YOUR SUPER™ .COM

#yourfreshstart

THE 5-DAY DETOX PLAN

WELCOME TO YOUR SUPER DETOX.

Hi, I am Michael,
(one of the co-founders of Your Super.)

Growing up as an athlete, and playing tennis at the professional level, I felt invincible! That changed when I was diagnosed with cancer at age 24. While recovering and trying to rebuild my immune system, I learned how important it is to fuel your body with a whole food diet. My co-founder Kristel, would share her homemade mixes of superfood powders. While taking them, I felt energized, happier and increasingly aware. The more I researched, the more shocked I became to learn of my athletic-diet's effect on the body, and how these nutrient-rich superfoods had been used by indigenous cultures for thousands of years. Why didn't more people know about this? I made it my personal mission to educate and inspire people to fuel their body with the best natural whole foods. Good nutrition, and information should be available for everybody!

Hi, I am Kristel,
(one of the co-founders of Your Super.)

I knew how to mix up superfoods for Michael, because I had done it with my mom and aunt who are orthomolecular nutritionists. My Mom had been through cancer years prior. I thought, "Well if my mom had it, and Michael had it, I better do everything I can not to get it." I became a vegan, using these superfoods as the most nutrient-dense part of my diet. This change in lifestyle helped to relieve my eczema (a lifelong struggle) and decrease inflammation in my body. I was inspired to become a certified health coach, studying with the Institute for Integrative Nutrition.

Since starting this program for our family, friends, clients and customers 3 years ago we have heard SO many success stories and hope to hear the same from you!

A 5-day detox is great way to get started and reset your body, no matter your end goal! It creates the conditions your body needs to process and eliminate toxins to restore its healthy balance and ability to heal itself. You will feel refreshed, energized, less bloated and ready to keep making healthy food choices! Together we will make a step towards living a healthier, happier, more SUPER life!

Xo
Michael & Kristel

CONTENT OVERVIEW

WE ARE THERE FOR YOU	4
START YOUR DETOX PLAN	5
YOUR DAILY DETOX PLAN	6
YOUR DETOX BUNDLE	7
BUILD YOUR DETOX SMOOTHIE	8
BUILD YOUR DETOX LUNCH	9
APPROVED DETOX SNACKS	10
SUGGESTED GROCERY LIST	11
MY 5-DAY DETOX	12,13
STAY MOTIVATED	14
A WORD ABOUT DETOX	15
MOVE YOUR BODY	16
BE MINDFUL	17
EMBRACE YOUR NATURAL BEAUTY	18
RECIPE IDEAS FOR YOUR DETOX	19
SUPER GREEN SMOOTHIES	20
FOREVER BEAUTIFUL SMOOTHIES	21
HEALTHY LUNCHES	22
SNACK RECIPES	23
DISCLAIMER	24

WE ARE HERE FOR YOU!

We are always here to offer personal support. My team and I are here for you before, during and after your detox. Always and forever.

1. CALL & EMAIL US

You can reach us at +1 (213) 5505532 from Monday-Friday on the phone. Or write me an email at happy@yoursuper.com any time you want. Before, during or after the detox :)

2. JOIN OUR GROUP

Please join our detox Facebook Group which you can find here for information, Facebook Live Q & A Sessions, recipes, and camaraderie from your fellow detoxers! Learn from other people's successes and share your struggles and triumphs. We're in this together!

3. JOIN OUR COMMUNITY

Join our online @yoursuperfoods community of over 100,000 Health Lovers on Facebook & Instagram. Receive support, offer support and meet new health-loving friends. Let's do this this together!

START

The plan consists of 3 steps in order to make your detox as easy as possible.

1 PRE-DETOX | 3 DAYS

Use these days to read through this booklet, take your before photos (seeing your results is rewarding, I promise), double check if you have enough Super Green, Forever Beautiful and Skinny Protein in stock and buy fresh produce for the detox (see suggested grocery list on p.11). We also recommend cutting down on caffeine, alcohol, dairy, processed foods during these days to get your body detox-ready.

2 DETOX PLAN | 5 DAYS

For best results abstain from caffeine, alcohol, dairy, processed foods and follow your daily detox plan as explained on the following pages. We promise the results will be worth it!

