



## Welcome to Your 3-Day Soup & Smoothie Deep Cleanse

**What's in your program:** 15 blends (5 per day), all designed to support your body's natural elimination of toxins and reduce inflammation, while keeping energy levels up. Each blend is nutritionally balanced and provides a healthy level of calories (1500 to 1600 per day), carbs, proteins, fats & fibre. In addition to cleansing, the boosters in the blends are packed with adaptogens to support immune function.

### Program Tips

**Hydrate:** drink at least 10 glasses of water per day. Add lemon for an alkalizing boost. Skip coffee, but one green tea per day is a great substitute.

**Snacks/ add-ons:** if doing moderate to higher intensity workouts, you may want to add calories.

\* raw (or lightly steamed) veggies as needed (avoid carrots, tomato, corn, eggplant, legumes).

Recommended: cucumbers, celery, broccoli, cauliflower, zucchini.

\* small amount of raw nuts (almonds or walnuts ¼ cup serving)

\* add ⅓ cup cooked quinoa or brown rice to your soups

\* add ½ avocado, 1 TBSP nut butter, hemp or chia seeds to one or two of your daily smoothies.

**Schedule:** to keep your metabolism & energy up, aim to enjoy a blend every 3 to 4 waking hours.

### Blend Prep Tips

**Smoothies:** opt for unsweetened plant-based milks like coconut, cashew & almond. Avoid cow dairy & juice. You can also let your smoothie blends soften & spoon from the pouch.

**Soups:** add @ ½ cup of water and heat in a pot (stove top) or bowl (microwave). Please do not heat the pouch packaging.

### Recommended Blend Sequence

	Blend 1	Blend 2	Blend 3	Blend 4	Blend 5
Day 1	Greens Daily Dose	Blueberry Boost	Sweet Potato Coconut Soup	Greens D-tox	Greens Immunity Soup
Day 2	Vita-C Immunity	The Athlete	Greens D-tox	Lime Mojito	Pumpkin Patch Soup
Day 3	Blueberry Boost	The Remedy	Pumpkin Patch Soup	Greens D-tox	Greens Immunity Soup



## Blended For You Clean Eating Ingredient Guide

Designed to help you create clean, healthy-eating habits and reduce/eliminate refined sugar in your diet. Post-cleanse, aim to eat from this 80% (or more) of the time.

<b>Dairy Products &amp; Substitutes</b>	Avoid cow dairy most of the time. Use Milk substitutes (unsweetened): coconut milk, almond milk, cashew milk (refrigerated section of store). Goat cheese, nut cheeses (2 tbsp is a portion).
<b>Nuts/Seeds (Fats)</b>	Nuts & nut butters (1 TBSP is a portion): almonds, cashews, walnuts, pumpkin seeds are great options.
<b>Fruits (Carb)</b>	Aim for 2 servings of fruit per day (get them both in one Blended smoothie). Our go-to higher fibre fruits: berries, pears, avocado, mangoes, apples.
<b>Vegetables (Carb)</b>	Load up on veggies and eat a large variety (rainbow of colours). Eat greens daily (Blended green smoothies are a great way to get your greens).
<b>Protein</b>	Fish (4 to 5 oz servings, wild caught): salmon, halibut, cod, trout. • Avoid shellfish. Meat (3 to 4 oz servings, max 1 every second day): organic chicken or turkey breast, 2 organic eggs, 5 organic egg whites. Vegan: tempeh or tofu 3 to 4 oz, 1/3 cup legumes, 2 tbsp chia, flax or hemp seeds.
<b>Starch (Carb)</b>	Brown & wild rice, quinoa, legumes (chickpeas, lentils, black beans), sweet potatoes, yams, legume pastas (edamame, black bean, lentil).
<b>Other Fats</b>	Oils: coconut, avocado, olive, flax (coconut & avocado for high heat cooking). Nuts/seeds: sesame, chia, hemp (see nuts listed above).
<b>Beverages</b>	Water (try with lemon or cucumber), teas: green, herbal or mushroom
<b>Sweeteners (Carb)</b>	Small amounts of stevia, honey or pure maple syrup (1 tsp max).



