



Unlimited You
UNEARTHING HOLISTIC WELLNESS

10-DAY

Smoothie Challenge

www.unlimitedyoucoaching.NET

Welcome

MEET YOUR COACH

Yaaaaay!!!

I am so excited to be with you through the next 10 days (and beyond) to support you in living your healthiest life possible.

After turning my life around using the power of nutrition and personalized lifestyle medicine, I'm on a mission to help other do the same.

I'm all about simple, convenient & nutritious meals that include color & variety. One of the best ways to hit all aspects is through smoothies.

Are you ready???

Lets do this!!!



STEPHI G XO

TIPS FOR Getting Started



I've provided you with a shopping guide. Use this weekend to make sure you are stocked up and prepared for the challenge.



The recipes are a guide, if you don't have a specific ingredient, substitute it with what you have. If its calls for kale but you have spinach, use that. etc.



Although its preferred to avoid peanut butter, if its all you have and a recipe calls for almond butter, use peanut butter instead.



Replace oat milk with any nut or seed milk. I personally use flax or hemp milk. If you only have cows milk, don't use milk and use water or tea instead. With the exception of kefir, all dairy should be avoided in your smoothie



Protein powder is a great addition to any smoothie. It adds sweetness and a good dose of protein to keep you full. If you don't have protein powder, use shelled hemp seeds instead



Have fun and be creative. Adjust the recipes to your taste. Try include all ingredients in the recipe but adjust the quantity to suit your taste



For an extra kick - ADD PSYLLIUM HUSK to all smoothie recipes. This will do wonders for your digestive system



Depending on where you live, if your local grocery or wellness store doesn't stock a specific item, they can be purchased on Amazon, Thrive market, etc. Look online ad you will find it.



All recipes - If you prefer a thicker consistency, add Ice. If you prefer a more liquid smoothie (like me) add more water

What You Need To Know

1

READ THE GUIDE

In this quick guide there are a few tips and tricks for you to keep in mind while making smoothies daily. Take a few minutes to go through it as it will make the challenge easier for you

2

PURPOSEFUL RECIPES

There are a million smoothie recipes out there to choose from however the recipes provided to you in this challenge were specifically designed to promote healthy detoxification and a well functioning digestive system

3

SHARE YOUR CREATIONS, WE'RE A TEAM

Find the daily smoothie thread in my Facebook group and share an image of your smoothie with us. Lets inspire each other and hold each other accountable during the next 10 days.

4

MAKE IT FUN

If you don't have all the ingredients, don't stress. Do what you can with what you have. This challenge is meant to be fun, teach you new recipes and show you the powerful effect the right foods have on your body

5

TRACK IT

The best way to start understanding your body is by tracking how you feel after eating. Pay attention to your body and track how you feel over the next few days. I've provided a tracker for you to print out and stick on the fridge

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TRACK IT

	SMOOTHIE CHOICE	WHAT I NOTICED (Energy, Bowls, Mood, etc)
DAY 1		
DAY 2		
DAY 3		
DAY 4		
DAY 5		



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TRACK IT

**SMOOTHIE
CHOICE**

**WHAT I NOTICED
(Energy, Bowls, Mood, etc)**

DAY 6

DAY 7

DAY 8

DAY 9

DAY 10



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GET CREATIVE

MAKE YOUR OWN

SMOOTHIE FORMULA

1 CUP

+

1 CUP

+

1 CUP

LEAFY GREENS

- Spinach
- Kale
- Arugula

LIQUID BASE

- Nut milk
- Green tea
- Coconut wtr.

FRUIT

- Berries
- Banana
- Mango

BOOST IT

- | | | |
|---------------|------------|---------------|
| • Hemp Seeds | • Cinnamon | • Spirulina |
| • Chia Seeds | • Cacao | • Bee Pollen |
| • Ground Flax | • Protein | • Cauliflower |
| • Coconut | Powder | rice (Frozen) |





“A HEALTHY
OUTSIDE
STARTS FROM
THE INSIDE

**Are you ready
for more?**



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CLICK HERE to book your **FREE**

health discovery
call with me

TODAY!



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NOTES

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