



THE FRESH LIFE  
INTERNAL MAKEOVER  
journey



7 DAY CHALLENGE  
'SMOOTHIES SAVE THE DAY'  
RECIPE BOOK



MODULE 5 RECIPE BOOK



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## 7 DAY 'SMOOTHIES SAVE THE DAY' CHALLENGE



All Smoothies can be made in 15min flat (or less)!

2 for 1 - All Smoothie recipes can be converted into multiple variations!

A different flavour for each day of the week!

**Please note:** Although there are Smoothie Recipes for every day of the week, I want to encourage you to start by picking a couple favourite flavours, and choose just a couple recipes to make for the week. This will help avoid overwhelm (remember, it's about adding baby-steps) - don't try to make all the recipes at once. Slowly adding yummy clean eating recipes to your family's life is the goal, so just keep adding more recipes each time you participate in the LIVE weekly challenges in future.





**Day 1 - Chocolate Smoothies**

**Day 2 - Green Smoothies**

**Day 3 - Berry Smoothies**

**Day 4 - Deep Green Smoothies**

**Day 5 - Nutty Smoothies**

**Day 6 - Orange Smoothies**

**Day 7 - Tropical Smoothies**

**Just add... BONUS Recipe Variations!**

This program is designed to teach you ways to make delicious healthy food, quickly, in a variety of ways.

To save time, I have created a beautiful 'Become a Smoothie Master' Cheat Sheet for you that is super easy to follow and helps you make delicious smoothies, from scratch, without having to follow specific recipes.

This means you will literally learn how to make smoothies with what's laying around at home in your kitchen and fridge. Convenient, yes!?

You can make your smoothies as simple or as jam-packed with nutrients as you like, using this easy-to-use, Cheat Sheet guide.

Once you print off your Cheat Sheet and start using it, you'll never need to find/follow another smoothie recipe again!





For each day this week I have shared smoothie recipe ideas, which follow the same 'formula' you will find in your 'Become a Smoothie Master' Cheat Sheet.

You will look like a superstar healthy chef to your family, while keeping your sanity not having to spend time learning to make multiple different recipes! Woohoo!

### **All Recipes are:**

Raw, plant-based and made from wholefoods.

They are all dairy-free, processed sugar-free, vegan, wheat-free, grain-free/paleo, and not made with any animal-based products.

### **Equipment:**

*I am not paid or sponsored to recommend any equipment, I share honestly exactly what I use myself.*

#### **Blender**

Most blenders that can crush ice will make a decent smoothie. The better/more powerful the blender, the smoother the consistency of your smoothie.

#### **Personal note from me:**

*I myself didn't use a very expensive, powerful blender in the first 2 years of becoming healthy. When my blender didn't make a smooth enough consistency, I used to just pop the mix in a long cup/bowl and use my little 600w/800W handheld blender to get a smoother consistency (once ice was properly crushed and blended of course).*





*I then got a my Sunbeam 2000W Blender which I used for 2 years, and used at the time of writing this Program.*

*You can also grind your dry ingredients, e.g. nuts, before you make your smoothie, like using a coffee grinder or grinding attachment, if your little blender has one (my Tribest personal blender has this attachment), in order to get a smoother consistency.*

*In fact, this is a method I use often, because the Tribest personal blender is one I travel with and use most often in my kitchen (its small, makes 1-2 person servings and is quick and easy to clean - hallelujah to convenience).*

*All smoothies in this program were made (and photographed) using these pieces of equipment.*

*All the above blenders/kitchen equipment are not expensive compared to many 'professional' blenders/kitchen equipment found on the market, and they are a great way to start (which is what I started with) - I basically started with what I already had in my kitchen!*

*I am NOT paid to recommend any equipment, I share honestly exactly what I have used myself.*

## **Kitchen Ready!**

I have designed this week to be easy peasy. Most of the ingredients can be bought and stored either in the pantry or in the freezer for long periods of time.

This means that if you keep a little stock of these ingredients on hand at home, you'll always be able to whip up a yummy smoothie in 5 min flat!