3 LIFESTYLE CHANGE

Learn how to make healthier choices and keep feeling fresh after you finish your plan!

YOUR DAILY PLAN

BREAKFAST

SUPER GREEN SMOOTHIE

Must include at least 1tsp Super Green and optional 1tbsp Skinny Protein.

LUNCH

YOUR HEALTHY LUNCH + SUPER GREEN SHOT

Prepare a solid plant-based lunch loaded with nutrient-dense vegetables, healthy fats and plant protein.

DINNER

FOREVER BEAUTIFUL SMOOTHIE

Must include at least 1tsp Forever Beautiful and optional 1tbsp Skinny Protein.

NOTE

Add the Skinny Protein mix to at least one of your daily smoothies to aid your digestion and to build and repair body tissues.

THE DETOX BUNDLE

SUPER GREEN | 5.3oz

The Super Green Mix - made with organic wheatgrass, barley grass, moringa leaves, baobab fruit, spirulina and chlorella - contains important micronutrients such as vitamins A, C, B1-7, B9, B12, E, K, calcium, potassium and iron. All of these greens additionally contain chlorophyll, which cleans the blood and draws toxins, like heavy metals, herbicides, pesticides and environmental toxins, out of your body. They also increase oxygen content in your body and promote digestive health. Greens are essential building blocks of any healthy and vibrant diet!

FOREVER BEAUTIFUL | 7.05oz

This antioxidant and phytonutrient boosting mix contains organic acai berries, maqui berries, acerola cherries, maca root, blueberries and chia seeds. Vitamins A, B3, B6, C and E and minerals like iron, calcium, magnesium and zinc will support removing toxins from the body during your detox. Your skin, hair, and nails will love the extra natural vitamins and minerals!

SKINNY PROTEIN | 14.1oz

Skinny Protein is a highly absorbable plant protein mix made with organic pea protein, hemp protein, moringa, spirulina and alfalfa. This plant protein mix contains 62% protein, all essential amino-acids, chlorophyll, vitamins A, B9, B12, C and iron, calcium, potassium and magnesium. It has the perfect combination of macro- and micronutrients, which aid in detoxification and digestion, support repair of the body tissue and the nervous system and protect cells from oxidative stress.

BUILD YOUR SMOOTHIE

STEP 1

CHOOSE A LIQUID

- Water
- Plant-milk
- Coconut water
- Fresh juice

STEP 2

ADD YSF MIX

- Super Green
- Forever Beautiful
- Skinny Protein

STEP 3

ADD INGREDIENTS

- Fruit (mango, pineapple, banana, ...)
- Veggies (cucumber, avocado, ...)
- Leafy Greens (spinach, kale, chard, ...)
- Extras (ginger, coconut oil, cinnamon, ...)

STEP 4

BLEND & ENJOY!

SUPER TIP

I love preparing all smoothies and lunch in the morning to save time throughout the day.

BUILD YOUR LUNCH

CHOOSE YOUR BASE

SALAD OR GRAINS

- Spinach
- Mixed greens
- Kale
- Chard
- Romaine Lettuce
- Brown Rice
- Quinoa
- Millet
- Buckwheat
- Amaranth

CHOOSE YOUR VEGGIES

- Cucumber
- Broccoli
- Celery
- Beetroot
- Asparagus
- Sweet Potato
- Cauliflower
- Carrot
- Zucchini
- Pumpkin

CHOOSE YOUR EXTRAS

VEGGIE PROTEIN

- Lentils
- Mushrooms
- Peas or beans

DRESSINGS

- Apple cider vinegar
- Tahini, Skinny Protein, water
- Avocado, lime, pepper

TOPPINGS

- Nuts & Seeds: almonds, walnuts, pumpkin seeds, sesame, sunflower seeds
- Herbs & Spices: parsley, cilantro, black pepper, chives, thyme, basil
- Super Green Sprinkle

! DON'T FORGET

Remember to take a Super Green shot! Stir 1tsp Super Green in a glass of water and squeeze in fresh lemon juice (optional).

