



# NUTRIBLAST RECIPE IDEAS!

## PHASE 1

As you're getting started with your **NUTRIBLASTS**, we suggest using greens with a mild taste like spinach or spring greens. The fruits you use will easily mask their flavor, making for a tasty, refreshing drink. Experiment with water quantities to find your ideal consistency. The more water you use, the thinner your **NUTRIBLAST**, and vice versa. Fight any temptation you have to add processed ingredients like fruit juice. Whole, unprocessed foods will give you the best results.

These Phase One recipes are perfect for first time **NUTRIBLASTERS**, but don't be afraid to get creative. Use the guide on page 37 to concoct your own masterpieces. You can even share your favorites with us on Facebook! "Like" us at [facebook.com/thenutribullet](https://www.facebook.com/thenutribullet) and join our wonderful community!

### Toxin Cleansing Blast

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored pear
- 1 banana
- 1 cored apple
- 1 cup of pineapple
- water

### Vita-Berry Blast

Ward off cancer, heart disease, and viruses with this sweet and tasty blast of flavonoids!

- 1-2 handfuls of rinsed spinach
- 1 cup of blueberries
- 1 banana
- 1 handful strawberries
- water

### The Immune Booster

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries
- water

### Morning Glory

Start your day with boundless energy with this flavorful blend.

- 1-2 handfuls spinach
- 1 avocado
- 1 cup strawberries
- 1 cup mango
- 1/4 cup goji berries
- water

### Nutty Nectar

Go nuts with this vitamin rich blast of flavor.

- 1-2 handfuls spinach
- 1 banana
- 1 cup strawberries
- 1 cup honeydew
- 1/8 cup walnuts
- water

### Tropical Tonic

Boost your immune system with this vitamin C rich drink.

- 2 handfuls spring greens
- 1 avocado
- juice of 1/2 lemon
- 1 cup mango
- 1 cup papaya
- 1/4 cup pumpkin seeds
- water

### Protein Powerhouse

Packed full of protein, this super satisfying blend keeps you energized for hours.

- 2 handfuls spring greens
- 1 avocado
- 1 cup raspberries
- 1 orange
- 1 cup mango
- 1/8 cup cashews
- water

### Peachy Pick-me-up

Healthy fats and flavor abound in this tasty treat.

- 2 handfuls spring greens
- 1 banana
- 1 peach
- 1 cup honeydew
- 1 cup blackberries
- water



**NOTE: Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.**

**NOTE: Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.**



## NUTRIBLAST RECIPE IDEAS!

### PHASE 3

How are you feeling, **NUTRIBLAST** master? Join us on Facebook ([www.facebook.com/nutribullet](http://www.facebook.com/nutribullet)) and share all your wonderful stories! We can't wait to hear about (and try) your favorite **NUTRIBLASTS**!

Congratulations. You've made it to Phase Three! Ready for some hardcore greens? Of course you are!

As we say in the **NUTRIBLAST** world, "the more bitter, the better!" Bitter greens like kale and Swiss chard contain amazing amounts of **calcium** and **magnesium**—minerals that support healthy bones. Additionally, dark, bitter greens are full of cancer-fighting antioxidants **beta carotene**, **vitamin E**, and **manganese**. Considered liver chi stimulants in Chinese medicine, these greens also serve as great detoxifiers.

Are you using your boosts? By Phase Three, every 'Blast you make should feature a health-pumping boost. In addition to seeds and nuts, you can add some specialty boosts like goji berries, maca powder and açai to **super charge** your **NUTRIBLAST**. Goji berries add a wonderful tang to your 'Blast, and are rich in anti-aging, immunity boosting, vision protecting, and heart disease-fighting **vitamin A**. Maca powder adds a smoky, coffee-like flavor to your **NUTRIBLAST**. A noted adaptogen, this maca increases your body's resistance to external toxins and may strengthen a weakened immune system. Finally, açai berries are known to support immune function and healthy sleep, reduce pain and soreness, and contribute to glowing skin and hair. Not too shabby for a tasty little berry!



### Life Boost Blast

Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handful of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- 1/8 cup flax seeds
- 1/8 cup of goji berries
- water

### Digestive Health Elixir

Rich with enzymes, this pineapple blend helps to get your digestive system running smoothly.