<b>Vinegars, Condiments &amp; Herbs</b>	<p><b>Vinegars:</b> apple cider, rice, red wine, balsamic.</p> <p><b>Condiments:</b> wasabi, mustard, horseradish, pesto (cheese free), tahini, hummus.</p> <p><b>Herbs:</b> All fresh herbs. Cinnamon, cumin, dill, garlic, ginger, oregano, tarragon, thyme, turmeric, cayenne, pepper, lemon pepper, hot peppers (most herbs and spices are acceptable).</p> <p>Limit adding salt &amp; avoid all sugar-based/added mixes.</p>
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## Blend Ingredients & Nutrition Info

### Greens D-Tox (frozen smoothie):

*spinach, kale, lemon, avocado, cucumber, cayenne, sprouted protein, turmeric, ginger, dandelion root, chlorophyll, spirulina.*

**calories 270 / protein 21g / carbs 28g / fat 10g / fibre 11g**

### Greens Daily Dose (frozen smoothie):

*pineapple, avocado, spinach, cucumber, ginger, sprouted protein, lemon, turmeric, pure Hawaiian spirulina pacifica.*

**calories 290 / protein 18g / carbs 37g / fat 10g / fibre 11g**

### Maca Energy (frozen smoothie):

*banana, almond butter, cacao, hemp seeds, sprouted protein, maca.*

**calories 360 / protein 20g / carbs 51g / fat 11g / fibre 11g**

### The Remedy (frozen smoothie):

*pineapple, banana, spinach, ginger, cayenne, coconut oil, dandelion root, spirulina, vitamin b-12, sprouted protein, turmeric.*

**calories 300 / protein 16g / carbs 47g / fat 8g / fibre 9g**

### Blueberry Boost (frozen smoothie)

*Blueberries, avocado, spinach, almond butter, sprouted protein*

**calories 300 / protein 18g / carbs 26g / fat 15g / fibre 11g**

### The Athlete (frozen smoothie)

*Blueberries, avocado, spinach, banana, almond butter, sprouted protein, turmeric, tart cherry juice, Magnesium*

**calories 330 / protein 19 g / carbs 41g / fat 12g / fibre 11g**



### **Lime Mojito (frozen smoothie)**

*pineapple, avocado, cucumber, lime juice, Spinach, sprouted protein, mint, chia, Magnesium Citrate*

**calories 200 / protein 15 g / carbs 26g / fat 7g / fibre 9g**

### **Vita-C Immunity (frozen smoothie)**

*raspberries, cauliflower, pineapples, Mango, chia seeds, pink pitaya, camu camu, ashwagandha root*

**calories 260 / protein 8g / carbs 45g / fat 8g / fibre 18g**

### **Greens Immunity Soup:**

*zucchini, vegetable stock, chickpeas, cauliflower, broccoli, onion, carrots, coconut milk, organic spinach, olive oil, lemon juice, basil, green curry paste, garlic, ginger, turmeric, sea salt, black*

*pepper, cayenne pepper.*

**calories 300 / protein 10g / carbs 38g / fat 14g / fibre 10g**

### **Pumpkin Patch Soup:**

*butternut squash, vegetable stock, pumpkin, fennel, onion, coconut milk, pumpkin seed protein, dandelion, black pepper, agave syrup, flaxseed, olive oil, garlic, nutmeg, sea salt.*

**calories 310 / protein 12g / carbs 42g / fat 13g / fibre 10g**

### **Sweet Potato Coconut Soup:**

*sweet potato, onion, carrots, vegetable stock, coconut milk, organic almond butter, chaga mushroom, garlic, olive oil, ginger, cayenne pepper, sea salt, nutmeg, black pepper.*

**calories 290 / protein 7g / carbs 44g / fat 12g / fiber 12g**

Consult your healthcare practitioner before starting your cleanse if you have any existing health conditions, are on prescribed medications, and/or you're making an extreme change to your diet.

Questions on your cleanse? Please reach out to the Blended For You customer care team at: [info@blendedforyou.com](mailto:info@blendedforyou.com)

**Happy Cleansing!**