



## Welcome to Your 3-Day Blended Soup & Smoothie Cleanse

In addition to the amazing feeling you get when mega-nourishing your body with all-natural plant-based foods, program benefits can include increased energy, reduced inflammation, kick-starting cutting refined sugar, changing unhealthy eating habits, weight loss and better sleep.

**What's in your program:** 15 blends (5 per day), all chosen to support your body's natural elimination of toxins, while keeping energy levels up. All plant-based, gluten-free, soy-free, zero refined sugar. The blends are nutritionally balanced and provide a healthy daily level of calories (1500 to 1600 per day), carbs, proteins, fats & fibre.

### Program Tips

**Hydrate:** drink at least 10 glasses of water per day. Add lemon for an alkalizing boost. Skip coffee, but one green tea per day is a great sub.

**Snacks:** snack on raw veggies as needed (avoid carrots, tomato, corn). Your daily fruit intake is covered in your blends, so avoid adding more.

**Schedule:** to keep your metabolism fired and energy up, aim to enjoy a blend every 3 waking hours.

**Post-Cleanse Food Guide:** see the clean foods list that accompanies this guide for staying on track post-cleanse.



### Blend Prep Tips

**Smoothies:** opt for unsweetened plant-based milk alternatives like coconut, cashew, almond & oat. Avoid using cow dairy & juice. You can also let your smoothie blends soften and spoon or use a shaker cup.

**Soups:** Add ½ a cup of water and heat in a pot (stove top) or bowl (microwave). Please do not heat the blend pouch.

**Chia Bowls:** let soften & spoon straight from the pouch or a bowl.

For more prep tips, check out the back of each blend pouch.

### Recommended Blend Sequence

	Blend 1	Blend 2	Blend 3	Blend 4	Blend 5
Day 1	Greens Daily Dose Smoothie	Maca Energy Smoothie	Greens Immunity Soup	Inside & Out Acai Smoothie	Pumpkin Patch Soup
Day 2	The Remedy Smoothie	Cherry Bomb Smoothie	Greens D-tox Smoothie	Acai Organic Chia Bowl	Sweet Potato Coconut Soup
Day 3	Greens Daily Dose Smoothie	Maca Energy Smoothie	Greens Immunity Soup	Acai Organic Chia Bowl	Pumpkin Patch Soup

Consult your healthcare practitioner before starting your cleanse if you have any existing health conditions, are on prescribed medications, and/or you're making an extreme change to your diet.

**Questions on your cleanse?** Please reach out to the Blended For You customer care team at: [info@blendedforyou.com](mailto:info@blendedforyou.com)

**Happy Cleansing!**

# Blended For You Clean Eating Ingredient Guide

Designed to help you create clean, healthy-eating habits and reduce/eliminate refined sugar in your diet. Post-cleanse, aim to eat from this 80% (or more) of the time.

<b>Dairy Products &amp; Substitutes</b>	<ul style="list-style-type: none"> <li>• Avoid all cow dairy.</li> <li>• Milk substitutes (unsweetened): coconut milk, almond milk, cashew milk (refrigerated section of store).</li> <li>• Goat cheese, nut cheeses (limit these to 2 tbsp/day).</li> </ul>
<b>Nuts/Seeds (Fats)</b>	<ul style="list-style-type: none"> <li>• Nuts &amp; nut butters are ok in small amounts: almonds, cashews, walnuts,</li> <li>• pumpkin seeds are great options.</li> </ul>
<b>Fruits (Carb)</b>	<ul style="list-style-type: none"> <li>• We've got you covered. Your daily Blended smoothies contain fruit, so we don't recommend adding more. Opt for veggie snacks. Avoid fruit juices.</li> <li>• Best options if adding: avocados, all berries, lemons, limes, pears, cherries, apples.</li> </ul>
<b>Vegetables (Carb)</b>	<ul style="list-style-type: none"> <li>• Load up on veggies and eat a large variety (rainbow of colours).</li> <li>• Eat greens daily (Blended green smoothies are a great way to get your greens).</li> </ul>
<b>Protein</b>	<ul style="list-style-type: none"> <li>• Fish (4 to 5 oz servings, wild caught): salmon, halibut, cod, trout.</li> <li>• Avoid shellfish.</li> <li>• Meat (3 to 4 oz servings, max 1 every second day): organic chicken or turkey breast, 2 organic eggs, 5 organic egg whites.</li> <li>• Vegan: tempeh 3 oz, 1/3 cup legumes, 2 tbsp hemp hearts.</li> </ul>
<b>Starch (Carb)</b>	<ul style="list-style-type: none"> <li>• Brown &amp; wild rice, quinoa, legumes (chickpeas, lentils, black beans), sweet potatoes, yams.</li> </ul>
<b>Other Fats</b>	<ul style="list-style-type: none"> <li>• Oils: coconut, avocado, olive, flax (coconut &amp; avocado for high heat cooking).</li> <li>• Nuts/seeds: sesame, chia, hemp (see nuts listed above).</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water, green, herbal or mushroom teas, mineral water.</li> </ul>
<b>Sweeteners (Carb)</b>	<ul style="list-style-type: none"> <li>• Small amounts of stevia, honey or pure maple syrup (1 tsp max).</li> </ul>
<b>Vinegars Condiments Herbs</b>	<ul style="list-style-type: none"> <li>• Vinegars: apple cider, rice, red wine, balsamic.</li> <li>• Condiments: wasabi, mustard, horseradish, pesto (cheese free), tahini, hummus.</li> <li>• Herbs: All fresh herbs. Cinnamon, cumin, dill, garlic, ginger, oregano, tarragon, thyme, turmeric, cayenne, pepper, lemon pepper, hot peppers (most herbs and spices are acceptable).</li> <li>• Avoid salt or sugar-based/added mixes).</li> </ul>