SNACKING

Snacking is not recommended as digestion takes a lot of energy and during a detox you are trying to give your body a break to heal itself. When constantly being occupied with digestion, your body will put the deep cleaning process on hold.

We recommend sticking to a 12 hour fasting-period, that will give your body time to digest properly (8 hours) and deep clean your system (4 hours).

That being said, be mindful and listen to your body. Make sure to stay hydrated with (infused) water and herbal tea at all times. And if you feel like your body needs more energy you can snack on fruit, veggies and nuts or get some inspiration from our snack recipes that support your detox on page 25.

GROCERY LIST

We recommend buying your groceries mainly organic as fruit and vegetables labeled as organic are grown without using most pesticides or fertilizers with synthetic ingredients.

FRUIT

Mango, pineapple, apple, pear, orange, mixed berries (fresh or frozen), kiwi, lemon, banana, pomegranate, frozen strawberries, frozen blueberries, frozen raspberries, ginger

VEGETABLES & LEAFY GREENS

Spinach, kale, mixed baby greens, arugula, chard, cucumber, broccoli, beets, cauliflower, carrots, asparagus, sweet potato,zucchini, celery, tomatoes, onion, spring onion

DAIRY SUBSTITUTES

Coconut, rice, oat, hemp or nut milk

GLUTENFREE GRAINS

Quinoa, brown rice, millet, amaranth, teff, buckwheat

VEGETABLE PROTEIN

Split peas, chickpeas, beans, lentils, mushrooms

NUTS AND SEEDS

Hemp seeds, chia seeds, sesame seeds, pumpkin seeds,, sunflower seeds, almonds, walnuts, cashews, brazil nuts, almond butter, tahini

DRINKS

Filtered water, herbal tea, coconut water, green juice

CONDIMENTS

Herbs, apple cider vinegar, black pepper, cayenne pepper, cinnamon, turmeric

MY 5-DAY DETOX

As I previously mentioned, I regularly follow this detox myself! I wrote down all of the ingredients I used in my smoothies and salads during my last detox just in case you need some extra inspiration! See also the attached Recipe Guide for extra information.

	DAY 1	DAY 2	DAY 3
BREAKFAST	1 tsp Super Green, 1 tbsp Skinny Protein, big handful 1 spinach, ¼ cucumber, 2 mangoes, 1 orange, 1 cup water	1 tsp Super Green, 1 tbsp Skinny Protein, 1 big handful kale, 1 mango, ½ avocado, 1 orange, ½ lemon, 1 cup water	1 tsp Super Green, 1 tbsp Skinny Protein, 1 big handful spinach, ¼ cucumber, 2 celery stalks, 1 (frozen) banana, 1 apple, ½ lime
LUNCH	mixed salad, 1 avocado, ¼ cucumber, 1 cup cooked green peas, 1 tbsp pumpkin seeds, 1 tsp Super Green	mixed salad, ½ cup cooked quinoa, ½ avocado, ¼ cucumber, a handful of walnuts, 1 tbsp apple cider vinegar, 1 tsp Super Green	mixed salad, ½ cup brown rice, 1 avocado, 1 shredded carrot, 1 cup steamed broccoli, 1 tbsp lemon juice, 1 tsp cayenne pepper, 1 tsp Super Green
DINNER	1 tbsp Forever Beautiful, 1 beet, 1 cup mixed berries, 1 banana, 1 cup coconut water	1 tbsp Forever Beautiful, 1 cup blueberries, 2 (frozen) bananas, a handful of cashews, 1 cup water, a pinch of vanilla	1 tbsp Forever Beautiful, 1 cup cherries, 2 (frozen) bananas, 1 orange, ¼ cucumber, 1 cup water