- 1-2 handful of rinsed swiss chard
- 1 banana
- 1 cup of cored pineapple
- 1 apple
- 1 cup of blueberries
- ¼ cup of soaked goji berries
- water

### Liver and Colon Tonic

Detox away with this tasty treat.

- 1-2 handful of rinsed collard greens
- 1 banana
- 1 cup of pineapple
- 1 cup of red grapes
- ¼ cup of hemp seeds
- water

**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



## PHASE 2

Now that you are well on your way to becoming a **NUTRITION EXTRACTION** expert, it's time to mix up those greens and get some new vitamins and minerals down the hatch! As you progress, try not to fall into an ingredient rut. The more you vary the greens, fruits, vegetables, and boosts you add into your **NUTRIBLASTS**, the more nutritional benefits you will receive.

Some of the Phase Two greens have a more distinct flavor than their Phase One counterparts. You may want to balance the 'green' flavor of ingredients like romaine and butter lettuce with sweeter fruits and boosts. Almonds, cashews, and walnuts balance flavors nicely and add filling protein to your beverage. Keep experimenting, and be sure to post your favorites on our Facebook page!

At this point, it's a great idea to add a second **NUTRIBLAST** to your daily routine. **NUTRIBLASTS** make a wonderful afternoon snack or dessert after a light dinner. The more extracted nutrition you include in your diet, the better you are going to feel. Enjoy better sleep, boundless energy, and decreased aches and pains. Here's to a second daily **NUTRIBLAST!**

### Energy Elixir

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick me up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup of walnuts
- water

### Fountain of Youth

Look and feel years younger by enjoying this age reversing blend.

- 2 handfuls of rinsed spinach
- 1 cup of red grapes
- 1 banana
- 1 cup of strawberry
- 1/8 cup of almonds
- 1 tsp maca powder
- water

**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.

### Longevity Elixir

Feel the years disappear with this light and snappy blend.

- 2 handfuls romaine
- 1 avocado
- 1 cucumber
- 1 cup cantaloupe
- 1/4 cup cashews
- 1 mint leaf
- water

### Nature's Candy

Balance hormones by way of this fantastic tasting treat.

- 2 cups butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup blueberries
- 1 banana
- 1/4 cup maca powder
- water

### Get Up and Goji

Power up with this antioxidant rich flavor extravaganza.

- 2 cups butterhead lettuce
- 1 cup honeydew
- 1 cup cantaloupe
- 1 cup watermelon
- 1 banana
- 1/8 cup goji berries
- water

### Antioxidant Fusion

Fight off free radicals and add years with this tasty blast.

- 2 handfuls of butterhead lettuce
- 1 banana
- 1 orange
- 1 cup pineapple
- 1 cup mango
- 1/4 cup almonds
- water



**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



## NUTRIBLAST RECIPE IDEAS!

PHASE  
3

### Banana Berry Vitality Blend

Grab a quick energy boost with our Banana Berry Blend!

- 2 handfuls kale
- 1 banana
- 2 figs
- 1 cored apple
- 1 handful blueberries
- $\frac{1}{8}$  cup walnuts
- $\frac{1}{4}$  cup acai berries
- water

### Kaleacado Blast

Unleash your libido with a luscious Kaleacado Blast!

- 2 handfuls kale
- 1 avocado
- 1 cup watermelon
- red grapes
- $\frac{1}{4}$  cup maca powder
- $\frac{1}{4}$  cup strawberries
- water

### Melon Blast

Maximize your fiber and melt away pounds with a mouthwatering Melon Blast!

- 2 handfuls kale
- 1 banana
- 1 cup green grapes
- 1 cup cantaloupe
- 1 handful strawberries
- $\frac{1}{8}$  cup cashews
- water

**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.

### Power Booster

Pick up your pace with a delicious, nutritious Power Booster.

- 2 handfuls Swiss chard
- 1 banana
- 1 nectarine
- 1 cup blueberries
- $\frac{1}{4}$  cup goji berries
- water

### Swiss Mix

Mix it up with this flavor-packed, nutrient-rich blend.

- 2 handfuls Swiss chard
- 1 banana
- 1 plum
- 1 cup green grapes
- $\frac{1}{8}$  cup pumpkin seeds
- water

### Free Radical Fighter

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls Swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup blackberries
- 1 fig
- $\frac{1}{2}$  cup blueberries
- $\frac{1}{8}$  cup flax seeds
- water

**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.