## Stocking the Pantry:

### Pantry Tips

- Keep ingredients in sealed glass jars and containers where possible.
- If using plastic bags, use brown paper bags to have the contact with the ingredients, and use the plastic over the outside to seal in freshness.
- I try and avoid buying and/or keeping things in plastic, aluminium, tin (unless they are BPA free) - I try and use glass, stainless steel, ceramic and stone where possible. Much healthier!
- For fresh ingredients kept in the fridge, I will use unbleached (& sustainably sourced) paper towel to wrap fresh produce in, before placing them in plastic bags in the fridge - this helps prevent produce from spoiling due to moisture and contact with the plastic bag.

### Shopping List - recipe amounts serves 1

I have kept amounts to serve 1 person per recipe, so that it is easy to multiply the shopping list depending on how many people are in your family, or how many you want to make.

Just multiply ingredient amounts depending on how many people you are making for.

### Some things are better kept in the fridge and freezer

I keep most oils and nuts in the fridge to help prevent them going rancid/off, except for:

- Coconut Oil
- Almonds and Cashews (I don't keep in the fridge, purely because I use them up so quickly).





\* I also store my maple syrup, and coconut blossom syrup in the fridge.

## Shopping List

Make sure you choose organic, or chemical spray-free, raw/unheated, locally sourced wholefoods where possible. And make sure your oils are organic, cold-pressed oils only.

**Please Note:** I've calculated below amounts based on making 1 of each, of ALL recipes shared in this Module.

## Shopping List Print Off

I have created a one page, PRINT OFF version of this shopping list, so that it fits onto one page. Making it easier for you to print and take with you when you shop!

You will find it in your Module 5 downloads section.

Notes in pink have not been included in one page PRINT OFF (*read those now*).







### **Oils/Fats** *(keep all but Coconut Oil, refrigerated at all times)*

Coconut Oil	1 cup	= approx. 8 ½ fl oz / 250 ml
Flax Seed Oil (optional)	3 tsp	
Hemp Seed Oil (optional)	1 tsp	

### **'Dry' ingredients - Nuts, Seeds, Dried Fruits, Superfood Powders**

*Most of these ingredients can be bought, sealed, stored and used over a long period of time.*

Coconut (flaked/shredded)	½ cups	= approx. 1 oz / 25 g
Cashews	2 ½ cups	= approx. 15 oz / 425 g
Almonds	1 cup	= approx. 6 oz / 170 g
Chia Seeds	¼ cup	= approx. ½ oz / 10 g
Sunflower Seeds	¼ cup	= approx. 2 oz / 50 g
Dates	5	
Cacao Powder	2 tbsp	
Sea Salt	couple pinches	

### **Optional Superfood Powders**

Chlorella (broken cell)	2 tsp
Spirulina Powder	1 tsp
Lucuma Powder	1 tsp
Maca Powder	1 tsp
Bee Pollen	1 tsp

### **'Wet' ingredients (tinned or other) - Nuts, Seeds, Butters**

*Try always get BPA free cans when possible! 1 tin = 1 ½ cup = 13 ½ oz / 400ml*

*Always get Coconut Cream that has no additives i.e. guar gum/thickeners.*

Spring Water	approx. 3 gallons / 13 ½ litres
Coconut Cream	3 cups = approx. 25 fl oz / 750 ml (2 ¼ tins)
Coconut Water	2 cups = approx. 17 fl oz / 500 ml

*I also always have nut butters on hand in the fridge.*

*You can add nut butters to change or enhance the taste of your smoothies.*

### **Spices, Extracts, and (food grade) Essential Oils**

*I always have the following on-hand, and love adding little extras in here and there to change or add different flavours to our smoothies.*

Vanilla Extract, Hazelnut Extract, Orange Essential Oil, Peppermint Essential Oil, Cinnamon & Nutmeg

### **Natural Sweeteners**

*I mostly use organic Maple Syrup for most my recipes, but you can substitute with Coconut Blossom Syrup, or Raw Organic Honey. Please note that some of these natural sweeteners can change the taste of a recipe, but I interchange all the time and they all taste good, just different, depending on sweetener used.*

Maple Syrup	2 ½ cup	= approx. 22 fl oz / 650 ml
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*Can also use Honey or Coconut Blossom Syrup instead of Maple Syrup.*





### Fresh Fruit, Veg & Fresh Herbs

Most of these are fine to freeze for use later (except Apples, Papaya/Paw-Paw and Oranges). Try use fresh ingredients in all recipes wherever possible, otherwise you can substitute frozen fruits in the recipes for convenience (please note: some recipes may not taste the same when using frozen fruit).

