP WATER
- 1 CUP CRUSHED ICE

MAMA'S ME TIME BY REBECCA BOUCHER

- 3/4 CUP UNSWEETENED NONDAIRY YOGURT
- 6 FROZEN STRAWBERRIES
- 1/4 TSP VANILLA
- 1/3 CUP WATER



STEEL GUT

- 1/3 CUP COOKED OATS (ROLLED, STEEL GUT OR GROATS)
- 1 TSP CLOVE POWDER
- 1 TSP CINNAMON POWDER
- 1 CUP UNSWEETENED ALMOND MILK
- 1 CUP TROPICAL FRUIT
- 1/2 CUP PEAR

BERRY ON THE TOP

- 1 CUP BLACKBERRIES
- 1 BANANA
- 1/2 CUCUMBER
- 1/4 CUP FRESH MINT

READY FOR MORE



BERRYMELON TWIST BY DESIREE PEQUIN IBANEZ

- 1/2 CUP WATERMELON
- 2 STRAWBERRIES
- 1/3 CUP BLUEBERRIES
- 1 CUP RAINBOW CHARD
- 3 TBSP HEMP SEEDS
- 1/2 AVOCADO
- 1 CUP WATER

TROPICAL GODDESS BY SONJA RANA

- 1/2 CUP PINEAPPLE
- 1 CUP SPINACH
- 1 TBSP ALMOND BUTTER
- 1 TBSP HEMP SEEDS
- 1 TBSP SHREDDED COOCNUT
- 1 CUP UNSWEETENED COCONUT MILK

SUPER SMOOTH

- 1 CUP CHERRIES, FROZEN
- 1 KIWI
- 1 CUP KALE, STEMS REMOVED
- 2 CUPS UNSWEETENED NON-DAIRY MILK
- 1 TBSP CHIA SEEDS
- 1 TBSP SHREDDED COCONUT

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A KISS OF SUMMER
BY DIMPLE MUKHERJEE

- 2 CUPS BABY SPINACH
- 1 TBSP OF GINGER
- 1/4 FRESH MINT
- 1/2 CUP WATERMELON
- 1 GREEN BANANA
- 1/2 AVOCADO
- 2 TBSP HEMP SEEDS
- 1 CUP WATER



ABC:
THE BASIC DETOX
BY ANGELINA DOUGLAS

- 1/2 APPLE
- 1/2 BEET
- 1 CARROT
- JUICE OF 1/2 LEMON
- 1 CUP DARK LEAFY
- GREENS
- 2 TBSP CHIA SEEDS
- 1 CUP WATER

BRIGHTEN YOUR LIFE
BY ADELLE COOPER

- 1 CUP KALE, STEMS REMOVED
- 1 CUP SPINACH
- 1/2 CUCUMBER
- 1 TBSP OF GINGER
- 1/2 APPLE
- JUICE OF 1 LIME
- 2 TBSP PUMPKIN SEEDS
- 1 CUP WATER



LUMINOUS FROLIC
BY MARLO WRIGHT

- 1 CUP DARK LEAFY GREENS
- 1/2 CUCUMBER
- 1/4 CUP GOLDEN BEET
- 1/4 APPLE
- 1/2 CUP RHUBARB
- 3 TBSP HEMP SEEDS
- 1 CUP WATER

NEXT LEVEL

ULTIMATE DETOX
DR. AVIAD ELGEZ

- 4 CUPS KALE
- 1 CUP BROCCOLI SPROUTS
- 1/2 APPLE
- 1 TSP COCONUT OIL
- 1 TBSP UNSWEETENED NUT BUTTER
- HANDFUL FRESH MINT
- 1 INCH PIECE OF FRESH ROSEMARY
- 1 TSP CINNAMON POWDER
- JUICE OF 1/2 LEMON
- 1 TSP BERRY POWDER (BLUEBERRY, MACQUI, ACAI)
- 2 CUPS WATER



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GREEN HIGH
BY NEETA BHUSHAN

- 3 STALKS KALE
- 2 STALKS BOK CHOY
- 1/4 CUP PARSLEY
- 1 STALK CELERY
- 1/2 CUCUMBER
- 1/4 CUP BERRIES
- 1 TSP RAW CACAO POWDER
- 3 TBSP HEMP SEEDS
- 1 TBSP FLAX SEEDS
- 1 CUP UNSWEETENED ALMOND MILK

MAGICAL MYSTERY GREENS
BY ALISA GREENGARD MEINZ

- 1/2 AVOCADO
- 1/2 BANANA, FRESH OR FROZEN
- 1 CUP BROCCOLI
- 1/4 CUP FRESH MINT
- 1 TBSP OF GINGER
- 1/2 CUCUMBER
- JUICE OF 1/4 LEMON
- 1 TSP EACH SPIRULINA AND MORINGA POWDERS
- 1 TBSP CHIA SEEDS
- 1 CUP WATER

