



*new beginnings:*  
14 DAY SMOOTHIE CHALLENGE

# Hello, my wellness warrior

Welcome to the 14-Day New Beginnings Smoothie Challenge. I am so excited that you are joining me for this adventure! You're in the right place if you want to hit the reset button on your health and unlock the secret to feeling fabulous every day!

My name is Liz , and I am a certified Wellness Coach, Yoga & Bar Method Instructor, & Personal Trainer. I combine holistic nutrition, movement, & lifestyle changes in order to help you create your best life!

One of my jobs is to help people reclaim their natural energy and revitalize body, mind, and spirit. Does that sound like something you've been hoping for?

If you are anything like I used to be, you are endlessly searching for natural ways to support your body's systems. You're tired of feeling lethargic, sluggish and dependent on any source of caffeine you can get your hands on! I get it!

My own health history includes a prolonged journey to achieving optimal health. Not too long ago, my health was suffering due to digestive issues, stress, anxiety, & depression. I experienced countless health issues from childhood into adulthood, and I remember asking myself if my life would ever be different – if I would ever not cower over in pain from digestive issues, if I would ever be able to cut out the caffeinated junk and feel naturally energetic, if I would EVER experience a peaceful night's sleep and wake up ready to tackle the day.



Then, a miracle occurred in my life and I was introduced to the idea of holistic health. I had that ah-ha moment where I realized that my health problems were the byproduct of a shoddy digestive system. Since that moment, I've worked to turn my health around. I went on a pursuit of ultimate health and immersed myself in all of the tools that could mend my body from the inside out. Now, I help others do the same.

In this challenge, you'll be incorporating smoothies into your daily life. For two weeks, you'll be drinking, at least, one smoothie per day from the recipes provided. Though it might sound like too simple of a change, it can cause a monumental shift in your health. It's the small changes in your eating and lifestyle habits that will help you eventually attain the health you deserve.

Are you ready to kick the sugar cravings to the curb and welcome awesome sleep and easy weight loss into your life?

Cheers to you for taking this step to live healthy & happy!

To your health,

Liz





## THE BENEFITS OF SUPER SMOOTHIES

Everyone asks me the same question – “Why are smoothies so flippin’ awesome?” Smoothies are miraculous in so many ways. They are:

- Chock-full of vitamins, enzymes, and minerals
- Easy to digest, which means optimal assimilation of nutrients (those little buggers get to where they need to go quickly and get soaked up by your cells)
- Great for stabilizing blood sugar (you will see each smoothie here has a healthy fat, and fat is key for blood sugar stabilization)
- A fabulous way to consume a variety of different fruits or vegetables at one time
- Terrific for cleansing the body of toxicity
- An easy way to add more fiber to your diet for optimal bowel function
- A great source of natural energy
- The best on-the-go meal





## HOW SMOOTHIES RESTORE GUT HEALTH

Most people (including the old me), do not know that there is a direct link between the state of your digestive system and your overall health. In fact, many people don't even realize how important the gut actually is.

The majority of your immune system is located in your gut. Therefore, if your gut is unhealthy, your entire body is unhealthy. For example, I previously mentioned that I overcame a myriad of health issues when I restored my gut.

Take from it what you may, but it's been shown that 9 out of 10 people who have autism also have a gut imbalance such as leaky gut and IBS (irritable bowel syndrome), or have a high amount of bad bacteria in their gut. That's a monumental finding! Imagine if your own health issues are a result of your gut health, and imagine how great you could feel if you fix your gut.

To understand how smoothies play a role in gut health, you have to know the causes of gut imbalance. The first is an overworked digestive system.

Just like you need a break from work, so does your digestive system. Imagine how you would feel if you worked 24/7. You'd feel like complete crap, as does your digestive system if you don't give it a break. Smoothies allow your digestive system to rest while still giving it



the nutrients it needs. Allowing your digestive system to rest also conserves tons of energy.

Toxicity is also a cause of gut problems. Toxicity is in the foods we eat, the beauty products we apply, and even the air we breathe. All of those toxins bombard your gut, and if your gut is already overworked, these toxins can cause major problems. Smoothies provide your body with the nutrients it needs to work properly so that it's able to self-cleanse and push out toxins.

