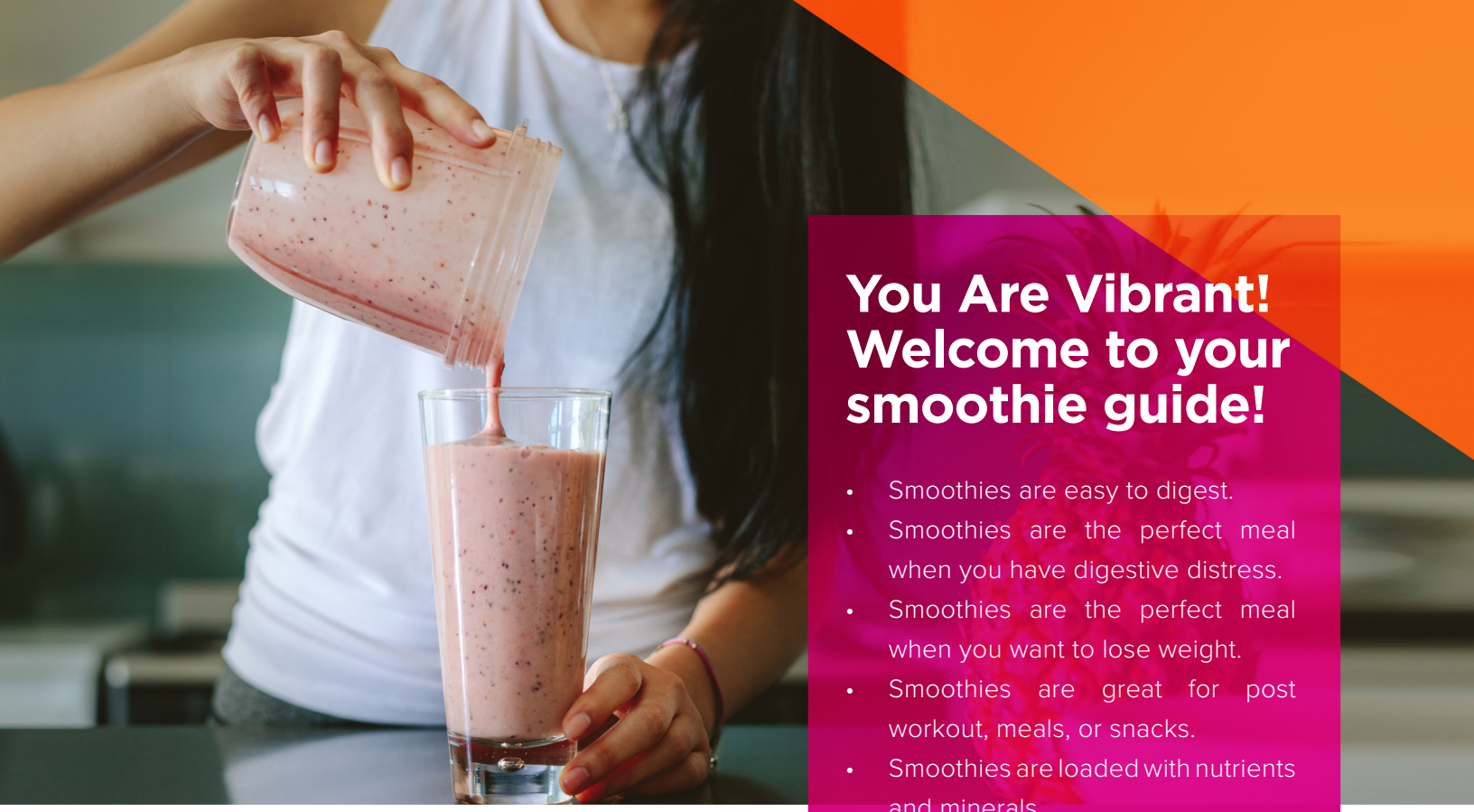
Laura Frontiero
TAKE GOOD CARE



Love Your Food

SMOOTHIES FOR VIBRANT HEALTH



You Are Vibrant! Welcome to your smoothie guide!