INNER SHIELD
BY JEHAN BABY

- 1 PAPAYA
- 1 CLOVE GARLIC
- 1/2 CUCUMBER
- 1 SCOOP VEGAN PROTEIN POWDER
- 2 TSP CHIA SEEDS
- 1 TSP FLAX OIL
- 1/2 TSP SPIRULINA OR CHLORELLA POWDER
- 1 TSP ASHWAGANDHA POWDER
- 1 CUP WATER

REJUVENATION TONIC
BY DANII OLIVER

- 4 STALKS CELERY
- 1/2 APPLE
- JUICE OF 1 LIME
- 1 TBSP GINGER
- 1/4 TSP SEA SALT
- 1/4 TSP CAYENNE
- 1/4 TSP TURMERIC ROOT OR GROUND

STIMULATING SUPER CHAI
BY NEETA BHUSHAN

- 1 TSP CINNAMON
- 1 TSP CARDAMOM
- 1 TSP FENNEL SEEDS
- 1 TSP TURMERIC POWDER
- 1/4 TSP CAYENNE PEPPER
- 1 CUP UNSWEETENED NUT MILK
- 1 TSP COCONUT OIL
- 1 TSP MACA ROOT POWDER
- 2 TSP RAW CACAO (CHOCOLATE) POWDER
- 3 TBSP HEMP SEEDS
- 1 CUP ROOIBOS OR BLACK TEA

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POWER PACK
BY SARA ROSSI



1 CUP NUT MILK



1/2
AVOCADO



1 CUP
COCONUT WATER



1 TSP
COCONUT OIL



2 CELERY STALKS



1 BANANA



1 TSP
RAW CACAO NIBS



1 TSP
MORINGA LEAF POWDER

GREEN

- 6 STALKS KALE
- 1/2 CUCUMBER
- 5 CAULIFLOWER FLORETS
- 1 CUP COCONUT WATER

RED

- 2 BEETS
- 1 TBSP OF GINGER
- 1 CUP CHILLED DETOXTEA (OR ANY CLEANSING TEA)

ARTSY SMOOTHIE
BY WENDY ROSENTHAL

"The Artsy Smoothie" is for you creative souls, who wish to nourish your bodies while paying attention to design. After blending the green and red smoothies separately, you can pour them together into a clear glass, alternating while you pour to achieve a marbled effect.



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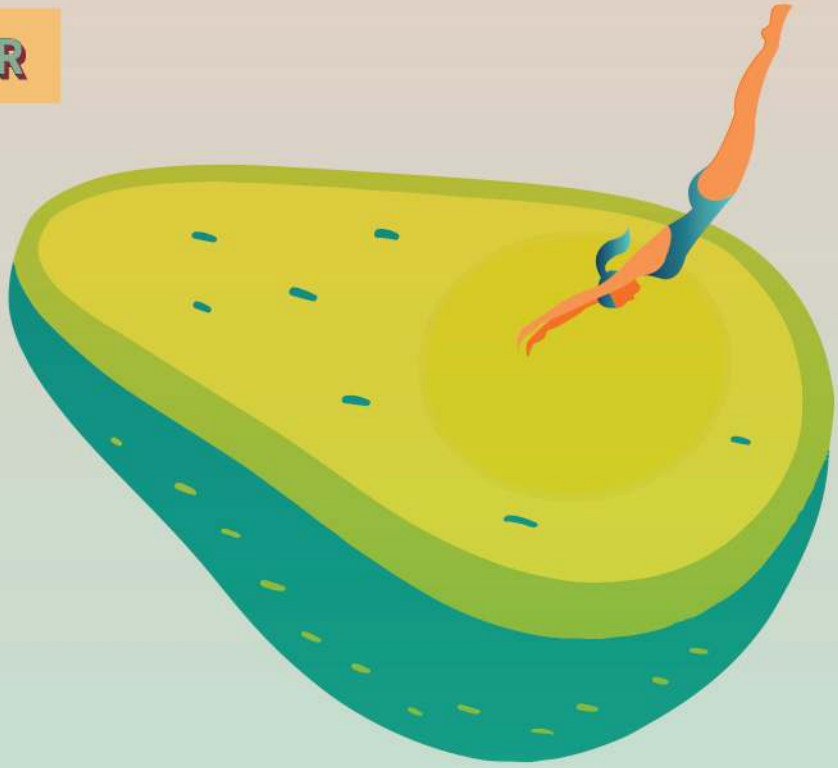


TROPICAL ANTI-INFLAMMATORY GOODNESS

- 1/2 CUCUMBER
- 1/2 CELERY STALK
- 1 ASPARAGUS SPEAR
- 1/2 AVOCADO
- 1 APPLE
- 1 CUP PINEAPPLE
- 1 TBSP OF GINGER
- JUICE OF 1 LIME
- 1 TBSP FLAX OIL
- 3 TBSP HEMP SEEDS
- 1 CUP WATER