Consuming natural, seasonal foods a pre-digested form will allow you to access the rocket fuel energy that seems only attainable with a venti Starbucks latte. You'll also be able to live better because your gut is healthy! You'll ditch the under-eye pillows, experience vibrant skin, and lose those pesky pounds!



## CHOOSING YOUR BLENDER

Before you start this challenge, you'll need to purchase a blender. There are countless options to choose from, but a few that are my favorites.

My absolute favorite is Vitamix. It is a super powerful blender that can blend smoothies, as well as make nut butters and soups. However, at around \$499, it is a big investment.

Blendtec is another option similar to Vitamix and costs approximately \$350. So it's slightly cheaper while still having great power.

When cost is a factor in the purchase decision, I often recommend



the NutriBullet. It's a great alternative to the more expensive options as it costs around \$99.

If you want to do this challenge but you're not sure you'll continue with smoothies afterward, you probably don't want to spend more than \$50 on a blender. In this case, you can purchase a blender at Costco, Wal-Mart, or Target for around \$20. Keep in mind that it won't be as powerful, won't last as long and you will not be able to use it for multiple functions like making soups and nut butters.



## INGREDIENTS FOR THE ULTIMATE SMOOTHIE

Making a smoothie might seem pretty basic, but there are countless options to choose from. Here are five choices you'll need to make:

1. Choose the liquid – water, coconut water, or dairy-free milk
2. Choose the greens – kale, spinach, parsley, Swiss chard, collards, or lettuce
3. Choose the fruit – banana, apple, berries, mango, etc. You can also leave out the fruit if you want to reduce your sugar intake.
4. Choose the fat/protein – hemp seeds, hemp protein, Sunwarrior protein, coconut oil, nut butters, avocado, coconut oil, flax, or chia seeds
5. Choose the superfood – maca, raw cacao, bee pollen, shredded coconut, goji berries, spirulina, Camu Camu, or any other of your choosing





## SMOOTHIE MAKING TIPS

Since I drink smoothies on a daily basis, I also have a strategy for making it happen. Here's what I recommend for you:

- Decide which smoothies you want for a few days, and then create your shopping list and buy the ingredients for a few days' worth of smoothies.
- If the morning is chilly, add warming spices to your smoothie to warm your digestion. If you are a cool-bodied person by nature, you can add warming spices to your smoothie to improve digestion and nutrient assimilation. Try using cinnamon, nutmeg, ginger, turmeric, or cayenne. I suggest starting with a dash and then increasing to 1/2 teaspoon.
- If you are a warm-bodied person by nature, you can add in cooling spices, such as mint, cilantro, or cardamom.
- If you cannot tolerate higher glycemic smoothies, exchange the banana for an avocado.
- Invest in Mason jars or other BPA-free plastic containers to drink your smoothie in.
- In this challenge, you should consume one smoothie per day. But feel free to enjoy two smoothies per day. Smoothies make a delicious and light dinner.
- For an extra boost of protein in the morning, feel free to add protein powder, such as pea protein, hemp protein, or Vega protein powder.





**recipes**

14 DAY SMOOTHIE CHALLENGE

# SMOOTHIE RECIPES

Below are some of my favorite smoothie recipes. For each, simply blend all the ingredients in a blender with 3-4 ice cubes (optional). If needed, add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or can be used as a substitute for one large meal.

## Green Madness



1 cup water, or almond, hemp, or coconut milk

1 banana, frozen, sliced into small chunks

½ avocado

Handful of parsley

1 cup kale or baby spinach

1 tablespoon ground flax seeds

1 tablespoon chia seeds

1 teaspoon cinnamon

Stevia, to taste

½ teaspoon vanilla (optional)



# Spinach and Pumpkin Seed Power



- 1 cup water, or almond, hemp, or coconut milk
- 3 tablespoons pumpkin seeds
- 1 banana, frozen, sliced into small chunks
- 1 cup blueberries, fresh or frozen
- 1 cup spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- Stevia, to taste

# Cranberry Bliss



- 1 cup water, or almond, hemp, or coconut milk
- 1 cup berries, fresh or frozen
- ¼ cup unsweetened cranberry juice concentrate



