

99 WEIGHT LOSS SMOOTHIES

99 DELICIOUS GREEN

SMOOTHIE RECIPES

The most hormonally healing, low-sugar, belly-fat-burning, and energy boosting green smoothies ever created.

SANE[™] CERTIFIED RECIPE COLLECTION

GET STARTED WITH YOUR FAT-BLASTING WEIGHT LOSS SMOOTHIES

The SANECertified™ green smoothies you are about to enjoy are radically different from the sugar saturated “healthy” smoothies you will find on grocery store shelves and served to you at smoothie chains. While those smoothies can contain **as much sugar as three cans of Coke**, your SANECertified™ green smoothies contain about as much sugar as a cup of fresh blueberries. They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMO ingredients, and are 100% kid-approved and family friendly. In short, your SANECertified™ green smoothies are the single most effective and safest beverage you and your family could ever enjoy. Simply by adding one to three of these smoothies to your family’s daily routine, within one week you can:

- Lose weight
- Reverse aging
- Control diabetes
- End overeating
- Boost your ability to concentrate
- Improve heart health
- Lower risk of heart disease
- Enhance athletic performance
- Develop lean muscle
- Reduce risk of Alzheimer’s disease
- Boost Mood
- Reduce hunger
- Reduce risk of cancer
- Curb cravings
- Get sick less often
- Sleep better and feel more rested
- Reduce anxiety
- Improve cholesterol and blood pressure
- Enhance bone density
- Boost fertility
- Reduce signs of acne and eczema
- Reduce chronic pain
- Clear away cellulite
- Increase energy
- Boost confidence
- Improve complexion
- Enhance strength and fitness
- Improve libido
- Increase insulin sensitivity
- Improve hormone levels
- Increase regularity
- Enjoy relief from IBS and migraines
- Speed-up metabolism

THE TOP TWO WAYS TO USE SANE SMOOTHIES TO BURN MORE FAT

#1 - THE SANE "ALL VEGGIE" SMOOTHIE

Goal: *Easily increase your veggie intake.*

Since the goal of these smoothies is **only** to increase your veggie intake, be sure to **exclude** any protein and healthy fats in the smoothie's ingredients list. These "all veggie" smoothies are the perfect way to add veggies to a meal which already contains protein and fat.

For example, drink one of these smoothies along with an egg (healthy fat) and egg white (protein) scramble to ensure your breakfast is a Complete SANE Meal (veggies, protein, and fat).

This is probably my favorite way to easily up the intake of green vegetables at any meal. Remember, the one thing that all doctors and weight loss experts agree on is that getting more vegetables into your diet is the first step to losing weight and keeping it off.

In fact, exciting research from the journal of nutrition and diabetes has found that increased consumption of vegetables was directly connected to increased weight and fat loss.¹

Also, these "all veggie" smoothies can be enjoyed throughout the day to help you easily increase your veggie intake to support and accelerate your fat burning.

¹ Whigham LD, Valentine AR, Johnson LK, Zhang Z, Atkinson RL, Tanumihardjo SA. Increased vegetable and fruit consumption during weight loss effort correlates with increased weight and fat loss. *Nutr Diabetes*. 2012;2:e48. doi:10.1038/nutd.2012.22.

#2 - THE SANE "MEAL REPLACEMENT" SMOOTHIE

Goal: *Quickly prepare a convenient fat-burning meal.*

Complete SANE smoothie meals are perfect for busy folks who want to burn fat without spending hours in the kitchen.

Simply replace any meal with these complete smoothies and not only will you be igniting your metabolism, you will also save time and money. Who doesn't love that!

Since these smoothies serve as your entire meal, they should contain 2-5 servings of Non-Starchy Veggies, 1-2 servings of Nutrient-Dense Protein, and (if needed) 1-2 servings of Whole-Food Fats.

The most delicious and effective way to add Whole-Food Fats to any smoothie is to add a serving of unsweetened shredded coconut or avocado, and then to blend as usual.

Want to learn more about SANE servings and how you can create the perfect SANE fat-burning meal?

Join us for the SANE Fat-Loss Masterclass to learn more and use the patented SANE calculator that shows you exactly how much fat you can lose...

And how fast, based on your specific goal, age, gender and over 9 other little known scientifically proven factors.

In fact, you can even use the new planner to show you the exact date when you can reach your goal weight...all just by making small, simple changes to your diet and lifestyle!



**TIP: Not familiar with the SANE Food Group
or SANE Serving Sizes?**

It's all good! Get everything you need by attending your FREE masterclass at SANESeminar.com and by downloading your FREE tools at SANESolution.com/Tools.

FREE HALF-DAY INTERACTIVE MASTERCLASS WITH NEW YORK TIMES BEST SELLING AUTHOR AND NATURAL WEIGHT-LOSS EXPERT JONATHAN BAILOR

If You Are Ready To Get Off The Yo-Yo Diet Roller-coaster, Then It's Time To Start Your PERSONALIZED WEIGHT LOSS PLAN With Me!

Live Half-Day Seminar Tickets Cost ~~\$297~~, But For A Limited Time, You Can Attend Online For FREE!

SANE Weight Loss Results Planner

1. What is your current weight?

2. What is your goal weight?

3. What is your gender?

4. Are you over 40?

5. Have you dieted more than once?

6. Are you taking insulin or SSRIs?

7. Were your parents heavy?

8. Do you perceive your life as high-stress?

9. Do you get less than 6 hours of sleep / night?

10. Will you be inactive while going SANE?

Your SANE Results
Based on your answers these are the results you can expect from following your customized SANE plan.

Weeks	Weight (lbs)
0	250
12	240
24	230
36	220
48	210

GET YOUR PERSONALIZED PLAN TODAY

Daily Servings

Vegetables:	Protein:	Fats:	inSANEity:
<input type="text" value="11"/>	<input type="text" value="5"/>	<input type="text" value="6"/>	<input type="text" value="1"/>

Total Weight Lost: 40 lbs
Weeks Until Goal: 48
Date Goal Achieved: 9/22/2016

During Our Time Together You Will...

Free yourself from all the confusion and conflicting weight loss information! See the latest science showing you how to get off the yo-yo diet roller-coaster for good, while you overcome emotional eating and cravings.

Learn simple ways to jump-start your motivation today! I'll show you how to effortlessly stick with your new Personalized Weight Loss Plan for lasting results that turn heads and get attention.

Start creating your own personalized weight loss plan--with my help--that will show you exactly how many pounds you can lose per week and even give you an exact date when you will reach your goal weight...without ever counting calories, being hungry, or spending endless hours in the gym!

Discover the one "adjustment" you can make today to increase your energy and ignite your natural fat-burning metabolism so you jump out of bed every morning with confidence.

Crush cravings and end emotional eating with just a few small changes to the types of sweets and fats you are eating. Don't give up what you love, eat more...smarter! Bust the top myths and mistakes that hold you back from losing weight and keeping it off. (You will be relieved when we finally put these lies to rest).

Plus, just for attending you will receive the entire \$297 Eat More Lose More Quick Start kit, with videos, cheat sheets, and food guide, for free so you can put this life-changing information to use immediately.



Getting Started Is Easy and Free:

There are many convenient times available

1. Type in this web address: SANESeminar.com
2. Click the button and select a convenient time
3. Enter your information to reserve your seat!