## **Ingredients / Nutritional Values:**

### **Days 1, 2 & 3**

#### **Greens Daily Dose (Frozen Smoothie):**

*Pineapple, avocado, spinach, cucumber, ginger, vegan protein blend (soy-free), lemon, turmeric, pure Hawaiian spirulina pacifica.*

calories 290 / protein 18g / carbs 37g / fat 10g / fibre 11g

#### **Maca Energy (Frozen Smoothie):**

*Banana, almond butter, cacao, hemp seeds, vegan protein blend (soy-free), maca.*

calories 360 / protein 20g / carbs 51g / fat 11g / fibre 11g

#### **The Remedy (Frozen Smoothie):**

*Pineapple, banana, spinach, ginger, cayenne, coconut oil, dandelion root, spirulina, vitamin b-12, vegan protein blend (soy-free), turmeric.*

calories 300 / protein 16g / carbs 47g / fat 8g / fibre 9g

#### **Cherry Bomb (Frozen Smoothie):**

*Cherries, strawberries, bananas, chia, beetroot, coconut, vegan protein.*

calories 310 / protein 15g / carbs 50g / fat 8g / fiber 13g

#### **Greens D-Tox (Frozen Smoothie):**

*Spinach, kale, lemon, avocado, cucumber, cayenne, vegan protein blend (soy-free), turmeric, ginger, dandelion root, chlorophyll, spirulina.*

calories 270 / protein 21g / carbs 28g / fat 10g / fibre 11g

#### **Inside & Out (Frozen Smoothie):**

*Blueberries, raspberries, bananas, hemp seeds, vegan protein blend (soy-free), acai.*

calories 300 / protein 19g / carbs 34g / fat 11g / fibre 11g



## **Ingredients / Nutritional Values:**

### **Days 1, 2 & 3**

#### **Acai Organic Bowl:**

*Blueberries, raspberries, bananas, chia, coconut milk, acai.*

calories 350 / protein 10g / carbs 49g / fat 16g / fibre 17g

#### **Greens Immunity Soup:**

*Zucchini, vegetable stock, chickpeas, cauliflower, broccoli, onion, carrots, coconut milk, organic spinach, olive oil, lemon juice, basil, green curry paste, garlic, ginger, turmeric, sea salt, black pepper, cayenne pepper.*

calories 300 / protein 10g / carbs 38g / fat 14g / fibre 10g

#### **Pumpkin Patch Soup:**

*Butternut squash, vegetable stock, pumpkin, fennel, onion, coconut milk, pumpkin seed protein, dandelion, black pepper, agave syrup, flaxseed, olive oil, garlic, nutmeg, sea salt.*

calories 310 / protein 12g / carbs 42g / fat 13g / fibre 10g

#### **Sweet Potato Coconut Soup:**

*Sweet potato, onion, carrots, vegetable stock, coconut milk, organic almond butter, chaga mushroom, garlic, olive oil, ginger, cayenne pepper, sea salt, nutmeg, black pepper.*

calories 290 / protein 7g / carbs 44g / fat 12g / fiber 12g