½ avocado

1 tablespoon ground flax seeds

1 tablespoon chia seeds

1 teaspoon cinnamon

1 teaspoon ginger (optional)

## Chocolate-Covered Berries



1 cup water, or almond, hemp or coconut milk

½ avocado

1 cup berries, fresh or frozen

1 tablespoon ground flax seeds

1 tablespoon chia seeds

1 tablespoon raw cacao

½ dropper of vanilla stevia



## Fig Power



1 ½ cups water, or almond, hemp or coconut milk

3-4 fresh figs, washed, stems removed, and halved

1 banana, frozen, sliced into small chunks

1 cup spinach

1 teaspoon cinnamon

1 tablespoon chia seeds or flax seeds

## Chocolate and Kale



1 cup water, or almond, hemp, or coconut milk

1 banana, frozen

1 cup of kale

3 tablespoons of raw cacao nibs

1 tablespoon of raw cacao



# Green Chia Pet



1 ½ cup water, or almond, hemp, or coconut milk

1 cup berries, fresh or frozen

½ avocado

2 tablespoons chia seeds

1 handful of greens (spinach or kale)

¼ teaspoon cinnamon

# Raw Love



1 ½ cups water, or almond, hemp, or coconut milk

½ avocado

1 cup kale

1 cup berries, fresh or frozen



¼ teaspoon cinnamon

5 drops vanilla extract (optional)

## The Cleanser



1 ½ cups water, or almond, hemp, or coconut milk

1 cup mixed greens

½ cup berries, fresh or frozen

½ cup cilantro

¼ teaspoon turmeric

Dash cinnamon

Juice from 1 lemon



# Spicy Green



- 1 ½ cup water, or almond, hemp, or coconut milk
- 1 cup mixed greens
- ¼ cup berries, fresh or frozen
- ½ avocado
- 1 tablespoon ginger root
- 1 tablespoon flax seeds
- Dash cayenne pepper
- Juice from 1 lemon
- 1 tablespoon raw honey or stevia (optional)

# Berry Blast



- 1 ½ cups water, or almond, hemp, or coconut milk
- ½ cup berries, fresh or frozen



1 cup spinach

1 tablespoon flax seeds

1 teaspoon ginger root

## Gut Health



½ cup water, or almond, hemp, or coconut milk

½ cup dairy-free kefir or dairy-free yogurt, unsweetened

1 cup spinach or other leafy green

1 teaspoon cinnamon

1 teaspoon vanilla extract

1-ounce aloe vera juice



## Immune Boost



1 ½ cups water, or almond, hemp, or coconut milk

1 cup kale

½ cup parsley

½ red pepper

1 tablespoon ginger root

5 drops stevia or 1 teaspoon honey

## Berry Beauty



1 ½ cups water, or almond, hemp, or coconut milk

1 cup romaine lettuce

1 cup kale

½ cup berries, fresh or frozen

½ avocado



# Glowing Green



1 ½ cups water, or almond, hemp, or coconut milk

4 kales leaves

½ cup parsley

½ apple

1 tablespoon flax meal

1 teaspoon ginger root

Juice from 1 lemon

# Liver Cleanse



1 ½ cups water, or almond, hemp, or coconut milk

1 cup spinach

½ cup parsley



3 dandelion leaves

1 radish

½ grapefruit

Dash cayenne



BONUS



3 days of meals  
14 DAY SMOOTHIE CHALLENGE

Trust me, life will never be the same once you start drinking daily smoothies! You'll reap countless benefits, and you might make the decision to start improving your eating habits overall.

To help you make that decision, I've included three days' worth of healthy bonus recipes to kick start your new lifestyle!



*day 1*

## BREAKFAST

### Warm Detox Bowl



Serves 1

4 tablespoons chia seeds

1 cup dairy-free milk

2 tablespoons protein powder

Dash cinnamon



1 banana

1 tablespoon shredded coconut

1-2 drops stevia (optional)

ASSEMBLE THE NIGHT BEFORE. The night before you want the Warm Detox Bowl for breakfast, place chia seeds, dairy-free milk, protein powder and cinnamon in a Mason jar or other sealable container, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Pour mixture into a saucepan and warm on low heat (this can also be enjoyed cold).

