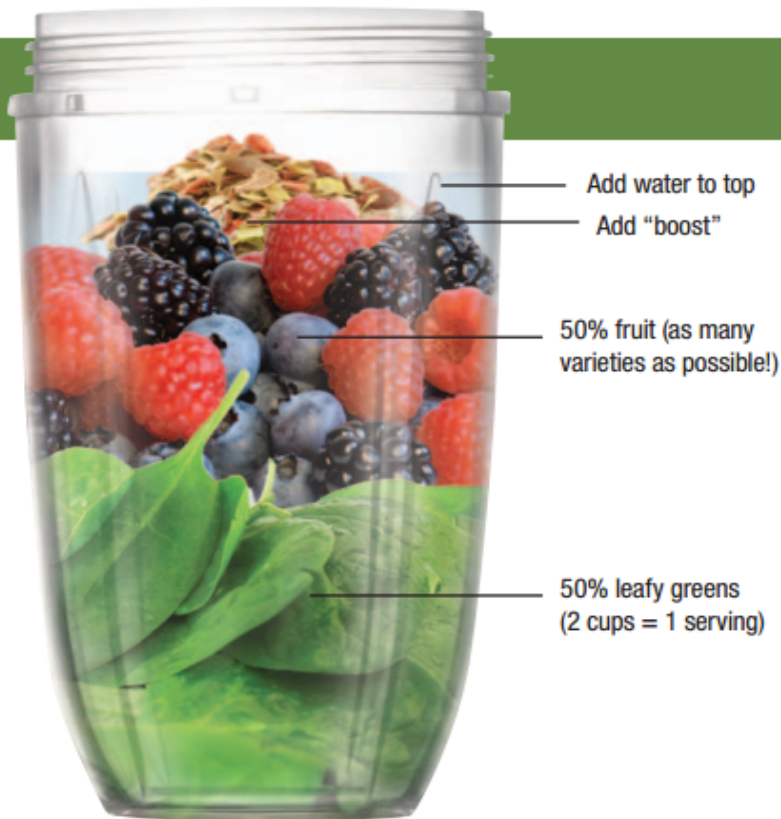


# HOW TO BUILD A NUTRIBLAST



## NUTRIBLAST

## WARNING

**BAD SEEDS:** While **NUTRITION EXTRACTION** can be amazingly beneficial, not all fruit seeds and rinds are created equal. The following seeds and pits contain a chemical that releases cyanide into the body when ingested. **DO NOT USE** the following seeds and pits in the **NUTRIBULLET**:

- Apple Seeds
- Cherry Pits
- Peach Pits
- Apricot Pits
- Plum Pits

## Enjoy a 2-Day!

### 4 Easy Steps!

- 1 Fill the cup with 50% leafy greens + 50% fruit.
- 2 Pour water over the top (add ice if you want).
- 3 Add 1/8 to 1/4 nuts and/or seeds if desired.
- 4 Twist on the **NUTRIBULLET** blade and blend until smooth.



### LEAFY GREENS - 50%

Choose one from the following list of leafy greens or, mix and match! Fill the **Tall Cup** up to 50% with leafy greens. Work up to 2 full cups (2 handfuls) of leafy greens per 'Blast'.

- Collard Greens
- Swiss Chard
- Kale
- Romaine
- Spinach
- Spring Greens

### FRUITS - 50%

Choose as many fruits as you want to equal 50% of your **NUTRIBLAST**.

- Apple
- Green Grapes
- Peach
- Avocado
- Guava
- Pear
- Banana
- Honeydew
- Pineapple
- Blackberry
- Kiwi
- Plum
- Blueberry
- Mango
- Raspberries
- Cantaloupe
- Nectarine
- Red Grapes
- Cranberry
- Orange
- Strawberry
- Fig
- Papaya
- Watermelon

### BOOSTS - 1/4 CUP

The following ingredients are an important part of your **NUTRIBULLET NUTRIBLAST**, adding additional fiber and nutrition to every sip. Add 1/8 to 1/4 cup to any 'Blast'.

- | Nuts                             | Seeds                                    | Super Chargers                        |
|----------------------------------|--|---------------------------------------|
| <input type="checkbox"/> Almonds | <input type="checkbox"/> Chia Seeds      | <input type="checkbox"/> Goji Berries |
| <input type="checkbox"/> Cashews | <input type="checkbox"/> Flax Seeds      | <input type="checkbox"/> Acai Berries |
| <input type="checkbox"/> Walnuts | <input type="checkbox"/> Hemp Seeds      | <input type="checkbox"/> Maca Powder  |
|                                  | <input type="checkbox"/> Pumpkin Seeds   |                                       |
|                                  | <input type="checkbox"/> Sesame Seeds    |                                       |
|                                  | <input type="checkbox"/> Sunflower Seeds |                                       |