

JUICY JULY CHALLENGE

WEEK FIVE - SMOOTHIE RECIPES



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 29 - MANGO PUNCH



- 1 Orange - peeled and seeded
 - 2 Cups Mango - fresh / frozen
 - 1 Cup Strawberries or Mixed Berries - fresh / frozen
 - 1 Lime - juice only
 - 250ml Sparkling Water
- Blend the fruit and then pour over the sparkling water

Day 16 - PEACHES & CREAM



- 2 Peaches or Nectarines - stoned
- 1 Banana
- 300ml Coconut Milk
- Chia Seeds to garnish

Day 17 - BANANA MOCHA FRAPPE



- 1 Cup of fresh brewed coffee - ideally decaffeinated
- 1 Banana
- 1 tsp Cacao Powder
- 250ml Almond Milk / Non-dairy Milk

Celebrate Summer:

Let's celebrate the summer and all that new energy with some fabulous summer mocktails.

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STAYING HYDRATED

Here are my top five for why we need to stay well hydrated especially when it's hot and sunny:

1. Optimizes Physical Performance

- Hydration helps muscles work more efficiently - it provides the necessary electrolytes, prevents cramps, and supports proper muscle function.

2. Supports Cognitive Function

- Hydration is linked to better concentration, alertness, and short-term memory. Staying hydrated can prevent headaches and fatigue.

3. Aids in Digestion and Detoxification

- Water helps to breakdown food and dissolve nutrients, making them accessible to the body and it also helps prevent constipation. The kidneys require water to filter toxins and waste products from the blood, which are then excreted in urine.

4. Regulates Body Temperature

- Water plays a crucial role in regulating body temperature through sweating and respiration.

5. Supports Skin Health

- Well-hydrated skin appears more plump, elastic, and less prone to dryness and wrinkles - water can also improve the skin's ability to heal and resist environmental damage.



WEEK FIVE - SHOPPING LIST

SMOOTHIES



Below are all the fresh goodness you'll be enjoying over the next three days... as always, wherever possible I strongly recommend buying organic produce to minimise the chemical toxins entering the digestive system. Although we are drawing to a close this week just think how many nutrients you have been flooding your body with... and how you have been supporting your digestive system and your detoxification pathways. When you do your shopping this week think about how you can continue to nourish and energise your body!

VEGETABLES

- 1 Large Bag of Spinach

PANTRY

- Cacao Powder
- Chia Seeds

FRUIT

- 2 Bananas - Fresh / Frozen
- 1 Cup Mango - Fresh / Frozen
- 1 Cup - Strawberries / Mixed Berries - Fresh / Frozen
- 1 Lime
- 1 Orange
- 2 Peaches / Nectarines

LIQUIDS

- 250ml Almond / Non-dairy Milk
- 1 Cup Fresh Brewed Coffee (ideally decaffeinated)
- 300ml Coconut Milk
- 250ml Sparkling Water