SERVING SUGGESTION. Add stevia (if desired) and top with sliced banana and shredded coconut.

## LUNCH

### A Blend of Greens Salad



Serves 2

2 cups mixed greens

2 Brussels sprouts, chopped



2 carrots, chopped

2 celery stalks, chopped

2 tablespoons dulse flakes (optional)

Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl, add greens, Brussels sprouts, carrots, celery and dulse flakes. Top with lemon juice. Toss and serve.

## DINNER

# Superfood Berry Salad w/ Tahini Dressing



Serves 2

4 cups spring mix or spinach

4 hardboiled eggs, sliced in half

1 pear, cored and grated

½ head cabbage, shredded and diced

1 avocado, diced



8 cherry tomatoes, cut in half

½ cup blueberries

2 tablespoons sesame seeds

PREPARE THE SALAD. Add your mixed greens and grated pear to a bowl. Chop your vegetables and add to the bowl. Add the avocado, tomatoes, and berries and toss with dressing (recipe below). Garnish the salad with sesame seeds.

## Simple Tahini Dressing



Serves 2-3

½ grapefruit, juiced

3 tablespoons tahini

¼ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper

PREPARE THE DRESSING. Add the grapefruit juice, tahini, garlic, salt and pepper to a small bowl. Mix thoroughly and set to the side.





day 2

## BREAKFAST

### Eggs on the Quick



Serves 6

1 tablespoon extra-virgin olive oil

1 ½ cups egg whites

2 cups raw spinach, chopped

2 sweet peppers, chopped

1 yellow onion, chopped

1 cup raw asparagus, chopped

Sea salt and black pepper to taste

**SAUTÉ VEGETABLES.** Preheat your oven to 350°F. Prepare your vegetables: Chop all the vegetables into small pieces. Add one tablespoon olive oil to a pan and sauté the peppers, onions and asparagus. Sauté for 5-7 minutes or until the vegetables soften. Then add the spinach and sauté for an additional 2 minutes.



COMBINE YOUR INGREDIENTS. Pour the egg whites into a bowl and mix in the sautéed vegetables. Fill each muffin tin with the egg and veggie mixture.

BAKE MUFFINS. Bake for 20-25 minutes or until fully cooked.

## LUNCH

### Delicious Cleanse Wrappers



Serves 2

Romaine, butter lettuce, green cabbage or collard leaves (rinsed)

2 large carrots, peeled and thinly sliced or grated

½ cup of fermented (cultured) vegetables

½ red onion, minced

1 avocado, mashed

2 chicken breasts, cooked and cut into strips

1 apple, sliced

Sea salt and pepper, to taste



Lay out your greens on a plate and put to the side. Mix together the carrots, avocado, onion and apple slices. Place some filling in each of lettuce leaves and drizzle lime juice over top, if desired.

## DINNER

# Roasted Winter Vegetables



Serves 2-3

2 large parsnips, peeled and chopped

2 small beets, peeled and chopped

½ pound pumpkin, chopped

2 tablespoons extra-virgin olive oil

1 teaspoon garlic powder

½ teaspoon sea salt

½ teaspoon black pepper

¼ bunch parsley, minced

Note: Pumpkin can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.



PREHEAT THE OVEN. Preheat the oven to 425°F.

ROAST YOUR VEGETABLES. Place your parsnips, beets, and Pumpkin into a roasting pan. Add extra virgin olive oil, garlic powder, sea salt, and black pepper. Roast for 40 to 45 minutes.

When the vegetables are tender, remove from the oven and let it cool for 5 minutes. Top with minced parsley to serve. Enjoy!



*day 3*

**BREAKFAST**

## Super Seed Muesli



Serves 2

1 ¼ cups non-dairy milk

1 teaspoon vanilla

1 teaspoon cinnamon

1 teaspoon ground ginger



1 teaspoon coconut oil (optional)

¼ cup sunflower seeds

¼ cup pumpkin seeds

¼ cup ground flax seeds

¼ cup goji berries

2 tablespoons dry coconut, unsweetened

1 tablespoon of raw honey or 5 drops of stevia (optional)

**WARM YOUR MILK.** In a small saucepan, add your non-dairy milk over a medium low flame. Warm the milk for 2 to 3 minutes. Make it as hot as you can stand it without boiling. Add vanilla, liquid sweetener, cinnamon, ground ginger, and coconut oil (optional).