PREFACE

Welcome to the SANE family! Jonathan Bailor here and I want to thank you again for taking time out of your hectic schedule to ensure that **your dinner table is for savoring and smiles, not self-criticism and calorie math.** Eating should be a source of joy and wellness, not shame and sickness. I sincerely hope that our time together will open your eyes to how easy it can be to reach your weight and fitness goals once you **break free from the confusing and conflicting outdated theories and lies that have trapped you for so long.**

If you only take one thing away from this book let it be this: **Any weight problem you may be experiencing is not your fault!** I know that may sound trite, but it's true. How can you be expected to lose those annoying pounds when all you've been given is outdated science and methods from the 1960's that are proven to NOT work.

My mission is to not only reshape your body, it's to **reshape the way you think about weight loss.** What that means is I will be here with you every step of the way to provide all the support and tools you need to finally reach your weight loss goals. Whether you need to lose a few extra pounds around your belly, are looking for a complete body transformation, want all-day energy, or just want to make sense of all the confusing and conflicting health information out there once and for all, **you are finally in the right place!**

TIP: Be sure to add service@SANESolution.com to your email safe senders list/address book. This ensures you get all your upcoming SANE bonus recipes, tools, and how-to videos.

So if you are ready to stop counting calories... Ready to stop killing yourself with exercise you hate... **Ready to end your struggle with weight... and are tired of being hungry and tired...**this is your chance. It's time to get off the dieting roller-coaster once and for all. **Are you ready?**

I urge you to **make a commitment to yourself to continue this journey**. You are worth it. After all, you took action to get this book so that means you are ready and willing to step up and make positive changes. If you follow the simple and scientifically backed principles we teach, **I promise you will lose weight...and keep it off for good.**

You are part of the SANE family now and I am so excited to have you here as we bust the myths that have been holding you back... perhaps for years. Remember this...**now is your time**, and these are your proven tools for lasting weight loss success. Welcome home.

Can't wait to meet you at SANESolution.com,



Jonathan Bailor

New York Times Bestselling Author, SANE Founder, and soon...your personal weight-loss coach

P.S. Over the years I have found that our most successful members, the ones who have lost 60, 70, even 100 pounds...and kept it off...are the ones who **start their personal weight-loss plan on our [FREE half-day Masterclass](#)**.

It's your best opportunity to fall in love with the SANE lifestyle, learn exactly how to start making the simple changes that lead to dramatic body transformations, and get introduced to your new SANE family. **Be sure to reserve your spot now at SANESeminar.com.**

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TIP: Not familiar with the SANE Food Group or SANE Serving Sizes?

It's all good! Get everything you need by attending your FREE masterclass at SANESeminar.com and by downloading your FREE tools at SANESolution.com/Tools.

Improve Your Weight Loss, Energy, Mood, and Digestion In Just 17 Second A Day!



0g Sugar



100% Plant-Based



Gluten Free



No GMO's



No Dairy



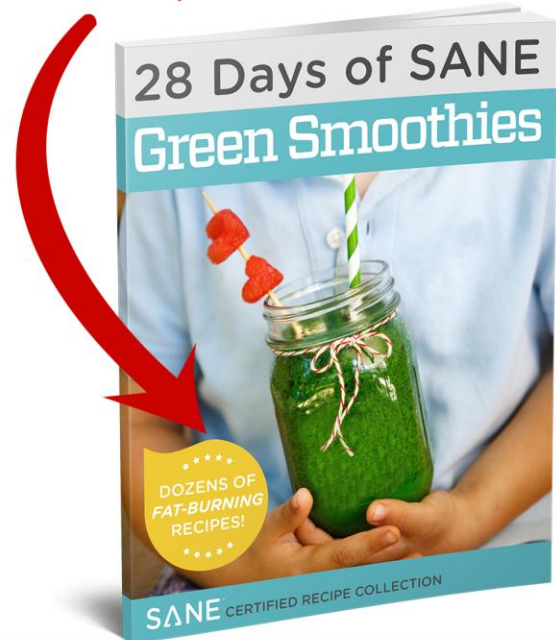
No Soy



Introducing *Garden In My Glass*. The quickest, easiest, and most affordable way to get your family eating their fruits and veggies...and loving it!

When you order today you will also receive our wildly popular '28 Days Of Green Smoothies' recipe collection.

Plus, Get A Green Smoothie Recipe Book for FREE!



LEARN MORE AT: GardenInMyGlass.com



Get Everything You Need To Burn Fat and Prepare Delicious Meals at the SANE Store



Fat-Burning Flour



Mood-Boosting Chocolate Powder



Clean Pea Protein



Craving Killer Bake-N-Crisps



Slimming Sugar Substitute



Clean Whey Protein



Vanilla Almond Meal Bars



Craving Killer Chocolate Truffle



No Added Sugar



100% Natural



Gluten Free



No GMO's



No Dairy



No Soy

SANE™

Find all of these EXCLUSIVE tools, plus over 100 other fat-burning SANE products to help you and your family look and feel your best!

Visit Today: Store.SANESolution.com

SANECERTIFIED GREEN SMOOTHIE RECIPES



INSIDER SECRET: BLEND LIKE A PROFESSIONAL

The difference between a convention blender and a Vitamix (what professionals use) is like the difference between a car and an airplane: *One is much faster, and **more importantly,** gets you places the other just can't.*

If you plan on making smoothies a daily habit, then you need to treat yourself to a Vitamix. I'm not here to be a salesperson, so let me just say that I've used my Vitamix every day at home for the past 10 years and I love it. It's not a blender. It's a Vitamix, and you will see, taste, hear, and feel the difference.

Because these are professional machines, you may have seen them with a steep \$700 price tag. **You deserve better,** so here's what I did... we worked with Vitamix on a deal where you can get the same model I use for around [\\$299 with free shipping](#) and a no-strings 5-year warranty. **That's less than \$60 per year...shipped free of charge.** To put what we've done for you here in perspective, the "special deal" Costco offered last week was a Vitamix for \$499.

Is \$299 still a lot of money? Yes. Is your health worth \$299? No. It's worth more. **If you could wave a magic wand and make eating a lot of veggies fast, easy, and tasty, would you do it?** I would. And I consider my Vitamix my magic wand.

Invest in yourself. If it doesn't work out, call Vitamix at 800.848.2649 and they'll make it work out. You can redeem this [special SANE deal from Vitamix here.](#)