MY 5-DAY DETOX

	DAY 4	DAY 5	NOTES
BREAKFAST	1 tsp Super Green, 1 tbsp Skinny Protein, ½ cup spinach, ½ cup kale, ¼ cucumber, 2 mangoes, 1 (frozen) banana, some lime juice	1 tsp Super Green, 1 tbsp Skinny Protein, 1 handful kale, ¼ cucumber, 2 oranges, 2 (frozen) bananas, a small chunk of ginger	Besides these delicious meals. I started every day with 15 minutes of meditation, 30 minutes of yoga, reading my positive affirmations and writing down 3 things I am grateful for. On Tuesday and Wednesday, I also took a relaxing bath with celtic sea salt and a Super Green facial mask. Read more about that on the following pages :)
LUNCH	mixed green salad, ½ cup cooked green peas, 1 avocado, 1 shredded carrot, 1 cup steamed broccoli, 2 tbsp apple cider vinegar, 1 tbsp pumpkin seeds, 1 tsp Super Green	mixed salad, ½ cup cooked buckwheat, 1 avocado, ¼ cucumber, 1 cup cooked pumpkin, 2 tbsp tahini, some black pepper, 1 tsp Super Green	
DINNER	1 tbsp Forever Beautiful, 1 cup raspberries, 2 (frozen) bananas, 1 cup water, ¼ cup oats, pinch of cinnamon	1 tbsp Forever Beautiful, 1 tbsp Skinny Protein, 1 handful spinach, ½ avocado, 1 cup mixed raspberries, 2 (frozen) bananas, 1 cup water	

STAY MOTIVATED!

SHOW US WHAT YOU'VE ACCOMPLISHED!

Post your phoos in the Facebook group! The more support you have, the more likely you are to complete the plan and continue to eat healthy.

Find it here!

TAKE PHOTOS

Taking before and after photos is a great way to see your results and stay motivated. Show me what you accomplished and send your photo to happy@yoursuper.com if you like. Ditch the scale! It's just a number and weight naturally fluctuates. Keep in mind that it's not about weight loss - it's about starting fresh and resetting your body to get on track with healthy habits. Rather focus on how you feel and look!

TRACK YOUR PROGRESS

Keep track of your progress with our handy printable planners. It's your little space to write down how you feel, the recipes you created, your water intake, workouts and more.

GET THEM WHEN YOU SIGN UP FOR YSF EMAILS!

A WORD ABOUT DETOX

WHAT IS DETOX?

Detoxing is an internal cleansing process. Our bodies do this naturally to get rid of unwanted toxins. When we do a detox like this one, we limit the amount of harmful substances coming in through processed foods, to improve and optimize the function of your body's own detoxification systems. Doing a detox supports your body's health.

HEALTH BENEFITS

Detoxing for 5 days is a manageable way to clean your system, better sleep, jumpstart your weight loss, improve your skin, clear your mind and boost your energy levels. Just keep in mind that you might experience some headaches, bad moods, have a cold, feel tired or breakout during the detox. It is a sign your body is working and releasing the toxins. Just make sure you drink enough water to ease the detox symptoms. This plan helps you transition to a healthy lifestyle and reset your body after a time of indulging or the holiday holiday season.

EMOTIONAL EATING

Do you tend to snack or binge when you're stressed, bored or sad? I am guilty! Emotional eating is actually very common and most of us rely on food to change the way we feel. During the detox plan you might feel more emotional than usual. Be gentle with yourself and try to understand what is really going on.

STILL HUNGRY?

I recommend to be mindful about snacking during this plan, so your body can focus on detoxing and is not constantly tied up with digestion. But nevertheless, you should always listen to your body and refuel when needed. If you're still hungry, you can include our suggested snacks. Try to stick to the 12 hour fasting period previously explained.

SOCIAL EATING

Have your dinner smoothie for lunch in case you need to go to a mandatory dinner. Just try to not do this every day as the plan will be more effective in its original form.

ENHANCE YOUR EXPERIENCE

You can include light exercise and mindfulness to enhance your detox experience. Check out the following pages for detailed information on how to boost detoxification and feel great overall..

MOVE YOUR BODY

WALKING

Walking is probably the most underrated form of exercise. It boosts your metabolism, decreases risk for chronic diseases, promotes weight loss and improves your mood. It is important to keep moving during your detox to make sure toxins can be released. It's recommended to walk about 10,000 steps daily. Keeping track of daily steps of our phones, always helps up stay motivated and moving. We also like Nike + Running and MAPMYWALK Gps App.

