

INSTANT ENERGY FOR BUSY MOMS



7 Day
Smoothie Challenge
ritamayblog.com

Day 1. Vitamine bomb smoothie (1 serving)

Turmeric boosts metabolism and digestion, protects the liver, and detox the blood. Decreases cholesterol and keeps the cardiovascular system healthy. Curcumin, the main active ingredient, is a powerful antioxidant, and it has anti-inflammatory, antiviral and anticancer effects. All of the smoothies contain some kind of greens as they are the healthiest food we can eat. See [here](#) why.

2 handfuls spinach or kale
1 tbsp flax seed
1 tsp fresh ginger
1 cm fresh turmeric (or 1 tsp turmeric powder)
1 pear
¼ cucumber
water
1 banana
½ cup oat flakes
½ cup plant based milk
Goji berries

Blend the first 6 ingredients with some water to reach desired consistency. Cook the oat flakes in the plant milk and some water. Smash the banana and add it to the oatmeal. Decorate it with goji berries and banana slices.



Day 2. Raspberry-blueberry smoothie (1 serving)

It is a creamy, sweet smoothie, rich in protein and essential fatty acids. Hemp seeds contain the highest levels of essential fatty acids in all plants. Essential fatty acids support our immune system, clean our blood vessels from cholesterol and deposits, increase energy and metabolism, eliminate joint and other inflammations and make our hair and skin look beautiful. Chia and flax seed have similar good properties. Don't choose soy-based protein.

- 1 handful spinach or other leafy greens
- 1 banana
- 1 cup frozen raspberries
- 3 tbsp hemp seeds (or chia, flax seed)
- 1 portion vegan protein powder (blueberry flavor)

Blend all the ingredients. Add water to reach desired thickness.



Day 3. Creamy chocolate smoothie (1 serving)

Real indulgent milkshake. It can be enjoyed cold, but it's also very delicious warm on cold mornings. Due to its high protein content, it keeps you full the whole morning. The potassium content of the banana is diuretic, and the serotonin content prevents craving and improves mood. The antioxidants in the cocoa powder have an immune- and mood boosting effect.

- 1 handful spinach
- 1 banana
- 1 tbsp flax seed
- 1 cup almond milk (sugar free)
- 2 tsp cocoa powder (or carob, cacao)
- 1 portion vegan protein powder
- Stevia

Blend all ingredients.



Day 4. Carrot cake smoothie (1 serving)

Creamy, sweet, carrot cake tasting smoothie, full of health ingredients.

Ginger eliminates arthritis, headaches, strengthens the immune system (strongly recommended for colds), stimulates digestion. Cinnamon stabilizes blood sugar. Lauric acid in coconut also has an immune boosting effect. Beta-carotene in carrots is an effective antioxidant, protecting against the harmful effects of free radicals. This delays the aging of the skin and also has a beneficial effect on the health of our eyes.

- 1 banana
- 1 carrot
- 1 portion vegan protein powder
- 2 tbsp coconut flakes
- ½ cm fresh ginger
- 1 cm fresh turmeric (or ½ tsp powder)
- ½ tsp cinnamon (or more)
- ¾ cup almond milk (sugar free)
- 1-2 tbsp currants or raisins

Blend the ingredients. Add water if necessary.



Day 5. Pina colada smoothie (1 serving)

A tropical cocktail for breakfast? Although it's an alcohol-free version, it won't disappoint you. The coconut and avocado contain a lot of vitamins and minerals. Due to the high healthy fat content, this smoothie is satiating, energizes the body and strengthens the immune system. Pineapple is anti-inflammatory and aids digestion.

2 handfuls spinach

½ banana

1 cup fresh or frozen pineapple

¼ avocado

1 tbsp coconut milk powder or fresh coconut meat

(or replace the avocado plus coconut powder with 2 tbsp coconut cream or 2-3 tbsp coconut flakes)

1 cup plant based milk

Blend the ingredients. Add water if necessary.



Day 6. Purple power smoothie (1 serving)

This vibrant smoothie contains lots of superfoods: 5 kinds of vegetables and fruits and detoxing greens. Beetroot improves blood flow, it has detoxifying and anticancer effects, and it increases exercise performance. It should be consumed more often. In this smoothie, sweet fruits and ginger suppress the characteristic 'earth' taste of the beetroot, so try it even if you don't like beets.

- 1 banana
- 1 small beetroot (raw or cooked)
- ½ cucumber
- 1 cup frozen berries
- 2 handfuls leafy greens (spinach, kale, lettuce, etc.)
- 1 portion vegan protein powder
- 1 tsp green powder (e.g. barley grass, wheat grass, spirulina, moringa, tulsi, etc.)
- 1 cup plant milk
- 1 cm fresh ginger

Blend the ingredients. Add water if necessary.



Day 7. Sunshine smoothie (1 serving)

This a beautiful orange smoothie with delicious spices. The silken tofu makes it creamy and increases the protein content. These orange colored fruits and vegetables contain beta-carotene, the provitamin of vitamin A. This vitamin protects our cells from the destructive effects of free radicals and harmful UV radiation. It protects our eyes, makes our skin glow, helps us get a beautiful tan and slows down skin aging. Maca increases our energy levels, improves mood and also has a positive effect on libido and fertility.

1 carrot
1 orange
½ mango
1 tk maca powder
½ tk cinnamon
(1/2 cm fresh ginger)
(¾ cup silken tofu)

Blend the ingredients. Add water if necessary.



Shopping List

Vegetables

- ☐ 8 handfuls spinach or kale or other leafy greens
- ☐ 3/4 cucumber
- ☐ 2 carrot
- ☐ 1 small beetroot (raw or cooked)

Fruits

- ☐ 1 pear
- ☐ 5 1/2 banana
- ☐ 1 orange
- ☐ 1/2 mango
- ☐ 1 cup frozen raspberries
- ☐ 1 cup frozen berries
- ☐ 1 cup fresh or frozen pineapple
- ☐ 1-2 tbsp currants or raisins
- ☐ 1 tbsp goji berries

Seeds/Healthy Fats

- ☐ 2 tbsp flax seed
- ☐ 3 tbsp hemp seeds (or chia, flax seed)
- ☐ 2 tbsp coconut flakes
- ☐ 1/4 avocado
- ☐ 1 tbsp coconut milk powder or fresh coconut meat
- ☐ (or replace the avocado plus coconut powder with 2 tbsp coconut cream or 2-3 tbsp coconut flakes)
- ☐ 2 tsp cocoa powder (or carob, cacao)
- ☐ Stevia

Spices

- ☐ 2 1/2 cm fresh ginger
- ☐ 2 cm fresh turmeric (or 1 1/2 tsp turmeric powder)
- ☐ 1 tsp cinnamon (or more)

Others

- ☐ 1/2 cup oat flakes
- ☐ 4 1/4 cup plant based milk (sugar free)
- ☐ (3/4 cup silken tofu)
- ☐ 4 portions vegan protein powder (blueberry flavor)
- ☐ 1 tsp green powder (e.g. barley grass, wheat grass, spirulina, moringa, tulsi, etc.)
- ☐ 1 tk maca powder