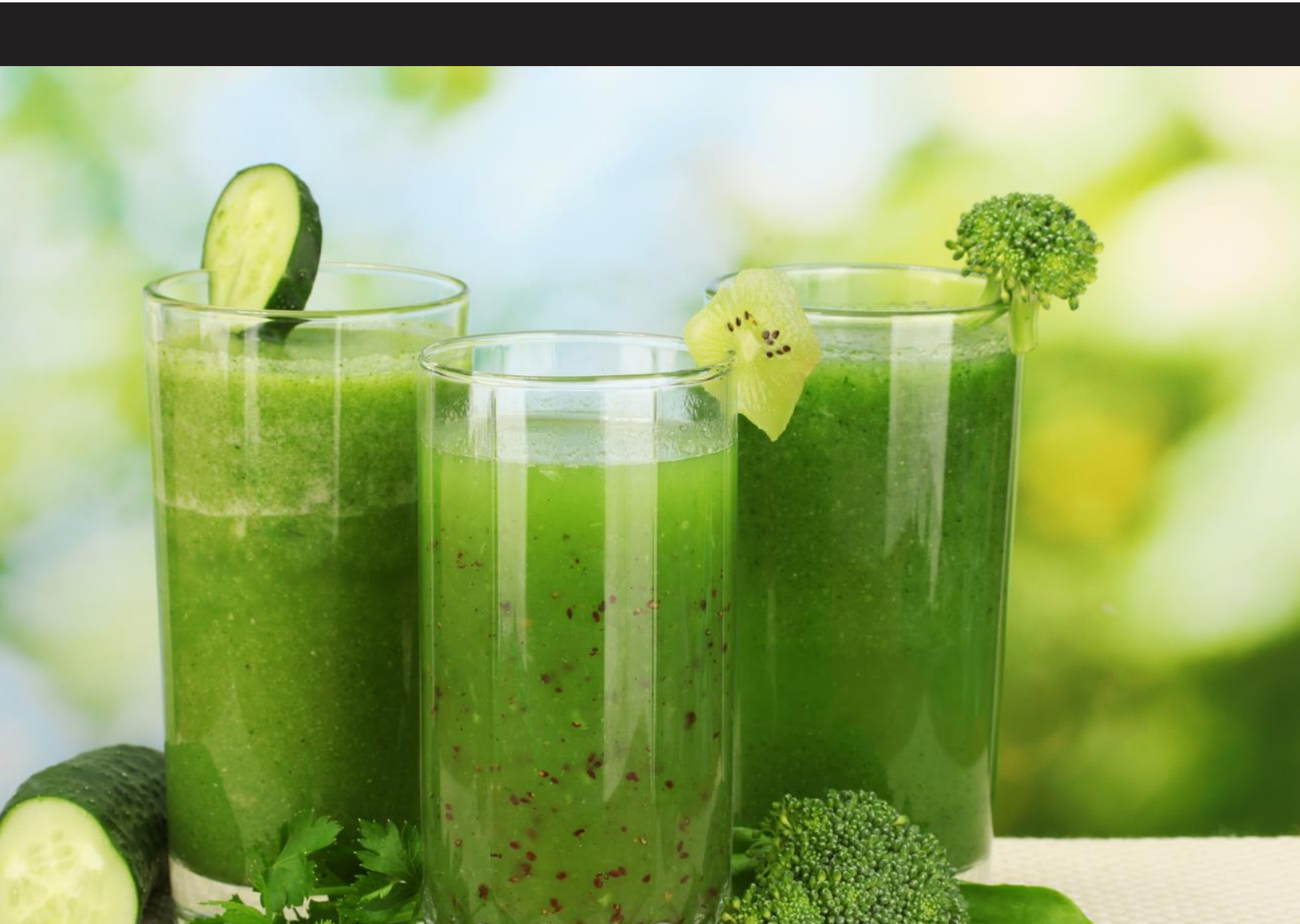


BLACKBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

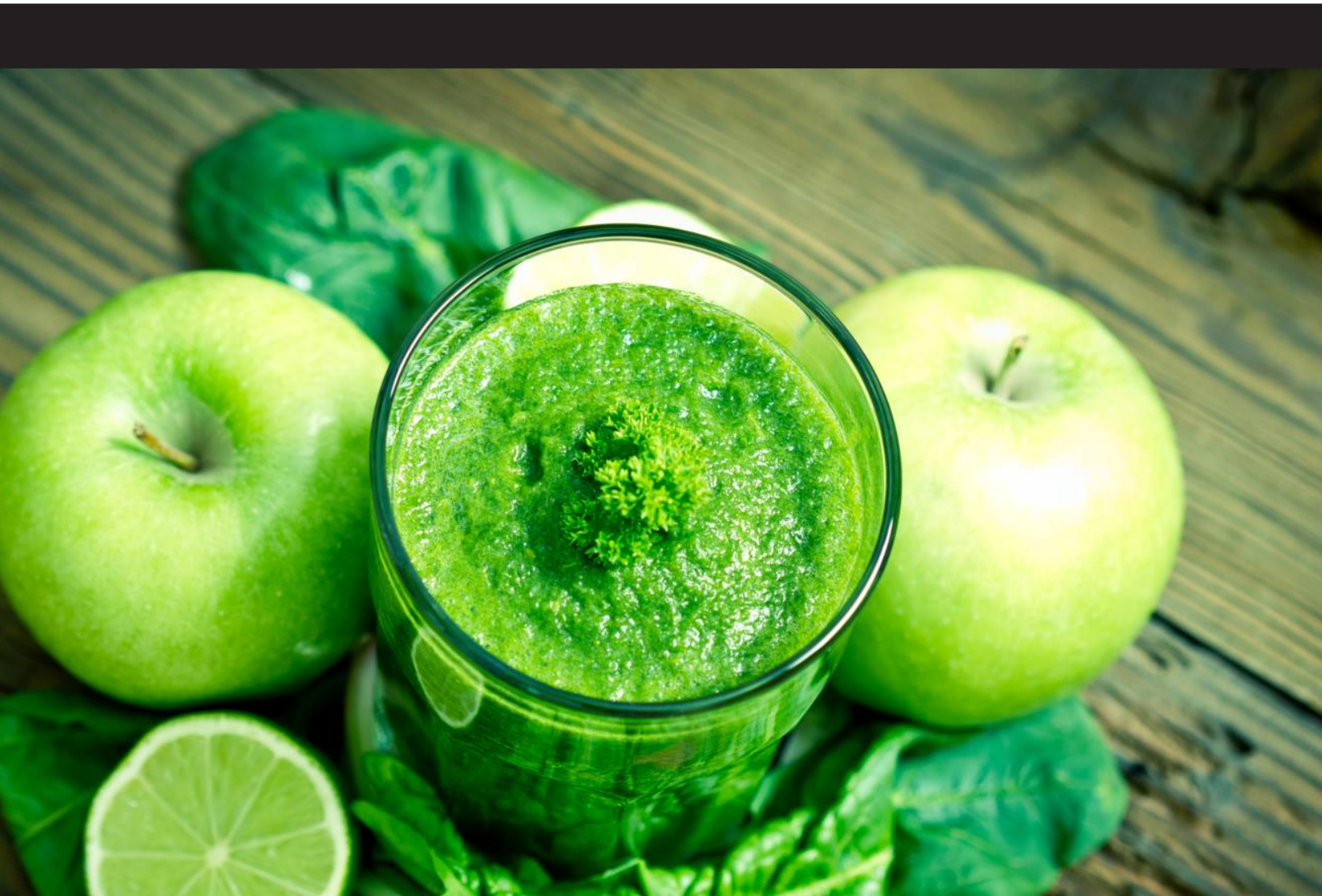
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLACKBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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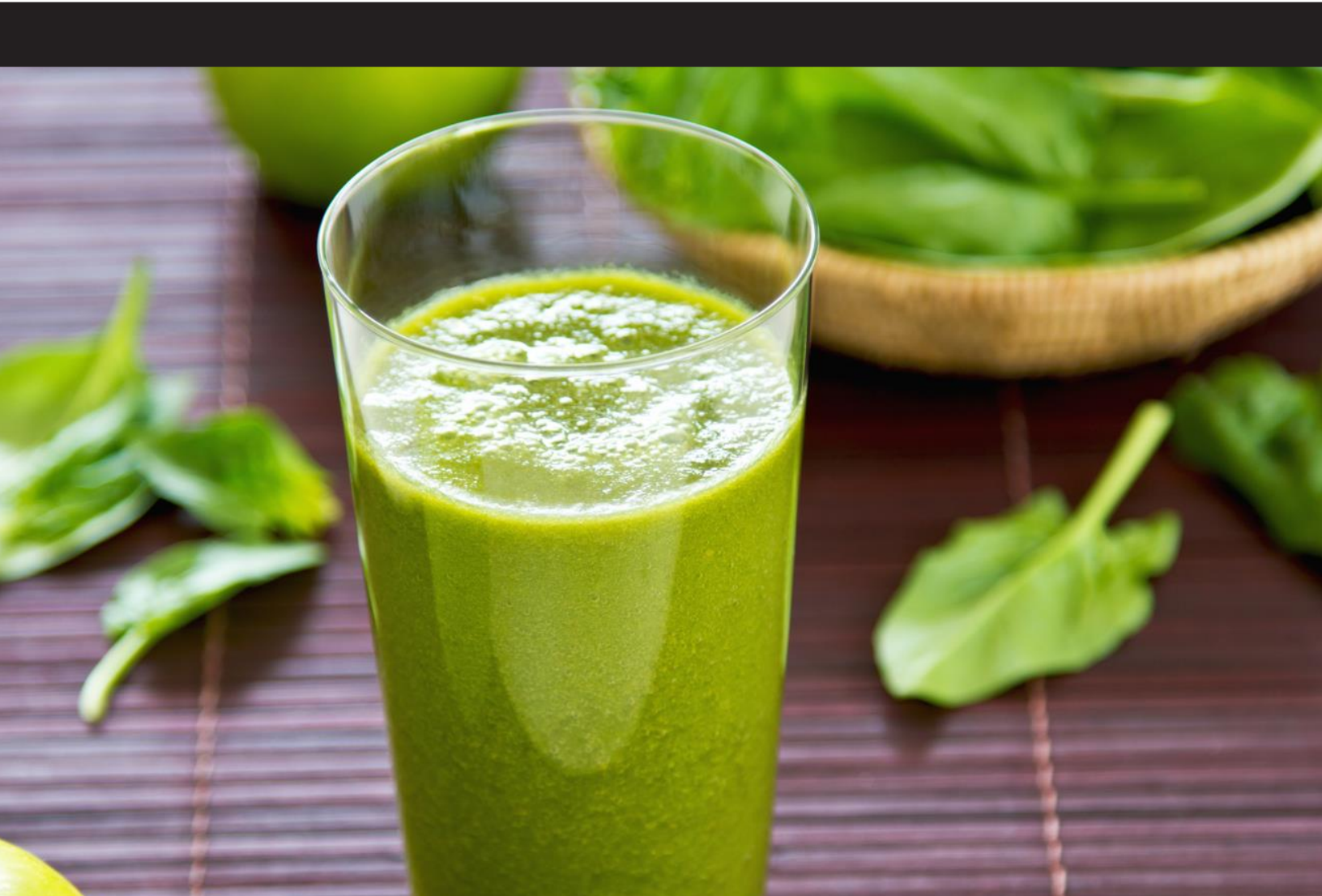
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BLACKBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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BLUEBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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BLUEBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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BLUEBERRY RASPBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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BLUEBERRY RASPBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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BLUEBERRY RASPBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