YOGA

Yoga is a great way to reconnect your body and mind. Besides improving your flexibility, muscle strength, energy and metabolism, it supports the detoxification of your body as it activates the lymphatic system, makes you sweat and encourages bowel movements. If you can't make it to a studio, there are some great online services and YouTube Channels that you can do right home in your living room.

EXERCISE

Break a sweat to help the release of toxins out your body. Go for a run, do your favourite HIIT workout or functional body weight exercises. You might feel tired or have a light headache from the detox, so make sure to listen to your body and not cross your limits. Besides running outside, these channels are awesome to get a great workout in at home: FitnessBlender, CODY APP, XFitDaily

BE MINDFUL

MEDITATION

Studies have shown meditation is relaxing, reduces stress, prevents aging, improves clarity and concentration, improves your mood and boosts your confidence. It can be as simple as sitting comfortably and focusing on your belly rising and falling from your breath. Some of our favorite apps are: UNPLUG, Insight Timer and Head Space.

GRATITUDE JOURNAL

We often tend to focus on the things that go wrong, rather than what has gone right. Writing down three things daily we're grateful for helps to redirect our thought patterns, educes toxic emotions, effectively increases happiness and reduces depression? What are you grateful for today?

AFFIRMATIONS

Affirmations are proven methods of self-improvement because of their ability to rewire our brains. Much like exercise, they raise the level of feel-good hormones and push our brains to form new clusters of positive thought neurons. Make a list of your life goals and daily positive reminders you need to remind yourself that you rock! Some that we love are, "I am forever beautiful" "I am capable of anything & everything" "I am loved!" "I am SUPER!"

EMBRACE YOUR NATURAL BEAUTY

SLEEP

Sleep is the time when your body heals itself, so it's important to sleep enough during your detox for optimal results. Getting an average of 7-9 hours sleep per night will give you the energy to conquer your day, make you happier, maintain a healthy balance of hormones, strengthen your immune system and improve brain functionality.

WATER

Our bodies flush out toxins in form of sweat, exhalation and urine. Therefore it is important to drink enough water and especially during your detox. Aim for at least 2 litres of water daily and even more when exercising. You can keep track of your water intake on the #yourfreshstart planning sheets. Add fruits, veggies and herbs for a delicious flavour and extra health benefits.

FACIALS

Pamper yourself with some skin food. Put on a 10 minute facial made with the Forever Beautiful or Super Green simply mixed together with water. Your skin is your largest organ, so it is important to treat with the highest nutrient rich products from nature. Just check @yoursuperfoods instagram to find our Super Green face.

GO NATURAL

As a rule, if we don't know what the ingredient is, or worse yet, can't pronounce it, we don't eat it. Same goes for beauty products. Our epidermis is our largest organ, and like its' organ-friends thrives when given all-natural, nutrient rich foods to feed on! For this week , we challenge you to switch out your current lotions and hair care products for the all-natural kind. Your body (mind and spirit) will thank you! If you want to go a step further try going the week without make-up. You may be surprised how beautiful you are au naturale!