GREEN INDULGENCE BY STEFFANI FORT LEFEVOUR

- 1 CUP SPINACH
- 1/2 AVOCADO
- 1/2 PEAR
- 1 TBSP CHIA SEEDS
- 1 TBSP GOJI BERRIES
- 2 TBSP HEMP SEEDS
- 1/2 TSP CINNAMON POWDER
- 1 CUP UNSWEETENED ALMOND MILK
- 1/2 CUP ICE



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THE REAL DEAL SIGNATURE SMOOTHIE

THE REAL DEAL RECIPE



IT'S TIME
TO TAKE BACK OUR HEALTH,
ONE GREEN SMOOTHIE AT A TIME

This recipe really is the real deal. It's our Global Smoothie Day signature recipe because it has a diverse spectrum of micronutrients (vitamins, minerals, phytonutrients) and macronutrients (fiber, healthy fats, complex carbohydrates, plant-based protein) and truly represents a formula that is designed to nourish, heal and optimize.

- 2 CUPS DARK LEAFY GREENS
- 1/2 CUCUMBER
- 1/2 AVOCADO
- 1 TBSP GINGER
- 1 TBSP MINT LEAVES
- 1/2 RED BELL PEPPER
- 1/2 CUP BLUEBERRIES
- 3 TBSP PUMPKIN SEEDS
- 2 TBSP HEMP SEEDS
- 1 TBSP CHIA SEEDS
- JUICE OF ½ LEMON
- 2 CUPS OF WATER

NUTRITION (1 OF 1 SERVINGS)

CARBOHYDRATES: 15 G

PROTEIN: 11 G

FAT 19 G

CHOLESTEROL: 0 MG

SODIUM: 33 MG SUGAR 6 MG

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HOW TO START YOUR SMOOTHIE STORY

MAKE A DAILY PLAN

We recommend you start simple. Grab a notepad and a pen, or go into your digital calendar and write "make a daily smoothie."

Choose a time of day where you know you will have a small window to be in the kitchen. Reserve 30 minutes for yourself for the first few weeks, and that will shorten once you find your rhythm and realize that smoothies really are the new fast food!

If you're in your calendar, we suggest you set this reminder to repeat multiple times a week (or every-day!). If you're writing it down, we suggest you write it down a few times on multiple sheets and place it all over your home--on your kitchen counter, in your bedroom dresser and by your front door.

Write or type it so the note pops! Play with colour and design. The idea here is to start to train your mindset before you even get started in the kitchen.

Once you see the note on a consistent basis, you will have it stored in the back of your mind. Now to get it top of mind!

We recommend you take whatever smoothie tools you have available to you right now and place them out on the kitchen counter or dining table. This may include a copy of our Global Smoothie Day Starter Kit!



Now you have seeded this new habit and soon to be lifestyle. Next step is to highlight a recipe or two from this book under "Start Here."

We ask that you be mindful of your inner voice popping up from time to time as you begin to prepare for your smoothie lifestyle. Your inner voice may be fueling you with doubt or uncer-tainty. Rest assured, we designed this kit for YOU. You've got this!

If you need a supportive community or accountability partner right now, feel free to skip ahead to the end of this e-book and join our inclusive Facebook community. We'll be there to receive you, just as you are.

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Now it's to go pick some smoothie ingredients at the grocery store, farmers market or from your backyard garden!

GO SHOPPING



We know this step can be overwhelming. But what if we can make it fun?

You already know which recipes you're planning for, so bring your shopping list along with you to keep organized. Don't forget your reusable bags too, and a to-go drink to keep you hydrated!

Many of us have already built in a habit of visiting our nearby grocery store. If this is you, we suggest you park that habit for a second and give the local farmers market a try. This way, you get to interact with the humans who grow the food you will be blending and consuming. You'll notice how different the food looks and feels at the farmers market compared to stores, where food may be in storage for weeks and traveling long distances to get to you.

The farmers market is an invigorating experience, and generally speaking, the people selling the food will also be open to healthy conversation and to answering your questions (e.g., "Is this food organic?" "How long will this vegetable keep?"). This adds a layer of education and community to the mix, which we know helps with motivation and further seeding this rewarding lifestyle.

We encourage you to stick to your list, and to maybe include a few extra ingredients to eat or blend that spark your curiosity!

As a reminder, smoothies are a great way to make use of your leftover fruits and vegetables that didn't make their way into your meals. You can either wash and freeze these for use later, or make a leftovers smoothie. Once you build the habit of consistent smoothie making, you'll see that you can also clean out your kitchen and prevent organic waste.

If a farmers market isn't an option for you, we recommend visiting the grocery store or ordering online, if that's accessible to you. Look for organic options where possible, to maximize the amount of nutrition entering your body and to minimize exposure to chemicals and other toxins.