- Smoothies are easy to digest.
- Smoothies are the perfect meal when you have digestive distress.
- Smoothies are the perfect meal when you want to lose weight.
- Smoothies are great for post workout, meals, or snacks.
- Smoothies are loaded with nutrients and minerals.
- Smoothies should work for you, which is why I created this guide loaded with smoothies that **WILL NOT** bloat you.

Hi there!

We're going to have some real fun! I can say from personal experience and that of my clients, that consuming simple smoothies can change your life! You'll feel better than ever! A smoothie a day can change your health!

Keep in mind that this isn't a diet; it's a way of life. Smoothies are a really great way to pack in a lot of nutrients all at once, and the recipes here are all delicious. The recipes in this book will give you that amazing energy you desire. By drinking smoothies, you are giving your body nutrients in an easy-to-digest from, giving your digestion a break and leaving more energy for YOU.

Digesting food takes a lot of energy away from the body's other processes, so if you're eating foods that are robbing you of energy, what's left for you? NADA! ZIP! ZILTCH!

If you are using up your energy to digest food, then you don't have energy leftover for restoration, healing, balancing.

Take Good Care,
Laura

SO, WHAT'S THE DEAL WITH SMOOTHIES?

Laura Frontiero
TAKE GOOD CARE

ARE THEY GOOD FOR YOU?

Smoothies are:

- Chock full of vitamins, enzymes, and minerals
- Easy to digest, which means optimal assimilation of nutrients
- Great for stabilizing blood sugar (you will see each smoothie here has a healthy fat, and fat is key for blood sugar stabilization)
- A fabulous way to consume a variety of different fruits or vegetables at one time
- Terrific for cleansing the body of toxicity
- An easy way to add more fiber to your diet for optimal bowel function

WHY IS BLENDING YOUR SMOOTHIE BENEFICIAL?

- The health of your body depends on your digestion. When you blend your foods, you're supporting digestion. Your body doesn't have to work so hard to break down the nutrients, as they're already in a pre-digested state.
- Did you know that 80% of your energy is spent digesting and assimilating your nutrients? So why not support your body to do less work?
- Instead of having to prepare and eat cup after cup of healthy greens or fruits, you are packing them into one nutrient-dense smoothie.



CHOOSING YOUR BLENDER:

- Vitamix is a super powerful blender with a very strong motor that not only can blend smoothies, but also can make nut butters and even soups; however, it is an investment.
- Blendtec is another option similar to Vitamix and costs a little less.
- Nutribullet is a great alternative, and cost significantly less: about 1⁄4 of the price of a Vitamix.
- A blender at Costco, Wal-Mart, or Target will typically cost you around $20 but they aren't that powerful.

MAKING THE ULTIMATE SMOOTHIE:

- The gut is the center of your immune system and is now termed by experts as your 'second brain'. The gut is dynamic and exists in relationship with other aspects of the body; hormone, vitamin, and neurotransmitter production all occur in the gut.
- Your gut houses an entire ecosystem of organisms that live in harmony with us, helping us to survive. Without those organisms, we couldn't live, and we would have weak immune systems.
- Finally, your gut is in tune with your emotions. Have you ever had a 'gut' response when you are nervous? Or how about a 'gut feeling' about something you knew you should either avoid or embrace? Trust your gut!!

SUCCESS TIPS:

STEP #1 – Make your shopping list.

STEP #2 – Choose the Smoothie you want to make and decide if you are adding any superfood or protein powder.

STEP #3 – Feeling chilly that morning, then add warming spices such as ginger, cinnamon, or cayenne.

STEP #4 – If you can't tolerate higher glycemic smoothies, exchange the banana for berries or omit the fruit and sweeten with stevia or monk fruit.

STEP #5 – Blend and consume!

BIO-INDIVIDUALITY

Bio-individuality is the idea that each of us is different and that no two bodies are alike. This is why some people thrive on vegetarian diets while others need meat, or why some people can do 100% raw foods while others need cooked meals in order to attain and maintain optimal health.