DRY BRUSHING

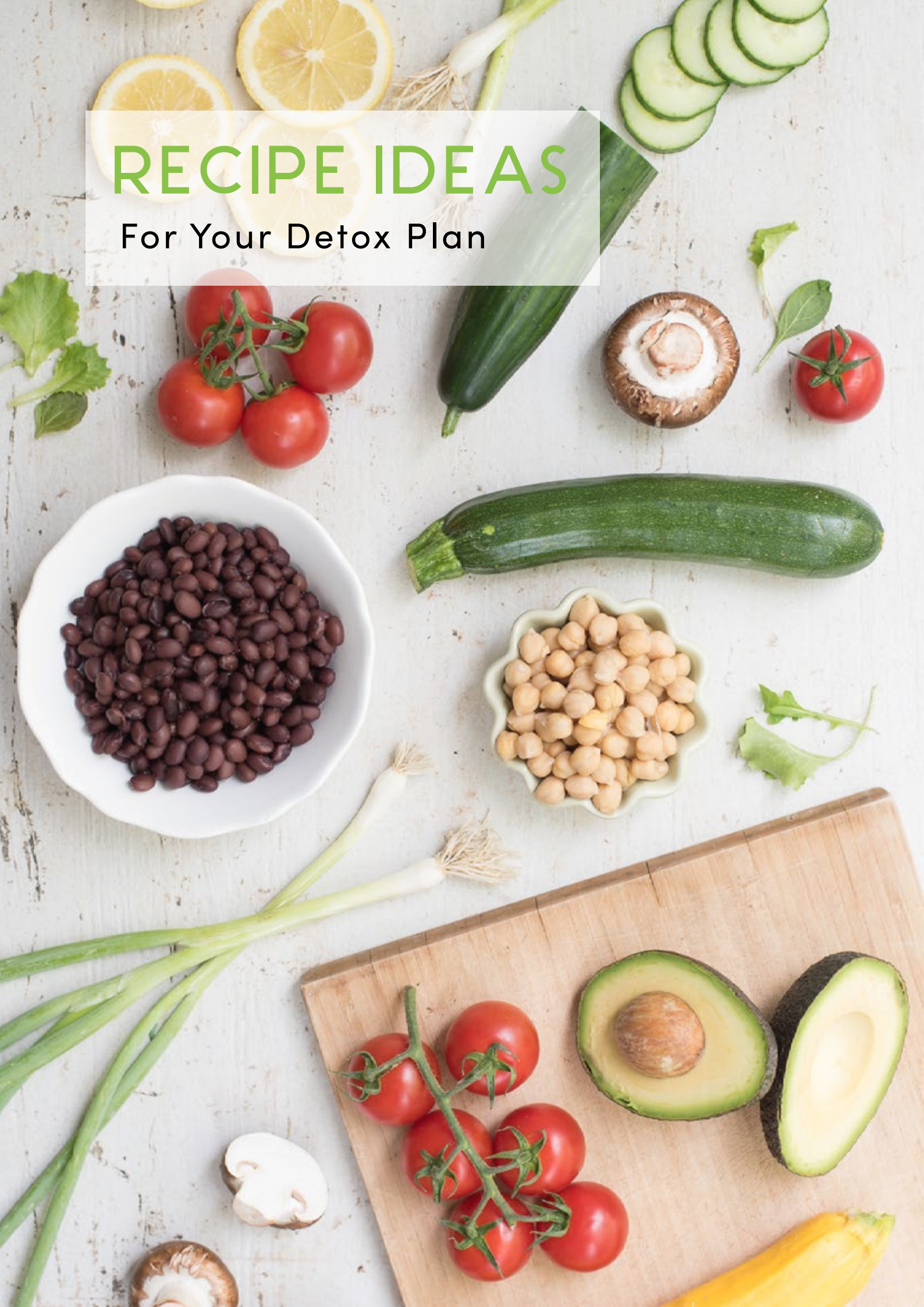
Dry brushing is a great addition to your beauty regime, as it improves detoxification through the skin. It also stimulates your lymphatic system, exfoliates your skin and boosts circulation. Choose a brush with natural bristles and use gentle pressure while brushing towards your heart starting from your feet. Moisturize your skin with coconut oil afterwards.

HOT-COLD-SHOWERS

Alternating between hot and cold when showering is great (repeat 5-6 times)! The extremes cause your muscles to contract and expand, which helps squeeze out the toxins from your muscles and improves blood circulation. And we, have to admit that I tend to end with the hot water.

RECIPE IDEAS

For Your Detox Plan



SUPER GREEN SMOOTHIES

Blend all the ingredients and enjoy - easy as that!

FRUITY GREEN

1 tsp Super Green
1 cup spinach
1 orange
2 (frozen) bananas
2 kiwis
1 cup water

PINA COLADA GREEN SMOOTHIE

1 tsp Super Green
1 cup spinach
2 mangos
½ pineapple
1 cup coconut water
a few mint leaves

GREEN POWER HULK

1 tsp Super Green
1 tbsp Skinny Protein
½ avocado
1 cup curly kale
2 (frozen) bananas
The juice of ½ lemon
1 cup water

MEAN GREEN MACHINE

1 tsp Super Green
1 cup curly kale
1 celery stalk
1 apple
¼ cucumber
½ pineapple
½ lime
1 cup water

SUNSHINE GREEN SMOOTHIE

1 tsp Super Green
1 cup spinach
2 oranges
a chunk of ginger
1 ripe mango
1 cup water

SPICED PROTEIN GREEN SMOOTHIE

1 tsp Super Green
1 tbsp Skinny Protein
½ cucumber
2 (frozen) bananas
1 cup plant-based milk
1 tsp cinnamon

SUPER TIP

No high speed blender? No problem. Blend your greens with the liquids first and add the remaining ingredients after.