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GET SOME EQUIPMENT

Let's not obsess over having the best of the best when it comes to tools and appliances. Global Smoothie Day is about sharing health and practicing self-care, not buying new gadgets! If you have an old blender in the back of the cupboard somewhere, drag it out to the counter, knight it with a wonderful new purpose, and commit to using it to support your health journey. You can also ask your family and friends to borrow their tools, or look for a second-hand product. If a blender is not available to you, try and look for a mixer. Chunkier smoothies can be delicious too!

Blender



Whether you go for a high powered Vitamix, an efficient NutriBullet, a practical Blendtec, or your grandma's trusty model that weighs ten pounds, aim for quality. If you're blending on the daily, make your money count by getting something that will last. The Blendtec and Vitamix are great choices for multiday use and warm water blending. They're also great for blending harder veggies like carrots and beets. Regardless of brand, if you've got a blender that works, use it! To say anything more about types of blenders would simply take us off track from the more important thing, which is actually making smoothies!

The following kitchen tools are nice-to-haves as you progress into your smoothie lifestyle. These are by no means necessary. Review them for learning purposes only, and then get back to planning for your smoothie lifestyle!

Nut Bag



A bit easier to use than a cheese cloth, a nut bag can be filled with almonds or cashews and placed in water to soak. Later, these softened nuts can be blended with fresh water in order to make fresh, nutrientrich nut milks that can be added to your smoothies.

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Masticating Juicers

Having a juicer means you can make your own fresh, vibrant juices to blend into your smoothies. While more expensive and slower than centrifugal juicers, masticating juicers work to squeeze every drop of nutrientrich goodness from your fruits and vegetables, leaving behind dry pulp.

Centrifugal Juicers

These are the most affordable juicers on the market, and are quick and easy to use. These juicers have a blade and a spinning basket which separates juice from pulp, generally producing pulp that's less dry than their masticating counterpart. The high speed of centrifugals allows for faster service, but at the expense of some nutrition. While centrifugal juicers are higher in speed and produce "wetter" pulp, they are a great starting point!

Wheatgrass Juicer

Wheatgrass has its own special juicer, (usually a heavy metal machine) which manages to extract the most juice from it. Detoxifying parsley can also be sent through a wheatgrass juicer to get the most of it. Both can be added to smoothies but remember that they can give the drink a bitter, almost sour flavor.

Reusable Straws







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START A SMALL GARDEN

We share this here so you can remember that all the food you add to your smoothies comes from the earth. By experimenting with gardening even in the smallest of ways, you gain a deeper appreciation for the roots of our food, and all the humans involved in ensuring that food gets to our plates and blenders! Start small, and have fun.

Mint

Easy to grow.

SO REFRESHING.

Likes to take over so keep this one in a pot.

Basil

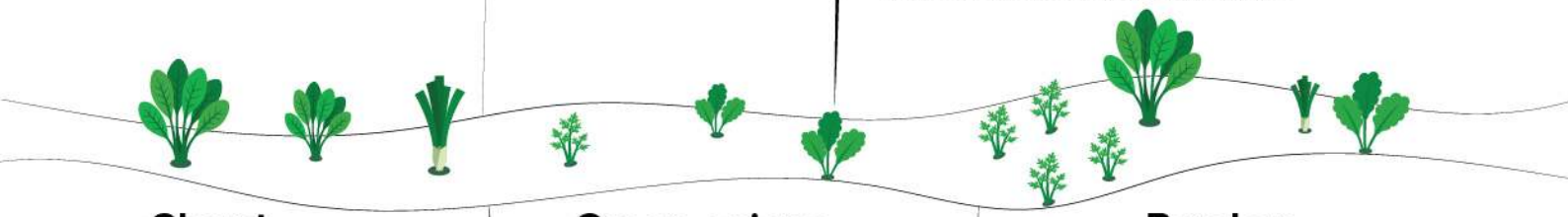
Easy to grow.

Start by planting the seeds in a small pot indoors or outdoors.

Ginger Root

Buy a piece at the grocery store, cut it up into large chunks, place it in soil and enjoy for 8/9 months.

Harvest the root and start again.



Chard

Great because you pick what you need, and it will continue producing more leaves for harvest.

Green onions

Add a little kick to your smoothies with green onions. As long as you leave the bulbs under water, they'll continue to regrow. You don't even need a pot for this one!

Parsley

Easy to grow.

Plant either in containers on your patio, raised garden beds or in the ground.



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STARTER FAQS

By Tanya Pillay

"I made a smoothie and it tasted really bad."

Keep looking up recipes that reflect your taste and needs. You may need to include some 'stepping stone' ingredients¬ such as banana, or extra fruit that helps you gradually adjust your palette toward greener pastures. Cashews add a sweet, creamy quality; pineapple can really brighten the flavour.

"Making smoothies is just too much work."

Try doing some advance preparation of ingredients. For example, you could pre¬wash greens, pre ¬mix supplement powders into daily portions, prep and freeze ingredients, or purchase prewashed or frozen ingredients. You can even make extra and keep it sealed for a few days in the fridge. Yes, fresh is best, but having a smoothie is much better than not having it.