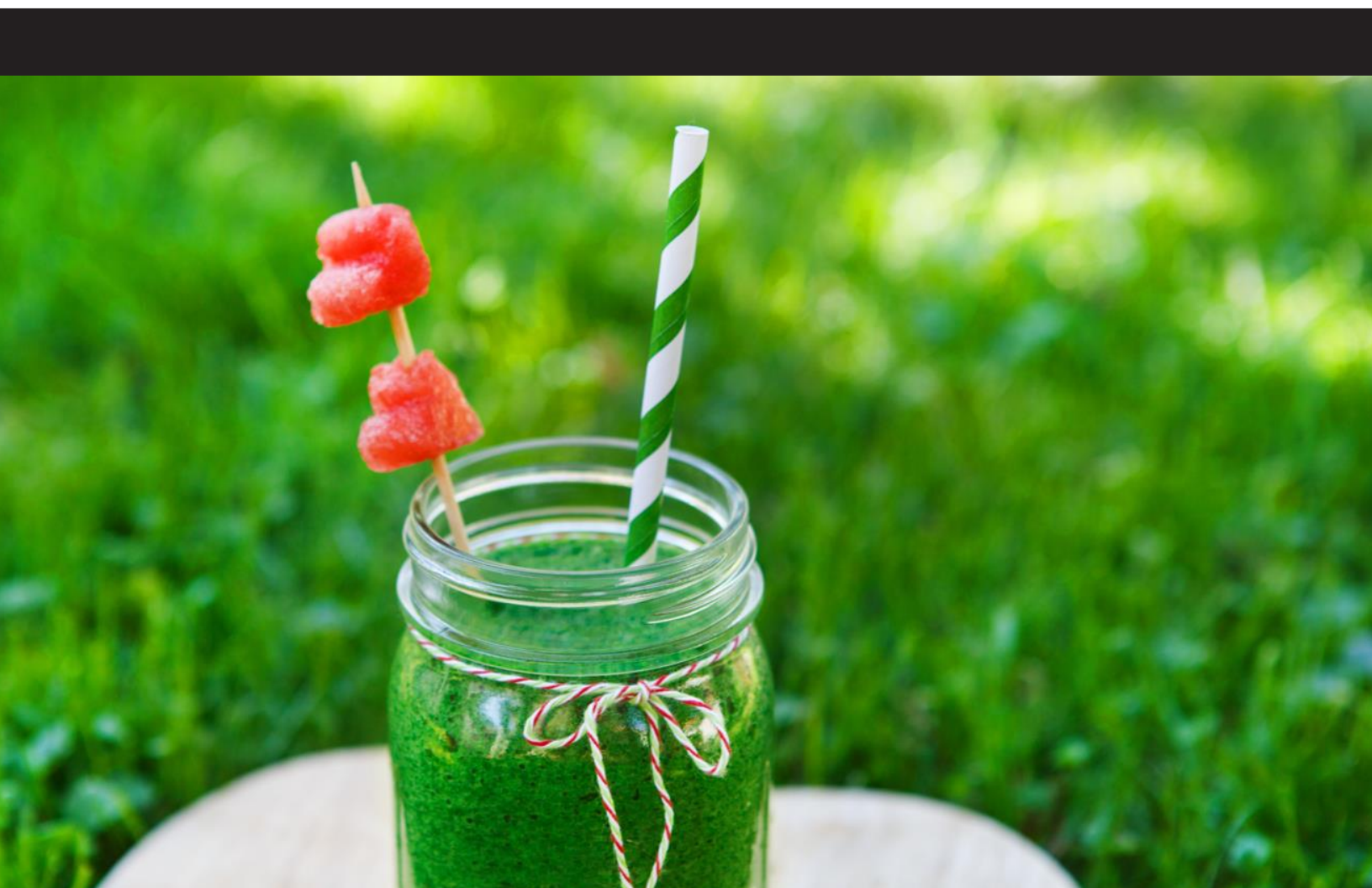
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY RASPBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY RASPBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

BLUEBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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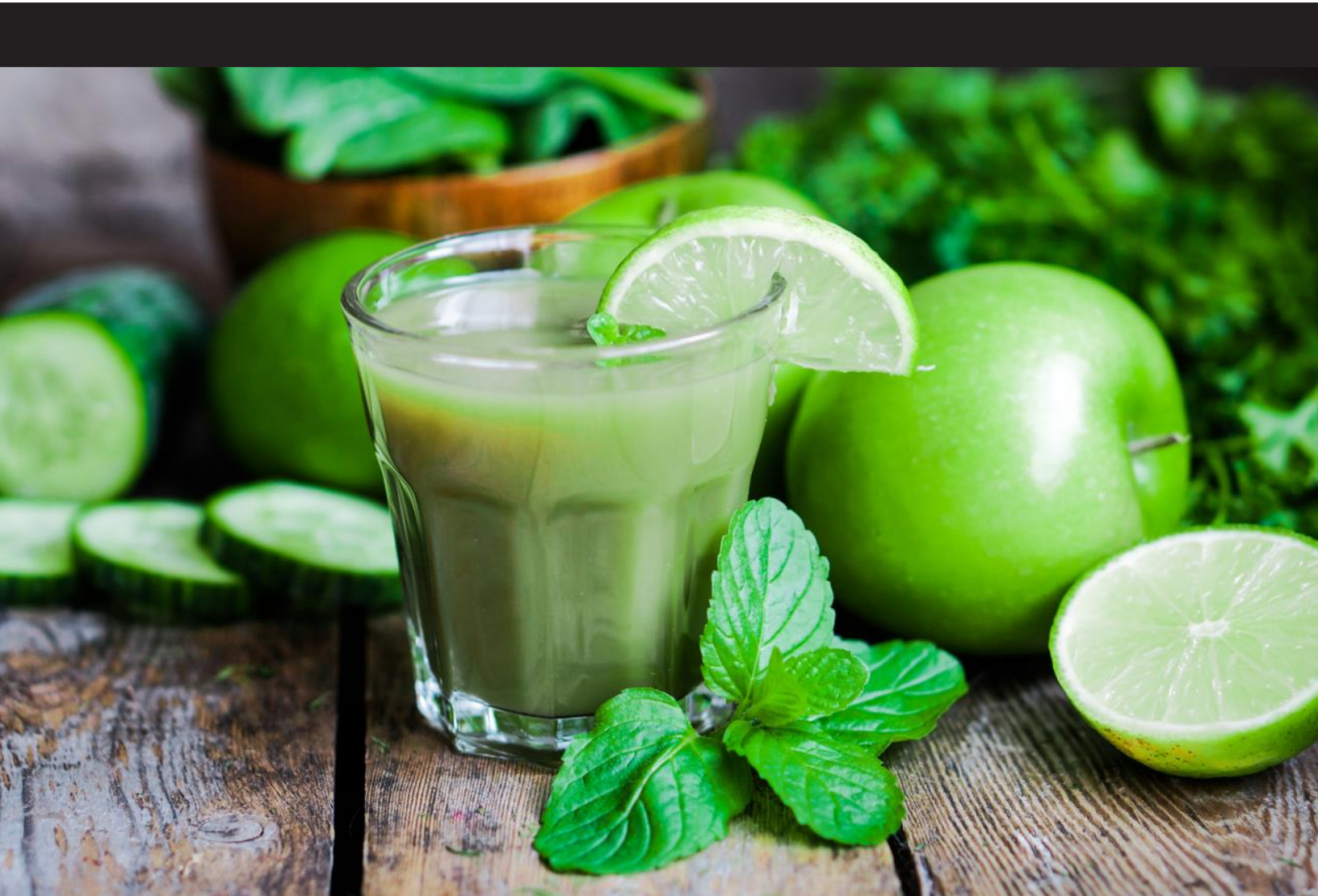
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BLUEBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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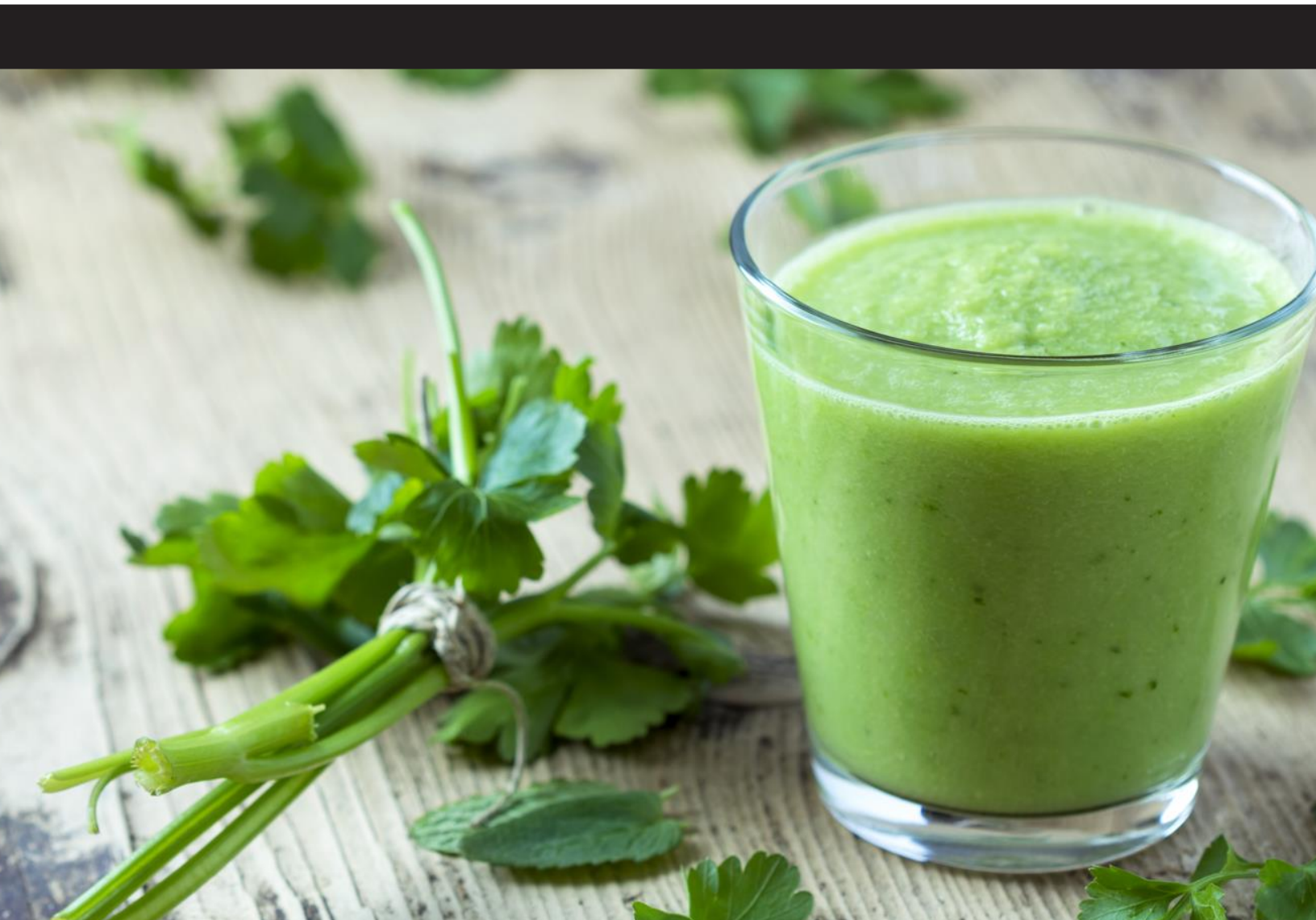
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CHERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY CRANBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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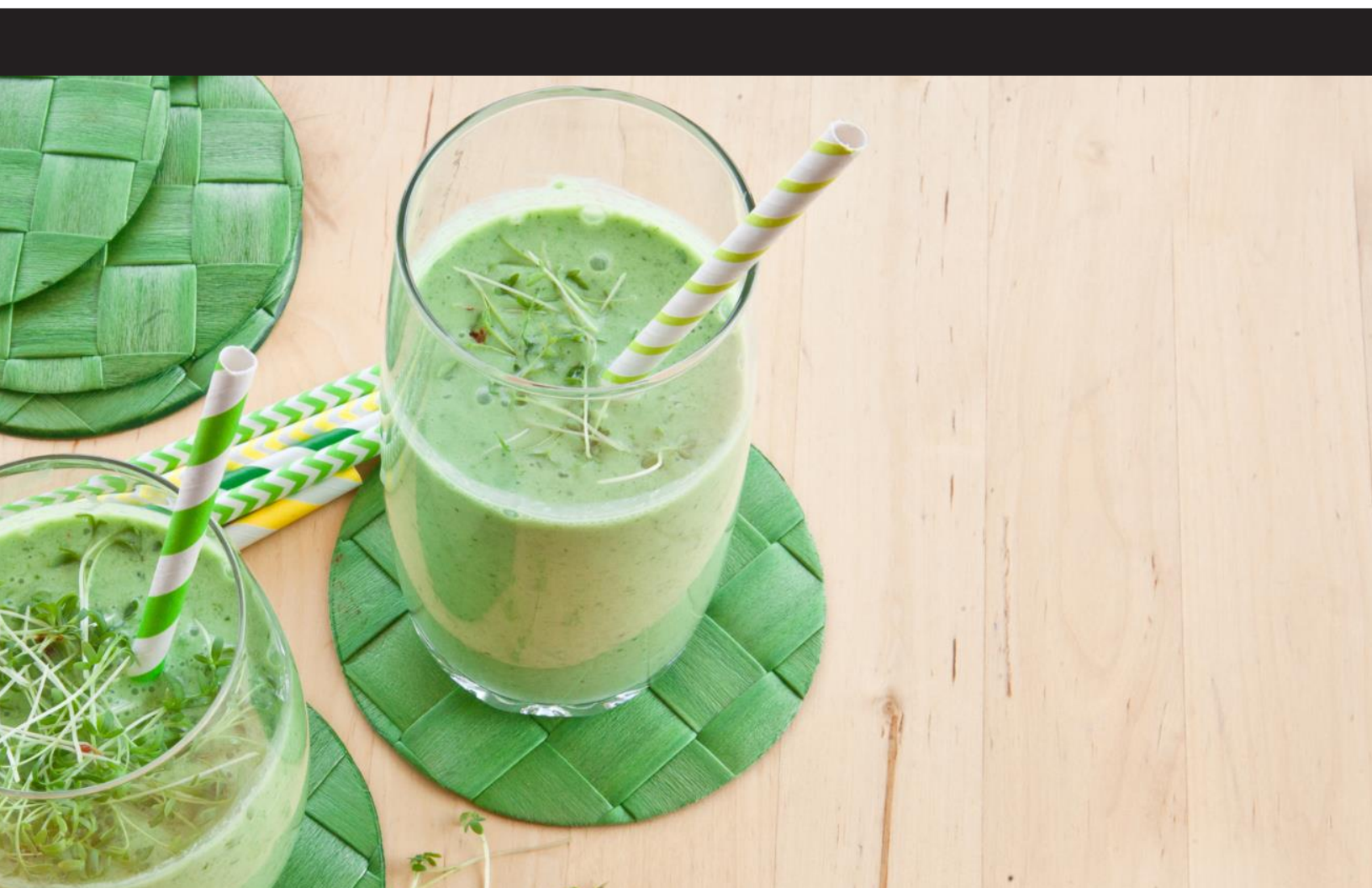