Kale	10 leaves	= approx. 2 bunches
Green Silverbeet	5 leaves	= approx. 1 bunch
Carrot	1 small	
Cucumber	1 small	
Bananas	3 ½ medium	
Apple (dark green/tart)	1	
Orange	1	
Strawberries	1 cup	
Blueberries	½ cup	
Raspberries	½ cup	
Mango	1 ½ small	
Papaya/Paw-Paw	½ small	
Pineapple	1 small	
Avo	1 small	
Fresh Peppermint	4-5 leaves	

#### **Fruit freezing tip:**

Peel bananas before freezing.

Peel/cut off skins and remove cores, seeds etc from fruit before freezing.

Add fruit to a brown paper bag (optional), and seal in a ziplock bag to freeze.

## BONUS SMOOTHIE CHEAT SHEET REMINDER

Included is your **BONUS 'Become a Smoothie Master' Cheat Sheet!**

Instead of following recipes all the time, I worked hard to create a break down of how I construct my own smoothies - no recipes needed!

Therefore making it easier to learn/memorise those recipes for making them in future, all while giving you and your family yummy variety!



# DAY 1 - CHOCOLATE SMOOTHIES

## Choc-Kale Heaven Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ cup Cashews

1 tbsp Sunflower Seeds

2 leaves Kale  
(remove from stalk)

½ Banana

1 tbsp Cacao Powder

1 tbsp Coconut Oil  
(warmed, so it's liquid)

⅛ tsp (pinch) Sea Salt

½ cup Spring Water

½ cup Coconut Water / Spring  
Water

1-2 tsp Raw Honey

### Steps:

1. Blend until smooth.  
Add ice and blend again.

### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).



## Choc-Chia Berry Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

1 tbsp Chia Seeds

¼ cup Raspberries

½ Banana

1 tbsp Cacao Powder

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

⅛ tsp (pinch) Sea Salt

1 cup Spring Water

### Steps:

1. Blend until smooth.  
Add ice and blend again.

### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).



## DAY 2 - GREEN SMOOTHIES

### Green Refresher Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

#### Ingredients:

¼ cup Cashews

2 leaves Kale  
(removed from stalk)

¼ - ½ Cucumber (small)

¼ cup (1 slice) Pineapple

3 Dates, pitted

1 tbsp Coconut Oil  
(warmed, so it's liquid)

1 tsp (optional) Flaxseed Oil

1 tsp (optional) Hemp Seed Oil

¼ cup Coconut Cream

1 cup Spring Water

4-5 leaves Fresh Mint

#### Steps:

1. Blend until smooth.  
Add ice and blend again.

#### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## Creamy Green Apple Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ cup Cashews or Almonds

2 leaves Kale  
(removed from stalk)

½ Green Apple  
(dark green/tart)

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

1 cup Spring Water

1-2 tsp (optional) Raw Honey

### Steps:

1. Blend until smooth.  
Add ice and blend again.

### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).



## DAY 3 - BERRY SMOOTHIES

### Berry-Kale Bliss Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

#### Ingredients:

¼ cup Cashews or Almonds

1 leaf Kale  
(removed from stalk)

½ Banana

¼ cup Blueberries

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

1 cup Spring Water

1-2 tsp (optional) Raw Honey

#### Steps:

1. Blend until smooth.  
Add ice and blend again.

#### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).