"I don't have a high quality blender"

Common kitchen blenders and even some food processors will still do a better job of pulverizing your food than you are likely to do with your teeth! Digestion begins in the mouth, so chewing your smoothie is recommended regardless of how finely pureed your smoothie may be. If you have a weak blender, there are still ways to make great smoothies.

"I prefer eating real food/meals."

If you feel you have efficient, problemfree digestion, good health, and a naturally healthy diet, you may not need regular smoothies, green or otherwise; smoothies may be more of an occasional cleanse or convenience for you. Or maybe you would enjoy pureed drinks and desserts as a treat on occasion as part of your culinary experience. Depending on your needs, your smoothies may take a more medicinal angle instead of nutritional: blended drinks make it easier to consume large amounts of superfoods and herbs than you would not otherwise be able to ingest happily. If you enjoy nut milks and other similar alternatives to dairy, toprated blenders can make these for you at a fraction of the cost and without all the additives that appear in shelfstable versions.

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EDUCATION STATION

8 GREENS TO KNOW AND LOVE

Now that you are familiar with several smoothie recipes, I invite you to take a closer look at some of the best greens to blend. The nice thing about using greens in your smoothies is that you'll get to use less liquid. Feel free to add as much as you want, but blend the liquids and greens first if you want a creamy, chunk-free smoothie. At the same time, you can always stray away from the original recipe and experiment with thinner or more diluted variations. You can add so many other things to your smoothie to give it a different flavor or help it serve as a panacea to support your health and wellness journey - it's always your choice!



If you're looking to get the most out of your greens, try and purchase them from the organic market. They will not only have a higher level of vitamins and minerals, but they will also be more flavourful. The absence of pesticides and genetic modification in these greens can help ensure you're getting untainted nutrition and not taking in more toxins as you cleanse the old ones. Sounds fantastic, right?

While bitter beverages can take a while to adjust to, the more you embrace your greens, the less you will crave sugar. Your palate will adjust to appreciate the sweetness of the greens (which may be hard to find at first). While you might not love earthy, bitter greens at first taste, start out easy by mixing them with the suggested pairings below or in the recipes we have provided you. As you learn new tricks to balance flavors in smoothies, you will start to gain more confidence in your own pairings, and creative, personalized drinks will ensue!



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KALE



- **WHY YOU LOVE IT**

The fiber in kale binds bile acids and helps to lower cholesterol and the risk of heart disease. Kale is an excellent source of antioxidants, including carotenoids and flavonoids associated with anticancer benefits, packed with vitamins A, C, and K, plus calcium, folate, and potassium. Your eye health will also greatly benefit because of the high concentration of lutein and zeaxanthin compounds found in it.

- **NOTES ON FLAVOR**

Intense green, but less bitter than broccoli and spinach.

- **PAIRINGS**

Try it with coconut milk, coconut water, flax oil, and almond butter for a dessertlike treat, or mix it with avocado, lemon, and cayenne for a bright, energetic drink.

Kale mixes well with literally everything!

COLLARD GREENS



- **WHY YOU LOVE IT**

Full of antioxidants and fiber, which makes for healthy cholesterol levels.

Vitamin K in collard greens aids with bone development and cell formation.

- **NOTES ON FLAVOR**

Similar to cabbage light and fibrous but definitely earthy.

- **PAIRINGS**

Add cinnamon or cayenne to balance these greens. Lime and lemon are also great at cutting out earthy flavors.

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SWISS CHARD

- **WHY YOU LOVE IT**

Rich in antioxidants, it's packed with vitamins A, B, C, and K, plus calcium, potassium, magnesium, and iron. Swiss chard also cleanses the skin, aids with collagen production, and lowers inflammation.

- **NOTES ON FLAVOR**

Pungent, a little salty, and bitter.

- **PAIRINGS**

Avocado provides a buttery complement for a creamy smoothie

--- add cinnamon for balance!



MUSTARD GREENS

- **WHY YOU LOVE IT**

Mustard greens are packed with high folate, Vitamin A and C, and disease-fighting nutrients and antioxidants that encourage detoxification. These greens are a delicious source of calcium and magnesium that keep your cholesterol low, lower your blood pressure levels, implicitly protecting your heart.

- **NOTES ON FLAVOR**

A bit peppery, but not as bitter as its other green companions.

- **PAIRINGS**

Use pairings as mint, fennel, coconut milk, and bananas and light and sweet ones like apples, grapes, and pears.

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TURNIP GREENS

- **WHY YOU LOVE IT**

Turnip greens provide an excellent source of vitamins A (as beta carotene), C, K and folate as well as calcium and calcium.

- **NOTES ON FLAVOR**

The taste is a lighter green with much less fiber and an intense flavor.

- **PAIRINGS**

Add cinnamon or cayenne to balance these greens. Lime and lemon are also great at cutting out the earthy flavor.