**MIX YOUR CEREAL.** In a cereal bowl, add your sunflower seeds, pumpkin seeds, flax seeds, goji berries, and coconut.

**SERVE YOUR MUESLI.** Add fresh berries and other dried fruit to your liking.



# LUNCH

## Rainbow Salad w/ Mustard Vinaigrette



Serves 2

1 cup dandelion leaves, chopped

1 cup red cabbage, chopped

1 large carrot, shredded

½ cup parsley, chopped

## Mustard Vinaigrette



¼ cup raw apple cider vinegar

1 tablespoon Dijon mustard

⅓ cup extra-virgin olive oil



1 small garlic clove, minced

1 lemon, juiced

Liquid sweetener to taste

Sea salt to taste

Black pepper to taste

**PREPARE THE DRESSING.** In a small bowl, add raw apple cider vinegar, Dijon mustard, extra virgin olive oil, garlic, lemon juice, liquid sweetener, sea salt, and black pepper. Whisk until well incorporated. Set to the side.

**ASSEMBLE THE SALAD.** In a large salad bowl, add dandelion leaves, red cabbage, shredded carrot, and chopped parsley. Top with mustard vinaigrette and mix until well coated. Serve immediately.

## DINNER

# Classic Cauliflower Mash with Mushroom Sage Gravy



Serves 2

### Mushroom Sage Gravy



- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, minced
- 1 large celery stalk, minced
- 2 teaspoons poultry seasoning
- ½ teaspoon sea salt
- 1 cup mushrooms, thinly sliced
- 3 cups vegetable broth (or another of your choice)
- 2 tablespoons arrowroot powder
- ½ cup cold water

## Mashed Cauliflower



- 1 head cauliflower
- ¼ cup dairy-free milk of your choice
- ¼ teaspoon salt
- ¼ teaspoon pepper

PREPARE THE ROUX. In a small bowl, mix the arrowroot powder with ½



cup of cold water. Mix until it is smooth with no lumps. Set to the side to add to your gravy.

**MAKE THE GRAVY.** Take a large pot and add your extra-virgin olive oil. When the oil is hot, add the roux. Stir the roux until brown. Add minced onion. When the onions are translucent, add the minced celery, sliced mushrooms, poultry seasoning, and sea salt. Sauté until soft. Add the 3 cups of vegetable broth and stir. Taste and adjust for seasoning. Add on top of your mashed cauliflower.

**PREPARE THE CAULIFLOWER.** Cut your cauliflower into small pieces. Steam the cauliflower until tender (about 5 to 10 min). Place cauliflower in a blender or food processor. Add dairy-free milk, salt, and pepper while blending until smooth. Remove from blender and put into a serving bowl. Serve with mushroom gravy. Enjoy!



## Praise

### DEBBIE

“If you are ready--REALLY ready--to change your health and change your life, Liz is exactly who you need in your corner. It won't be easy...but it won't be as hard as you might think! Thank you Liz for being exactly the guide I needed when I was ready to move from "someday" to NOW”

### JASON

“Liz made herself available and was there when we felt like giving up. She was encouraging and reminded us why we were doing this. I know 14 days doesn't sound like a lot, but it is a lifestyle change, not just a diet change  
Thank you Liz!”

## WORK WITH ME 1:1

Working with a wellness coach provides you the right system, support, & accountability in order to guarantee your success! We work together to create a plan in 90 days or less to get you living your best life! Each 90 day program is 100% customized to your individual needs & desires! Whatever it is you want to accomplish we will create a vision and take inspired action so you are guaranteed results! Together we can crush your health & wellness goals !

In short, I help people take massive action in their life so they have massive success – are you ready?





I look forward to working with you over the next 2 weeks! Join me live in our Facebook group on Monday March 18, 2019 @ 7pm (CT) to kickoff the challenge and meet your new friends that are joining you on this awesome & yummy journey!

Please contact me for your Complimentary 50 min Breakthrough Session. We will discuss what has been stopping you or slowing you down from living your healthiest & happiest life!

In Love & Light, Liz