## Strawberry Cream Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ cup Cashews

1 tbsp Sunflower Seeds

2 tbsp Coconut Flakes

½ cup Strawberries

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

1 cup Spring Water

1-2 tsp (optional) Raw Honey

### Steps:

1. Blend until smooth.  
Add ice and blend again.

### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## DAY 4 - DEEP GREEN SMOOTHIES

### Green Detox Bananza Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

#### Ingredients:

1 tbsp Chia Seeds

2-3 leaves Kale & Silverbeet  
(removed from stalk)

¼ - ½ cup Papaya/Paw-Paw  
(with seeds)

½ Banana

1 tsp (optional) Chlorella Powder  
(use broken cell type)

1 tbsp Coconut Oil  
(warmed, so it's liquid)

1 tsp (optional) Flax Seed Oil

½ cup Spring Water

½ cup Coconut Water / Spring  
Water

1-2 tsp (optional) Raw Honey

#### Steps:

1. Blend until smooth.  
Add ice and blend again.



#### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## Mighty Lean & Green Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ 2-3 leaves **Silverbeet** (removed from stalk)

2 **Dates**, pitted

½ **Banana** (small)

½ **Green Apple** (dark green/tart)

½ tsp (optional) **Chlorella Powder** (use broken cell type)

½ tsp (optional) **Spirulina Powder**

1 tbsp **Coconut Oil** (warmed, so it's liquid)

¼ cup **Coconut Cream**

½ cup **Spring Water**

½ cup **Coconut Water / Spring Water**

1-2 tsp (optional) **Raw Honey**



### Steps:

1. Blend until smooth.  
Add ice and blend again.

### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).



## DAY 5 - NUTTY SMOOTHIES

### Berry Nutty Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

#### Ingredients:

¼ cup Almonds

1 tbsp Chia Seeds

1 tbsp Sunflower Seeds

½ Banana

½ cup Strawberries

1 tbsp Coconut Oil  
(warmed, so it's liquid)

1 cup Spring Water

1-2 tsp (optional) Raw Honey

#### Steps:

1. Blend until smooth.  
Add ice and blend again.

#### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## Nutty Mango Cream Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ cup Almonds

¼ cup Cashews

1 tbsp Chia Seeds

½ Mango

1 tbsp Coconut Oil  
(warmed, so it's liquid)

1 tsp (optional) Flax Seed Oil

¼ cup Coconut Cream

1 cup Spring Water

1-2 tsp (optional) Raw Honey

### Steps:

1. Blend until smooth.  
Add ice and blend again.



### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).



## DAY 6 - ORANGE SMOOTHIES

### Orange Blossom Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

#### Ingredients:

¼ cup Cashews

½ Orange

½ Banana

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

¼ cup Avo

1 cup Spring Water

1-2 tsp (optional) Raw Honey

½ tsp Orange Peel zest

#### Steps:

1. Blend until smooth.  
Add ice and blend again.

#### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## Carrot Pina Colada Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ cup Cashews

1 Carrot (small)

½ cup (2 slice) Pineapple  
(remove core)

1 tsp (optional) Maca Powder &  
Bee Pollen

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

1 cup Spring Water

1-2 tsp Raw Honey

### Steps:

1. Blend until smooth.  
Add ice and blend again.



### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## DAY 7 - TROPICAL SMOOTHIES

### Coco-Mango Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

#### Ingredients:

¼ cup Cashews

2-3 tbsp Coconut Flakes  
(or fresh Coconut 'meat')

½ Mango  
(or Papaya - no seeds)

1 tbsp Coconut Oil  
(warmed, so it's liquid)

¼ cup Coconut Cream

1 cup Spring Water

#### Steps:

1. Blend until smooth.  
Add ice and blend again.

#### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).





## Tropical Lassi Smoothie

**Recipe Time:** 5 min

**Serves:** 1

**Equipment you need:**

Blender.

### Ingredients:

¼ cup Cashews

½ Mango

¼ cup (1 slice) Pineapple  
(remove core)

1 tsp (optional) Lucuma Powder

1 tbsp Coconut Oil  
(warmed, so it's liquid)

½ cup Coconut Cream

½ cup Coconut Water / Spring  
Water

### Steps:

1. Blend until smooth.  
Add ice and blend again.

### Recipe Notes:

- If you don't have a very powerful blender, a coffee grinder (or the grinding attachment if you have a Tribest blender), can be used to first grind the nuts down before adding to recipe (this helps to create a smoother consistency).