SPINACH

- **WHY YOU LOVE IT**

Packed with antioxidants that neutralize free radicals and fight certain types of cancer. Rich in vitamin C, beta carotene and magnesium, which is involved in many metabolic processes.

- **NOTES ON FLAVOR**

Strongly bitter and earthy.

- **PAIRINGS**

To help with the bitterness of this green, use lemon to balance it out.

Tart blueberries can have a similar effect and are preferable to lightly flavored fruits like mango or coconut, which may not be strong enough for this green.

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PARSLEY

- **WHY YOU LOVE IT**

This herb is full of flavonoids, the cancer-fighting phytonutrients, and has an insane amount of vitamin K, vitamin C (higher concentration than oranges), and loads of vitamin A, folate, iron, and even the elusive B12. It also contains antimicrobial, antiseptic, antirheumatic, astringent, and carminative properties.

- **NOTES ON FLAVOR**

Peppery and bright, with a bitter, earthy aftertaste.

- **PAIRINGS**

Try using parsley with lemon, ginger, cayenne, and avocado to enliven your system and jumpstart your immune system. Add jalapeno if you can handle the spice.



FENNEL

- **WHY YOU LOVE IT**

This versatile vegetable relieves constipation, flatulence and calms indigestion. Fennel's essential oil (anethole) can lower inflammation and it is also a source of iron, making it great for vegans.

- **NOTES ON FLAVOR**

Refreshingly sweet with light anise or licorice flavor.

- **PAIRINGS**

If you're going for something healthysweet, lemon and mango are great for pairing with fennel. Otherwise, you can mix it up with dark green veggies such as kale or collard greens.

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15 POWERFUL SUPERFOODS TO THRIVE ON

Superfoods are foods which are extremely high in some nutrients. Here is a list of some frequently used superfoods, all of which work well in smoothies. While there are too many superfoods to list, use this guide as a building block to boosting your superfood nutrition knowledge. As you'll see below, food really is medicine.

Please note this is not intended to act as medical guidance. This information is strictly for informational purposes. Much of the information below has been learned from cellular and animal research, as well as from traditional, holistic applications. Always check with your healthcare practitioner before using specific foods in high quantities to ensure there are no potential interactions if you are taking medication, and for a safety check in general.

CHIA SEEDS

High in antioxidants, fiber, omega 3, omega 6, iron, and protein. Chia seeds are a rich source of omega 3 fatty acids, plus they contain both soluble and insoluble fiber which is very cleansing and extremely good for gut health.

HEMP SEEDS

Contain all the essential amino acids, making these a great option for boosting protein in your smoothie. Hemp seeds have antiinflammatory properties, contain omega 3 and omega 6, and are rich in vitamin E.

ACAI BERRIES

Contain a very high concentration of antioxidants through its rich polyphenolic composition, with an antioxidant capacity 10-15x higher than that of other well known fruits like blueberries, goji berries and cranberries. High in potassium, magnesium, calcium and prebiotic insoluble fiber which is great for gut health.

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GINGER

Loaded with nutrients and bioactive compounds that have powerful health benefits, including antiinflammatory properties. Ginger has traditionally been used to help digestion, reduce nausea and help fight the flu and common cold. Ginger has also been shown to reduce muscle pain, lower blood sugar and treat chronic indigestion.

OMEGA 3 RICH OILS

Search for raw, unrefined oils containing no trans fats. Flaxseed and hemp seed oils are wonderful sources of healthy fats that you can add directly to your smoothies. Other powerful oils that are rich in antioxidants and healthy fats include sesame, poppy seed, and almond.

CINNAMON

Cinnamon's essential oils are known to be antimicrobial and have been shown to be helpful in fighting yeast infections. Adding cinnamon to your smoothie can reduce the rise in blood sugar that comes with digesting fruits.

TURMERIC

A known anti-inflammatory, owing to the action of its active ingredient circumin. It is traditionally used for arthritis, heartburn, stomach pain, and intestinal gas. It has also been shown to help with colds, lung infections, and menstrual cramps.

RAW CACAO

Rich in antioxidants, healthy fats, magnesium, zinc, iron, potassium and fiber. Known to enhance mood and alertness, and good for the heart, brain and immune system.

ASHWAGANDHA

Known as an adaptogen, meaning it can help your body manage stress. Ashwagandha has been shown to boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression.

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CAMU CAMU BERRIES

The richest source of vitamin C among all known fruits. For comparison, this is 32x higher than the vitamin C concentration in lemons. Are also a good source of minerals, such as potassium, calcium, zinc, magnesium, manganese, sodium, and copper.

COCONUT

Lowers inflammation, hypertension, body fat and increases insulin sensitivity. Source of medium chain fats which are a preferred source of energy. Coconuts have also been shown to have analgesic, antibacterial and antifungal activity, with properties differing according to the part of the fruit being used.