If you are a cool-bodied person by nature, you can add warming spices to your smoothie to improve digestion and nutrient assimilation. Try using cinnamon, nutmeg, ginger, turmeric, or cayenne. I suggest starting with a dash and then increasing to 1/2 teaspoon.

If you are a warm-bodied person by nature, you can add in cooling spices, such as mint, cilantro, or cardamom.



MAKING IT WORK

If you find you bloat when you consume a smoothie, then don't throw in everything but the kitchen sink! The reason people have initial trouble digesting smoothies is because there are too many elements to assimilate. Simple recipes like the ones below have helped me and clients reduce bloating and improve digestion. These recipes are especially helpful for my clients who have severe allergies, hampered digestion or a tough time digesting fiber. Some find making a smoothie with one fiber rich food works well.

A SIMPLE EASY-TO-DIGEST SMOOTHIE EXAMPLE:

- 1 1/2 cups dairy free milk or water
- 1 Vegetable or Fruit
- 1/2 avocado or 1 teaspoon coconut oil
- 1 scoop plant based protein

As your digestion gets better, you'll find you can add more fiber, and combine a variety of fruits and vegetables with ease. The recipes below are easy to digest and follow basic principles of food combining taught by Donna Gates, one of my teachers.

De-Bloat Smoothies

For each smoothie, simply blend all the ingredients in a Vitamix, high-speed blender, or normal standup blender. If needed, add water to reach your desired thickness. Use organic produce whenever possible. You can add extra protein to any smoothie by including either a scoop of your favorite protein powder. My favorite brands are Nutiva, Designs For Health, and Ancient Nutrition.

ALL SMOOTHIES SERVE 1-2

Belly love

- 1 1⁄2 cups dairy free milk or coconut water
- 1⁄2 cup spinach
- 1/2 cup strawberries
- 1/2 avocado
- 1 tablespoon coconut oil
- Dash of cinnamon
- Stevia, monk fruit, 2 dates, or raw honey to sweeten (optional)

Nourishing Smoothie

- 1 cup dairy free milk or coconut water
- 1⁄2 large cucumber peeled and sliced
- 1 cup blueberries
- 1 scoop protein powder
- 1 tablespoon ground flaxseed meal
- Stevia, monk fruit, 2 dates, or raw honey to sweeten (optional)





Chocolate Banana Bliss Smoothie

- 1 cup dairy free milk or coconut water
- 1 ripe banana
- 1/2 cup kale
- 2 tablespoons cashew butter or almond butter
- 2 tablespoons raw cacao
- Stevia, monk fruit, 2 dates, or raw honey to sweeten (optional)

Mood Stabilizer Smoothie

- 1 cup dairy free milk or water
- 1 cup fresh or frozen blackberries
- 1 teaspoon maca powder
- 1 tablespoon almond butter
- 1 handful of spinach
- Stevia, monk fruit, 2 dates, or raw honey to sweeten (optional)





Thin Mint Smoothie

- 1 cup dairy free milk or water
- 3/4 cup coconut water
- 1 cup spinach
- 1 tablespoon ground flaxseed meal
- 2 tablespoons raw cacao
- 1/2 avocado
- 1 teaspoon of peppermint extract or a few drops of peppermint essential oil

Orange Detox Smoothie

- 1 cup coconut water or non-dairy milk
- 1 cup water
- 1 avocado
- 1 orange
- 1/2 cup spinach
- 1 scoop protein powder
- 1 tablespoon ground flaxseed meal
- Dash of ginger powder or 1/2-1 inch of fresh ginger





Super Smoothie



- 1 1⁄2 cups dairy free milk or coconut water
- 1/2 cup frozen mixed berries
- 4 kale leaves
- 2 tablespoons raw cacao
- 1 ounce aloe vera juice
- 1/2 avocado
- Dash of ginger powder or 1⁄2-1 inch of fresh ginger



Easy Gut Reset

A system for Vibrant Health

© 2020 | Laura Frontiero | Smoothie Guide | These statements have not been evaluated by the food and drug administration | This guide is not intended to diagnose, cure, treat, or prevent any disease.