



Welcome to Your 3-Day Smoothie Deep Cleanse

What's in your program: 15 blends (5 per day), all designed to support your body's natural elimination of toxins and reduce inflammation, while keeping energy levels up. Each blend is nutritionally balanced and provides a healthy level of calories (1500 to 1600 per day), carbs, proteins, fats & fibre. In addition to cleansing, the boosters in the blends have been included because of their support for immune function, skin glow, hair health, stress management, gut health and digestion.

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 substitute.

Snacks/ add-ons: if doing moderate to higher intensity workouts, you may want to add calories.

* raw (or lightly steamed) veggies as needed (avoid carrots, tomato, corn, eggplant, legumes).

Recommended: cucumbers, celery, broccoli, cauliflower, zucchini.

* small amount of raw nuts (almonds or walnuts ¼ cup serving)

* add ⅓ cup cooked quinoa or brown rice to your soups

* add ½ avocado, 1 TBSP nut butter, hemp or chia seeds to one or two of your daily smoothies.

Schedule: to keep your metabolism & energy up, aim to enjoy a blend every 3 to 4 waking hours.

Smoothies Prep: opt for unsweetened plant-based milks like coconut, cashew & almond. Avoid cow dairy & juice. You can also let your smoothie blends soften & spoon from the pouch.

Smoothie Bowl Prep: let soften down (overnight or a few hours in the fridge or 30 min room temp), stir and spoon right out of the pouch. You can also serve it in a bowl or jar, add single ingredient toppings like ¼ cup berries, avocado slices, chia seeds, hemp seeds.

Recommended Blend Sequence

	Blend 1	Blend 2	Blend 3	Blend 4	Blend 5
Day 1	Greens Love Bowl	The Athlete	Greens D-tox	Vita-C Immunity	Acai Radiance
Day 2	Greens Daily Dose	Nutty Athlete	Greens D-tox	Blueberry Boost	Blueberry Acai Bowl
Day 3	Greens Love Bowl	Blueberry Boost	Greens D-tox	Lime Mojito	Cherry Bomb



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.

Dairy Products & Substitutes	Avoid cow dairy most of the time. Use Milk substitutes (unsweetened): coconut milk, almond milk, cashew milk (refrigerated section of store). Goat cheese, nut cheeses (2 tbsp is a portion).
Nuts/Seeds (Fats)	Nuts & nut butters (1 TBSP is a portion): almonds, cashews, walnuts, pumpkin seeds are great options.
Fruits (Carb)	Aim for 2 servings of fruit per day (get them both in one Blended smoothie). Our go-to higher fibre fruits: berries, pears, avocado, mangoes, apples.
Vegetables (Carb)	Load up on veggies and eat a large variety (rainbow of colours). Eat greens daily (Blended green smoothies are a great way to get your greens).
Protein	Fish (4 to 5 oz servings, wild caught): salmon, halibut, cod, trout. • Avoid shellfish. Meat (3 to 4 oz servings, max 1 every second day): organic chicken or turkey breast, 2 organic eggs, 5 organic egg whites. Vegan: tempeh or tofu 3 to 4 oz, 1/3 cup legumes, 2 tbsp chia, flax or hemp seeds.
Starch (Carb)	Brown & wild rice, quinoa, legumes (chickpeas, lentils, black beans), sweet potatoes, yams, legume pastas (edamame, black bean, lentil).
Other Fats	Oils: coconut, avocado, olive, flax (coconut & avocado for high heat cooking). Nuts/seeds: sesame, chia, hemp (see nuts listed above).
Beverages	Water (try with lemon or cucumber), teas: green, herbal or mushroom
Sweeteners (Carb)	Small amounts of stevia, honey or pure maple syrup (1 tsp max).
Vinegars, Condiments & Herbs	Vinegars: apple cider, rice, red wine, balsamic. Condiments: wasabi, mustard, horseradish, pesto (cheese free), tahini, hummus. 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). Limit adding salt & avoid all sugar-based/added mixes.



Blend Ingredients & Nutrition Info

Greens D-Tox (frozen smoothie):

spinach, kale, lemon, avocado, cucumber, cayenne, sprouted protein, turmeric, ginger, dandelion root, chlorophyll, spirulina.

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

Greens Daily Dose (frozen smoothie):

pineapple, avocado, spinach, cucumber, ginger, sprouted protein, lemon, turmeric, pure Hawaiian spirulina pacifica.

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

Blueberry Boost (frozen smoothie)

Blueberries, avocado, spinach, almond butter, sprouted protein

calories 300 / protein 18g / carbs 26g / fat 15g / fibre 11g

The Athlete (frozen smoothie)

Blueberries, avocado, spinach, banana, almond butter, sprouted protein, turmeric, tart cherry juice, Magnesium

calories 330 / protein 19 g / carbs 41g / fat 12g / fibre 11g

Nutty Athlete (frozen smoothie)

banana, organic spinach, almond butter, turmeric, magnesium booster, sprouted protein

calories 360 / protein 21g / carbs 46g / fat 12g / fibre 10g

Acai Radiance (frozen smoothie)

blueberries, raspberries, banana, organic spinach, hemp seeds, biotin, bamboo silica, acai, sprouted protein

calories 300 / protein 20g / carbs 32g / fat 11g / fibre 12g

Lime Mojito (frozen smoothie)

pineapple, avocado, cucumber, lime juice, spinach, sprouted protein, mint, chia, magnesium citrate

calories 200 / protein 15 g / carbs 26g / fat 7g / fibre 9g



Vita-C Immunity (frozen smoothie)

raspberries, cauliflower, pineapple, mango, chia seeds, pink pitaya, camu camu, ashwagandha root

calories 260 / protein 8g / carbs 45g / fat 8g / fibre 18g

Cherry Bomb (frozen smoothie):

cherries, strawberries, banana, chia, beetroot, coconut, sprouted protein

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

Greens Love Smoothie Bowl (frozen smoothie bowl):

avocado, banana, organic spinach, flax, ginger, spirulina, sprouted protein

calories 310 / protein 24g / carbs 31g / fat 12g / fibre 11g

Blueberry Acai Smoothie Bowl (frozen smoothie bowl):

blueberries, banana, acai, avocado, flax, biotin, sprouted protein

calories 300 / protein 25g / carbs 36g / fat 8g / fibre 11g

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

Happy Cleansing!