CAYENNE

Soothes upset stomachs and helps with sore throats. Cayenne spice is a wonderful digestive aid, known to help relieve gas and stimulate the circulatory system.

MINT

Promotes digestion by acting as a carminative (eases gas) and is rich in antioxidants.

BLUEBERRIES

High in longevity-inducing nutrients, low in sugar, high in fiber and traditionally used to support urinary tract infections. Blueberries are full of powerful antioxidants, and they have also been shown to improve circulation and brain health.

GARLIC

Great for immunity and shown to help to shorten the length of the common cold. Garlic contains antimicrobial and antiviral properties, and has been traditionally used to help with treatment of fever, coughs, headache, stomach ache, and sinus congestion. Garlic can also help maintain healthy liver function.

WHILE SUPERFOODS TAKE SMOOTHIES TO THE NEXT LEVEL IN TERMS OF HEALTH BENEFITS, REMEMBER THE SAYING 'EVERYTHING IN MODERATION'. START BY ADDING ONE OR TWO SUPERFOOD BOOSTERS BEFORE EXPERIMENTING WITH THE OTHERS. FOLLOW THE RECIPES IN THIS STARTER KIT TO GET A GOOD UNDERSTANDING OF THE SUGGESTED QUANTITIES OF SUPERFOODS.

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EWG'S DIRTY DOZEN AND CLEAN 15

The Environmental Working Group year after year guides us on which produce to purchase organic. These foods have a higher chance of absorbing chemicals from pesticide use or are made with genetically modified seeds, If you have the ability, purchase these DIRTY DOZEN foods organic:



These foods are known to be clean, so you DON'T HAVE TO buy them organic.

How wonderful is that?

CLEAN 15



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WHO WE ARE

OUR FOUNDER'S STORY

RHEA MEHTA, PHD



Growing up in a very small, remote French Canadian town in Northern Ontario, Canada as an immigrant family from East Africa and India wasn't the easiest when it came to our native vegetarian cuisine. Food staples had to be purchased well in advance from the big city (Toronto!) and stored for months in our pantry. Fresh produce was available, but lacked in diversity. We were the only vegetarian family in town, and I was very often teased for that.

At a young age, I began complaining to my parents about having a "sore tummy". My stomach often felt weak and bloated, and I was experiencing frequent bouts of gut irritability and abdominal pain.Fast-forward to my early teens. With stomach pain still affecting me, I began complaining about lower back pain. Soon after, I experienced my very first of several chronic back spasms at 15 years old. I was sore, and by this time, I had limited mobility.

These spasms, followed by periods of extreme chronic pain, which spread throughout my body, came and went for the next 12 years, and they always over-extended their visit. Before I knew it, digestion had shut down, inflammation was at a high, but somehow, I was still smiling and determined to get better. I blame it on love, as it was something that was always present in my life. For that I am grateful.

Forward again to 2005. Me: An uber-achiever. I began my PhD in Molecular Toxicology and Nutritional Biochemistry at the University of Toronto. Although I was not yet called to examine my own life, I was very curious about the role of the Western Diet in chronic pain and metabolic disease. And so I began to investigate the toxic effects of our Western diet, focusing on refined sugars and heavy metals, and the protective role of micronutrients (B vitamins, antioxidants) against cellular toxicity and stress.

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The more I researched and shared, the more I stepped into my role as a health leader and authority. I felt more empowered as a human being, and this would serve me well during my next pain episode.

Tied with commitments of 24/7 graduate work, home search, love life, and exploring a new city, my stress was at an all time high, and my diet was poor. I didn't know it though, as I was quite disconnected from my body, and from nutrition. I ended up getting very sick from chronic constipation to the point of having to get surgery. The surgery was thankfully minor, but this episode woke me up.

For the first time in my life, I was motivated to clean up my lifestyle and forge my own path. My scientific curiosity and investigative personality had finally turned to my own life—to my diet and lifestyle, and I was determined to solve my problem.

The notion of actively and purposefully cleansing our bodies from the inside using nutrient-dense real food, just as we clean our homes, cars, and work spaces, finally made sense to me. I was determined to release my inflammation and to revitalize my health.

My entry point into this world of real food medicine started with the adoption of a smoothie lifestyle.

This lifestyle greatly impacted my health and the health of my whole community.



When I lost my wonderful father rapidly in 2010 to a stage 4 digestive cancer, my smoothie lifestyle held me up and kept me nourished while I grieved for months (and years).

It's been a long and bumpy journey for me---and I know, for all of us.

One thing I know for sure: My daily 'green' smoothie regimen helped me stay afloat and slowly rebuild a loving relationship with my body that continues to this day.

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That is the best medicine in the world--- the kind that naturally cleanses, heals and re-energizes our whole body, and our minds too.

We are entering a globally turbulent time. To survive as a collective, we must help each other reconnect to our bodies so we can better hear our inner truths.

