

JUICY JULY CHALLENGE

WEEK FOUR - SMOOTHIES



Kick Start Your Morning Routine

Drinking **warm water with lemon** first thing in the morning, upon awakening can aid digestion by stimulating gastric juices and promoting bowel movements, which helps cleanse the digestive system. Additionally, it has an alkalising effect on the body and provides a source of vitamin C, supporting your immune function and skin health.

I also encourage you have a **G-Force Shot** every morning just before your morning juice or smoothie!

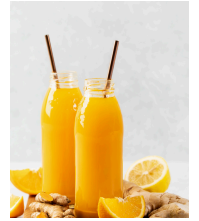
LEMON WATER

- ½ Lemon, Squeezed
- 350-500 ml Warm Water



G-FORCE SHOT

- 3 cm Fresh Ginger Root
- 3 cm Fresh Turmeric Root
- 2 Apples (peeled & cored)
- 2 Lemons (peeled)



Day 22 - BONE BUILDER



- 2 Handfuls of Spinach / Kale
- 1 Cup Frozen Mango
- 1 Juice of a Lime
- 1 tblsp Sesame Seeds
- 300 ml Almond Milk

Day 23 - ENERGY BURST BLEND



- 5 Brazil Nuts (soaked overnight)
- 3 Pitted Dates
- 1 Handful Spinach / Kale
- 2cm Fresh Ginger Root, Peeled
- 1 tsp Cinnamon
- 300 ml Almond Milk / Non Dairy Milk

Day 24 - GREEN WARRIOR



- 250ml Coconut Water
- ½ Pineapple - peeled and cut into chunks - include the core
- 1 Large Handful Spinach / Kale
- ½ Cucumber
- ½ Avocado
- 1 Small Handful Parsley

Week 4 – V 4 Vitality:

*Vitamins, minerals and raw enzymes galore!
By now you should be feeling revitalised
and raring to go.*

BOOSTING ENERGY & VITALITY WITH FRESH FRUITS, VEGETABLES & HERBS

Incorporating fresh fruits, vegetables, nuts, seeds and herbs into your daily diet is a natural and effective way to boost energy and vitality. Their nutrient density, natural sugars, hydration benefits, fibre content, and anti-inflammatory properties work together to enhance your overall health and well-being.

Nutrient Density

Fresh fruits, vegetables, nuts, seeds and herbs are powerhouses of essential nutrients that contribute significantly to energy and vitality. These foods are rich in vitamins such as A, C, and E, minerals like potassium and magnesium, and antioxidants, all of which play crucial roles in maintaining optimal body function. These nutrients help in cell repair, immune system support, and protecting the body from oxidative stress, which in turn boosts overall energy levels and vitality.

- Rich in essential vitamins (A, C, E)
- Contain vital minerals (potassium, magnesium)
- High in antioxidants



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Day 25 - RED HOT CHILLI PEPPERS



- 1 Cup Frozen Berries
- 1 Orange - peeled & seeded
- 1 Banana
- 1 Lemon - juice only
- 100 ml Coconut Water
- ½ tsp Chilli Powder

Day 26 - VIBRANT VITALITY



- 1 Large Handful Spinach / Kale
- 1 Banana - fresh / frozen
- 5 Pitted Prunes (soaked)
- 1 Pear - quartered & cored
- 300 ml Almond Milk / Non Dairy Milk

Day 27 - REVITALISING GREEN BLISS



- 1 Large Handful of Spinach / Kale
- 1 Pink Grapefruit - peeled & seeded
- 1 Kiwi - peeled
- 1 Banana - fresh / frozen
- 300 ml Coconut Water

Day 28 - REVITALISER SHAKE



- 1 Large Handful of Spinach / Kale
- 1 Juice of Lemon
- 3 Pitted Dates
- ½ Avocado
- 1 Pink Grapefruit - peeled & seeded
- 300ml Green Tea - brewed & cooled

Natural Sugars and Carbohydrates

Fresh whole foods provide natural sugars and complex carbohydrates, which are excellent sources of sustained energy. Unlike processed sugars, the natural sugars found in fruits release energy slowly, preventing spikes and crashes in blood sugar levels. This gradual release helps in maintaining consistent energy throughout the day, keeping you active and alert.

- Natural sugars for sustained energy
- Complex carbohydrates prevent energy crashes
- Steady release of energy

Hydration and Detoxification

Many fruits and vegetables have high water content, which aids in keeping the body hydrated. Proper hydration is essential for maintaining energy levels, as even mild dehydration can lead to fatigue and decreased alertness. Additionally, the natural detoxifying properties of certain fruits and vegetables, such as cucumbers and leafy greens, help in flushing out toxins from the body, further enhancing vitality.

- High water content for hydration
- Natural detoxifying properties
- Prevents fatigue from dehydration

Fibre for Digestive Health

The fibre in fresh fruits, vegetables, and herbs is essential for good digestive health. Fibre aids in the proper functioning of the digestive system by promoting regular bowel movements and preventing constipation. A healthy digestive system ensures that nutrients are efficiently absorbed, which supports overall energy and well-being.

- High fibre content promotes digestion
- Prevents constipation
- Enhances nutrient absorption

Phytochemicals and Anti-inflammatory Properties

Phytochemicals, found abundantly in fruits, vegetables, and herbs, have powerful anti-inflammatory properties. Chronic inflammation can drain your energy and affect your vitality. Consuming a diet rich in anti-inflammatory foods like berries, beets, and leafy greens can help reduce inflammation and promote a sense of well-being and energy.

- Abundant in phytochemicals
- Anti-inflammatory properties
- Promotes overall well-being



WEEK FOUR - SHOPPING LIST

SMOOTHIES



Below are all the fresh goodness you'll be enjoying over the next seven days... wherever possible I strongly recommend buying organic produce to minimise the chemical toxins entering the digestive system. Over the coming month you'll be flooding your body with nutrient dense produce that really help to support your body's digestive system and detoxification pathways. When you do your shopping, just think about all of the incredible nutrients that you're about to nourish your body with!

VEGETABLES

- 1 Avocado
- 1 Large Bag of Spinach / Kale
- ½ Cucumber

HERBS, NUTS & SPICES

- 1 Bunch Fresh Parsley
- 5 Brazil Nuts (soaked overnight)
- Cinnamon - Ground
- Chilli Powder
- 1 Fresh Ginger Root
- Sesame Seeds

LIQUIDS

- 600ml Coconut Water
- 300ml Almond Milk / Non dairy milk
- 1 Green Tea Bag

FRUIT

- 3 Bananas - Fresh / Fozen
- 1 Cup Frozen Berries
- 1 Cup Frozen Mango
- 1 Kiwi Fruit
- 2 Lemons
- 1 Lime
- 1 Orange
- 1 Pear
- ½ Pineapple
- 2 Pink Grapefruit
- 6 Pitted Prunes
- 6 Pitted Dates