FOREVER BEAUTIFUL SMOOTHIES

Blend all the ingredients and enjoy - easy as that!

BEET IT

1 tsp Forever Beautiful
½ cucumber
1 beet
1 cup frozen raspberries
1 cup water

VANILLA BLUEBERRY SHAKE

1 tsp Forever Beautiful
1 cup blueberries
2 (frozen) bananas
1 cup plant-based milk
Pinch of vanilla powder

EXOTIC PINK

1 tsp Forever Beautiful
1 cup raspberries
½ pineapple
1 cup coconut water
The juice of ½ lemon

VERY BERRY SMOOTHIE

1 tsp Forever Beautiful
½ cucumber
1 cup mixed (frozen) berries
1 orange
1 cup plant-based milk

PINK PROTEIN SMOOTHIE

1 tsp Forever Beautiful
1 tbsp Skinny Protein
½ cup strawberries
½ cup raspberries
1 cup mango
1 cup water

GREEN BERRY SMOOTHIE

1 tsp Forever Beautiful
1 tbsp Skinny Protein
1 cup mixed (frozen) berries
½ cup spinach
1 orange
1 cup plant-based milk

HEALTHY LUNCHES

GLOW SALAD

INGREDIENTS: 2 handfuls baby spinach, 1 carrot (shredded), ½ cup red cabbage (shredded), ½ cucumber, 1 avocado, 2 tbsp pumpkin seeds, 1 tbsp apple cider vinegar, a squeeze of lemon juice and a dash of black pepper

DIRECTIONS: Wash and shred all your veggies and combine them in 1 big bowl. Add the pumpkin seeds, black pepper, lemon juice and apple cider vinegar.

SPICY QUINOA SALAD

INGREDIENTS: 1 cup cooked quinoa, 1 head of romaine lettuce, 1 avocado, ½ can kidney beans, ½ cucumber, 2 tomatoes, ½ onion, a dash of cayenne pepper, a squeeze of lemon juice and 1 tsp Forever Beautiful

DIRECTIONS: Cook the quinoa according to the package. Cut the lettuce, cucumber, onion and tomatoes into small cubes. Drain the beans and rinse thoroughly. Blend the kidney beans, Forever Beautiful, cajun herbs, lemon juice and splash of water until creamy. Combine everything in a big bowl.

LETTUCE WRAPS WITH RICE SALAD

INGREDIENTS: 1 head of romaine lettuce, ½ avocado, ½ cup brown rice, ½ cucumber, 1 can drained chickpeas, a squeeze of fresh lemon juice and a dash of cayenne pepper

DIRECTIONS: Cook the brown rice according to the package. Rinse the romaine leaves and pat them dry. Cut the avocado and cucumber into cubes. When the rice is cooked, combine it with the avocado, cucumber and chickpeas and season with cayenne pepper and lemon juice. Fill the romaine lettuce with the mixture and enjoy!

STUFFED BAKED SWEET POTATO

INGREDIENTS: 1 big sweet potato, 1 handful arugula, ½ cucumber, 1 cup sliced spring onion, 1 avocado, cracked black pepper and a squeeze of lemon juice

DIRECTIONS: Poke a couple of holes into your sweet potato with a knife and bake it until soft on 180°C. Cut the rest of the ingredients into small cubes/strips and fill the baked sweet potato with them. Season with pepper and lemon juice.