I started Global Smoothie Day for this very reason. It's on October 3rd, which is the day my father left us. It's my way of turning his--and our mess, into a message that can inspire our collective to take a small step towards a cleaner lifestyle and a brighter future.

Thank you for being here and for experimenting with the smoothie lifestyle.

We need you. Our spaceship Earth needs you.

To our collective and planetary wellbeing,

Dr. Rhea xx

www.livingrhea.com

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Community: https://www.facebook.com/groups/RAWjuvenationJuiceCleanse

Email inquiries: support@livingrhea.com

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COMMUNITY SPOTLIGHT

DANII OLIVER,
FOUNDER AND OWNER,
KIDO FAMILY RANCH



Who Danii Oliver is , seems to expand every year. Fine artist, designer, developer, businesswoman, juice bar owner, craft beer brewery owner, Texas-based wife, homeschooling mother of two, and a budding permaculture farmer, Danii Oliver manufactures whole-food-based beverages. Having founded several brands, including Island to Island Brewery, House of Juice, and Brooklyn Jun Brew, she defines herself by her work, productivity, and accomplishments.

As an Arawak Indigenous American, she decided to break the mold and do something different with her life when she had her first child. Sick of the city lifestyle, Danii made changes both in her diet and in her environment. Home birthing her first child with a team; the second child alone while traveling 2,400 miles to a new home. Danii also naturally migrated toward the home education and homesteading lifestyle to give her kids the best life possible.

Starting in her home, Danii began juicing, blending smoothies, fermenting kombucha, cider, and beer, and finally opening her business in April 2014. House of Juice serves all-natural juice mocktails & smoothies to hundreds of guests at product launches, executive workshops, corporate retreats, tradeshows, and festivals as a health bar and lounge pop-up activation.

In 2020, Danii finally had space and time to launch the KIDO Family Ranch, where she is primarily raising the superfood moringa, melons, and other sustainable crops. Danii dedicates this work tofor her children and her ancestors, whom she honors by working with ancient plants, like moringa.

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" I was inspired to start blending when my weight got out of control. I thought I was healthy and making good choices, but I was eating more food preservatives than I was aware of. And then, when I got pregnant, I realized how important it was to support my baby's health through the food I was eating, so I started developing my own recipes that gave me all the nutrients I needed. And, with the help of Dr. Rhea, I realized how much I really loved this lifestyle.

My favorite recipe is Cacao Craze Smoothie from the House of Juice. It's an excellent smoothie, which can be drunk warm or frozen. You can also sprinkle flaxseed or cacao nibs over it, with the addition of an unrefined sweetener like molasses or maple syrup."

"I love smoothies because they help give the body a digestive rest to do other important healing tasks, while imparting a powerhouse of micronutrients."



CACAO CRAZE SMOOTHIE

- 1 BANANA
- 1 TBSP RAW CACAO POWDER
- 1 DATE
- 1/4 TSP CARDAMOM
- 1/4 TSP CINNAMON
- PINCH NUTMEG
- 1 TBSP ALMONDS
- 1 TSP VANILLA
- 1 CUP NON-DAIRY MILK OR WATER

Add all ingredients to a blender and blend for 15-30 seconds until smooth.

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Q&A WITH ALEX RAND

CREATIVE DIRECTOR & PRODUCER FOR LUMINATO FESTIVAL



Why do you love smoothies?

I love smoothies because they are so tasty! I love being able to carry around a healthy smoothie that nourishes me, sets me up for the day, and puts me in a good mood.

What inspired you to get blending?

I wanted to find an easy, accessible, and efficient way to get my nutritional needs in a way that worked for me. We started making smoothies in January 2020 and we've been SO healthy ever since.

What's your favorite recipe?

My favourite recipe is The Real Deal because I'm the real deal baby! I always make sure to throw in avocado for that extra creaminess.









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JOIN OUR MOVEMENT



Besides celebrating with us in smoothie solidarity on October 3rd every year (mark your calendar!), we would love to stay connected and support you on this journey of health empowerment.

Sign up for our newsletter where we share accessible science and ancient wisdom, all wrapped in a bubble of community care. www.livingrhea.com



COMMUNITY LOVE

Request to join our Facebook community.

We welcome everyone here, and there is nothing required of you once you arrive, besides of course conversing with kindness.

30 DAY SMOOTHIE CHALLENGE

If you're feeling ready to experiment with next-level smoothie recipes on a consistent basis, we recommend you sign up for our 30-day smoothie challenge: The Changemaker Formula.

How it works: As soon as you sign up, you'll start to hear from us first thing in the morning nearly every day in your inbox. You will receive a shopping list and recipe (2 servings over 1-2 days) with every email and you'll receive plenty of accessible nutrition information and inspiration to keep you motivated.

If you're ready to give this a try, use code "Community" to start this free challenge.

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Join our movement and together let's promote inclusive wellbeing through smoothie solidarity!

With love,

Dr. Rhea

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