








## Welcome to Your One-Day Detox

Big night out? Feeling blah and brain foggy? This one-day, five-blend reset is your body's cue for a little TLC. Designed to help you **recover, rehydrate, and reboot your energy** — while showing your **immune system and gut health** serious love.

### What's in Your Day

Five nourishing, high-fibre blends crafted to help your body naturally **flush toxins, reduce inflammation, and stabilize blood sugar** — all while giving you that clean-energy glow and mood boost.

#### Meet Your Blends (enjoy in this sequence):

-  **Greens D-Tox Smoothie** — your morning cleanse + hydration hero
-  **Vita-C Immunity Smoothie** — a citrusy antioxidant power-up
-  **Greens Love Protein Bowl** — keeps you satisfied and smiling
-  **Blueberry Boost Smoothie** — brain + mood support
-  **Pumpkin Patch Soup** — cozy, grounding end-of-day nourishment

**Schedule:** sip or spoon a blend every **3–4 waking hours** to keep your metabolism humming and your energy steady.

### Hydration & Prep Tips

**Hydrate:** aim for at least **10 glasses of water or herbal tea** throughout the day. Add lemon for an alkalizing kick. Skip coffee and swap for antioxidant-packed green tea.

**Smoothies:** blend with  $\frac{3}{4}$ –**1 cup** of your fave unsweetened almond, cashew, or coconut milk or try blending with  $\frac{3}{4}$  **cup cold water** +  $\frac{1}{2}$  **cup frozen avocado or blueberries**. (Avoid dairy, juice, or barista-style oat milks.)

**Smoothie Bowl:** thaw overnight in the fridge (or 30 mins at room temp). Stir and enjoy straight from the pouch or in a bowl topped with berries & chia seeds.

**Soup:** thaw partially, remove from the package, then warm gently in a saucepan with  $\frac{2}{3}$  **cup water** (never heat in the pouch). For a heartier version, use  $\frac{1}{3}$  **cup water** and serve over **2 cups sautéed veggies** +  $\frac{1}{2}$  **cup cooked quinoa**.





## Blend Ingredients & Nutrition Information

### 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 (net carbs 17g) / fat 10g / fibre 11g**

### Vita-C Immunity (frozen smoothie)

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

**calories 260 / protein 8g / carbs 45g (net carbs 27g) / fat 8g / fibre 18g**

### Greens Love Smoothie Bowl (frozen smoothie bowl):

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

**calories 310 / protein 24g / carbs 31g (net carbs 20 g) / fat 12g / fibre 11g**

### Blueberry Boost (frozen smoothie)

*Blueberries, avocado, spinach, almond butter, sprouted protein*

**calories 300 / protein 18g / carbs 26g (net carbs 15 g) / fat 15g / fibre 11g**

### The Pumpkin Patch Soup (frozen soup)

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

**calories 310 / protein 12g / carbs 42g (net carbs 32 g) / fat 12g / fibre 10g**

### Total Daily Values (before blending liquids or other add-ons):

Calories: 1450

Protein: 83 grams

Fat: 57 grams

Net Carbs: 113 grams

Fibre: 61 grams

**We hope you love your nourishing, health-boosting, self-care day.**

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



[www.blendedforyou.com](http://www.blendedforyou.com)



## Blended For You Clean Eating Ingredient Guide

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

<p><b>Dairy Products &amp; Substitutes</b></p>	<p>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).</p>
<p><b>Nuts/Seeds (Fats)</b></p>	<p>Nuts &amp; nut butters (1 TBSP is a portion): almonds, cashews, walnuts, pumpkin seeds are great options.</p>
<p><b>Fruits (Carb)</b></p>	<p>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.</p>
<p><b>Vegetables (Carb)</b></p>	<p>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).</p>
<p><b>Protein</b></p>	<p>Fish (4 to 5 oz servings, wild caught): salmon, halibut, cod, trout. 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, hemp seeds.</p>
<p><b>Starch (Carb)</b></p>	<p>Brown &amp; wild rice, quinoa, legumes (chickpeas, lentils, black beans), sweet potatoes, yams, legume pastas (edamame, black bean, lentil).</p>
<p><b>Other Fats</b></p>	<p>Oils: coconut, avocado, olive, flax (coconut &amp; avocado for high heat cooking). Nuts/seeds: sesame, chia, hemp (see nuts listed above).</p>
<p><b>Beverages</b></p>	<p>Water (try with lemon or cucumber), teas: green, herbal or mushroom</p>
<p><b>Sweeteners (Carb)</b></p>	<p>Small amounts of stevia, honey or pure maple syrup (1 tsp max).</p>
<p><b>Vinegars, Condiments &amp; Herbs</b></p>	<p>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 &amp; avoid all sugar-based/added mixes.</p>