PUMPKIN BUDDHA BOWL

INGREDIENTS: 1 cup cubed pumpkin, 1 handful baby spinach, ½ cup buckwheat groats, 1 cup sliced mushrooms, ½ cup chopped spring onion, 1 tbsp coconut oil, 1 tbsp tahini, a squeeze of fresh lemon juice, a dash of black pepper and 1 tsp Super Green

DIRECTIONS: Bake your pumpkin until soft and cook the buckwheat according to the package. Fry up the spring onion and mushrooms in some coconut oil. Serve everything in a bowl and add the tahini, lemon juice, black pepper and sprinkle the Super Green on top.

SNACK RECIPES

FRUIT SALAD

INGREDIENTS: 1 tsp Forever Beautiful, ½ Apple, ½ pear, ½ cup pomegranate seeds, 1 orange, lemon juice

DIRECTIONS: Cut up the apple, orange and pear, mix all together in a bowl. Drizzle with some lemon juice and sprinkle over the Forever Beautiful Mix.

APPLE RINGS

INGREDIENTS: 1 Apple, 2 tablespoons almond butter, ½ tsp cinnamon

DIRECTIONS: Cut the apple into rings and spread on the almond butter evenly. Sprinkle with cinnamon.

POWER PROTEIN BALLS

INGREDIENTS: ½ cup raisins, ½ cup almonds, 1 tbsp Skinny Protein

DIRECTIONS: Blend everything until sticky. Roll into bite-sized balls.

VEGGIES & DIP

INGREDIENTS: 1 tsp Super Green, ½ avocado, 1 tbsp lemon juice, a pinch of black pepper, 1 handful chopped chives, vegetables of choice (carrot, cucumber, celery).

DIRECTIONS: Mash the avocado with a fork. Add the teaspoon of lemon juice, the pepper and the chives. Combine well. Cut up your veggie of choice into handy strips. Simply dip and enjoy!

WANT MORE RECIPES?

yoursuper.com/blogs/yoursuperfoodsblog

DID YOU KNOW?

For every mix sold, we give back to malnourished children. We believe healthy nutrition should be available for everyone.

DISCLAIMER

The views, ideas and nutritional advice expressed by the Your Superfoods GmbH. are not intended to be a substitute for conventional medical service. If you have or suspect that you have a medical problem, contact your health care provider. We do not claim to "cure" disease, but simply help you make physical and mental changes in your own body in order to help your body heal itself. No material or product included in this plan is intended to suggest that you should not seek professional medical care, or that you should disregard professional medical advice. Always work with qualified medical professionals, even as you educate yourself in the field of detox, cleansing, and alternative medicine. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. Results may vary, as everybody is different.

The information contained in this plan has not been evaluated by the Food and Drug Administration and is not intended to diagnose, treat, cure, or prevent any disease, or to be considered medical or psychological advice.
You are acknowledging that you are participating voluntarily in using our plan services, and/or products, and you alone are solely and personally responsible for the results. You acknowledge that you take full responsibility for your health, life and well-being, as well as the health, lives and well-being of your family and children (where applicable), and for all decisions made by you now or in the future.

Our role is to support and assist you in reaching your goals, but your success depends primarily on your own effort, motivation, commitment and follow-through. We cannot and do not guarantee that you will attain a particular result, and you understand that results differ by each individual. As with any health-related plan or service, your results may vary, and will be based on many variables, including but not limited to, your individual capacity, life experience, unique health and genetic profile, starting point, expertise, and level of commitment.

SOURCES

http://www.osteopathic.org/osteopathic-health/about-your-health/health-conditions-library/general-health/Pages/yoga.aspx

http://www.artofliving.org/meditation/meditation-for-you/benefits-of-meditation

http://www.prevention.com/fitness/benefits-walking-every-day

http://www.healthguidance.org/entry/12745/1/Exercise-to-Detoxify.html

http://www.forbes.com/sites/amymorin/2014/11/23/7-scientifically-proven-benefits-of-gratitude-that-will-motivate-you-to-give-thanks-year-round/#3164e5456800

http://www.huffingtonpost.com/dr-carmen-harra/affirmations_b_3527028.html

http://www.naturalnews.com/028551_water_therapy_health_benefits.html

http://articles.mercola.com/sites/articles/archive/2014/02/24/dry-skin-brushing.aspx