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CERRY CRANBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CHERRY CRANBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CERRY CRANBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CHERRY CRANBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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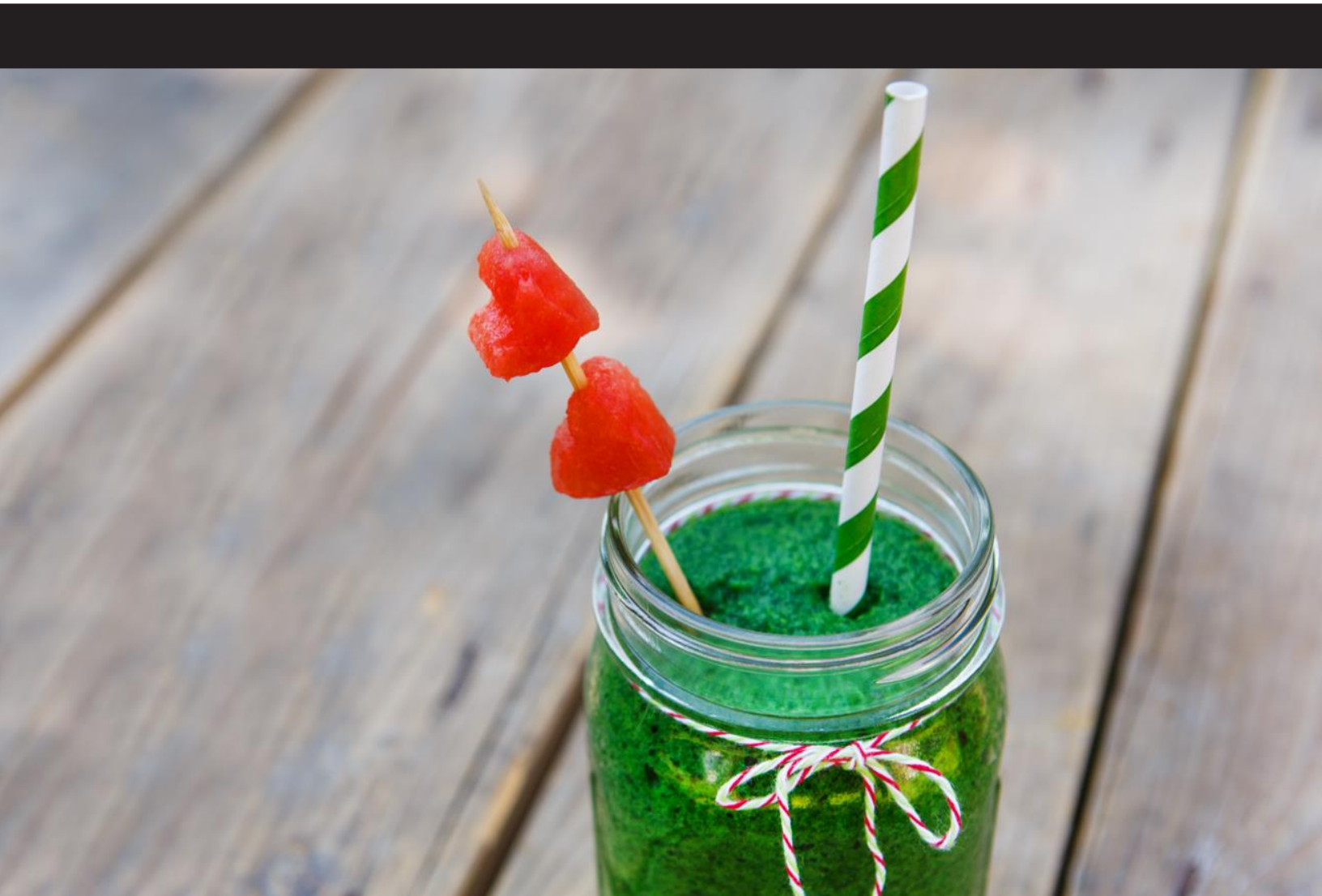
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CHERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CHERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY BLUEBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY BLUEBERRY DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY BLUEBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY GRAPEFRUIT BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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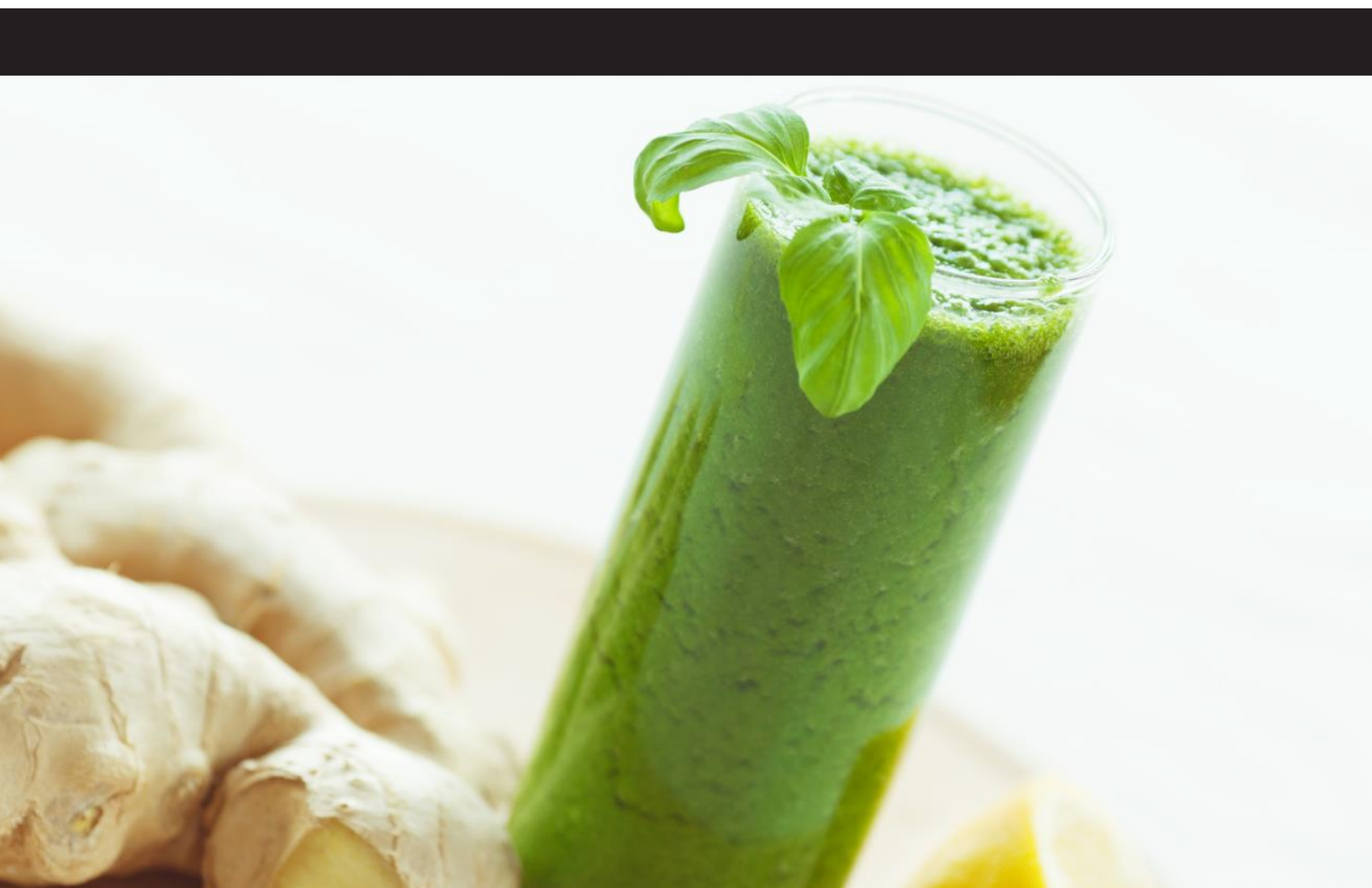
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CRANBERRY GRAPEFRUIT DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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CRANBERRY GRAPEFRUIT ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY GRAPEFRUIT SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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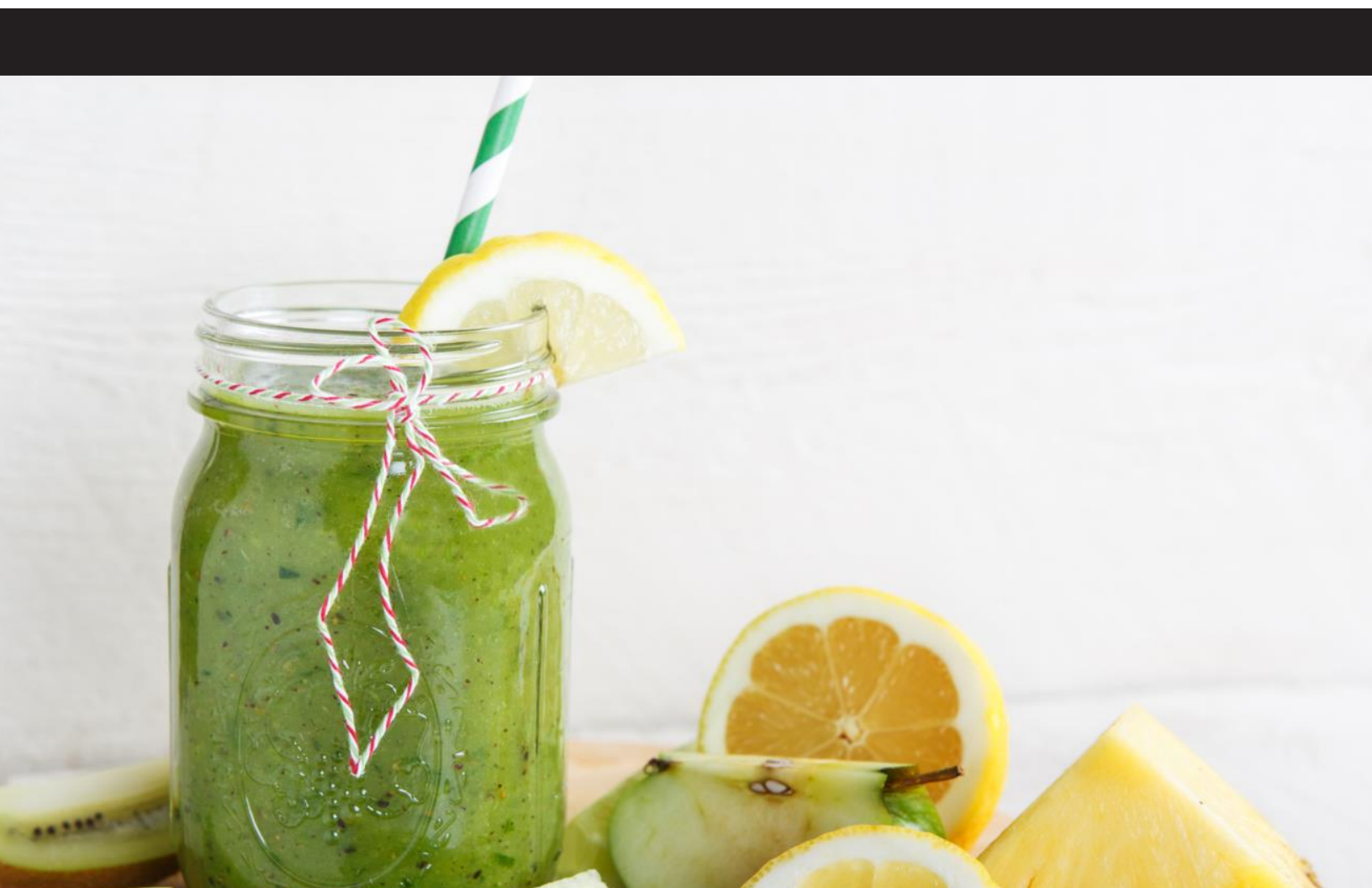
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CRANBERRY ORANGE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY ORANGE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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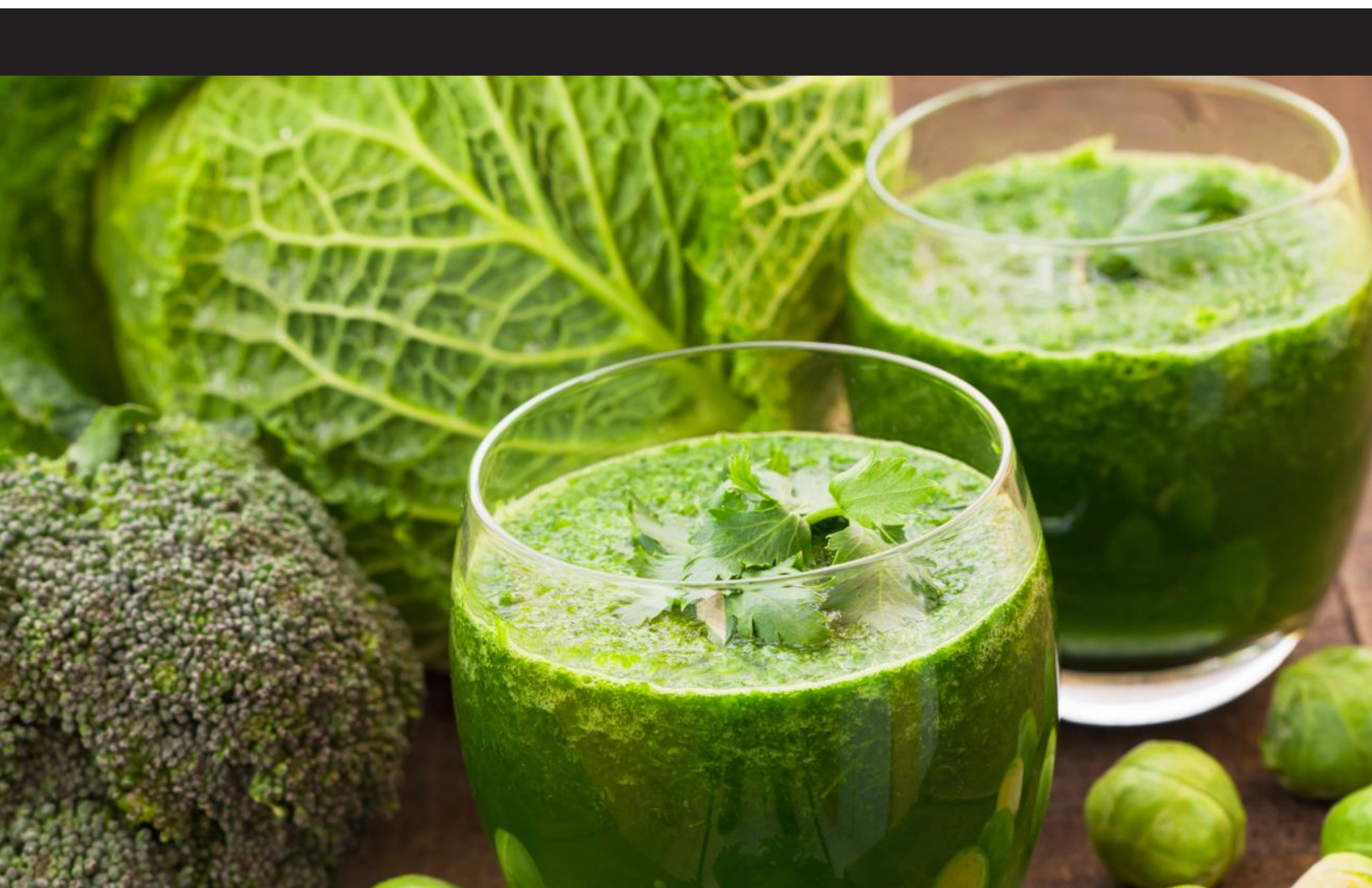
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CRANBERRY ORANGE ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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CRANBERRY PEACH BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY PEACH DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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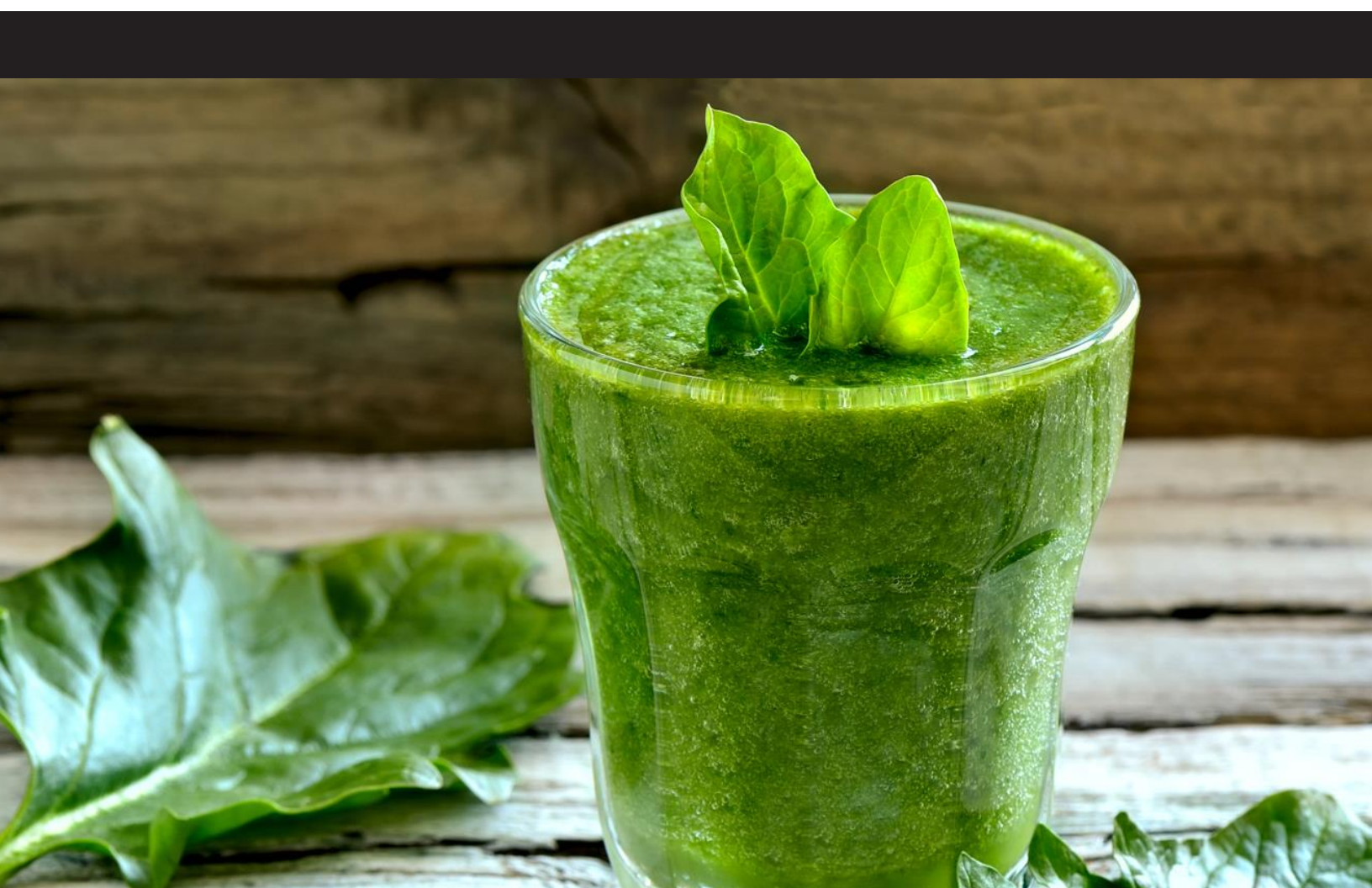
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CRANBERRY PEACH GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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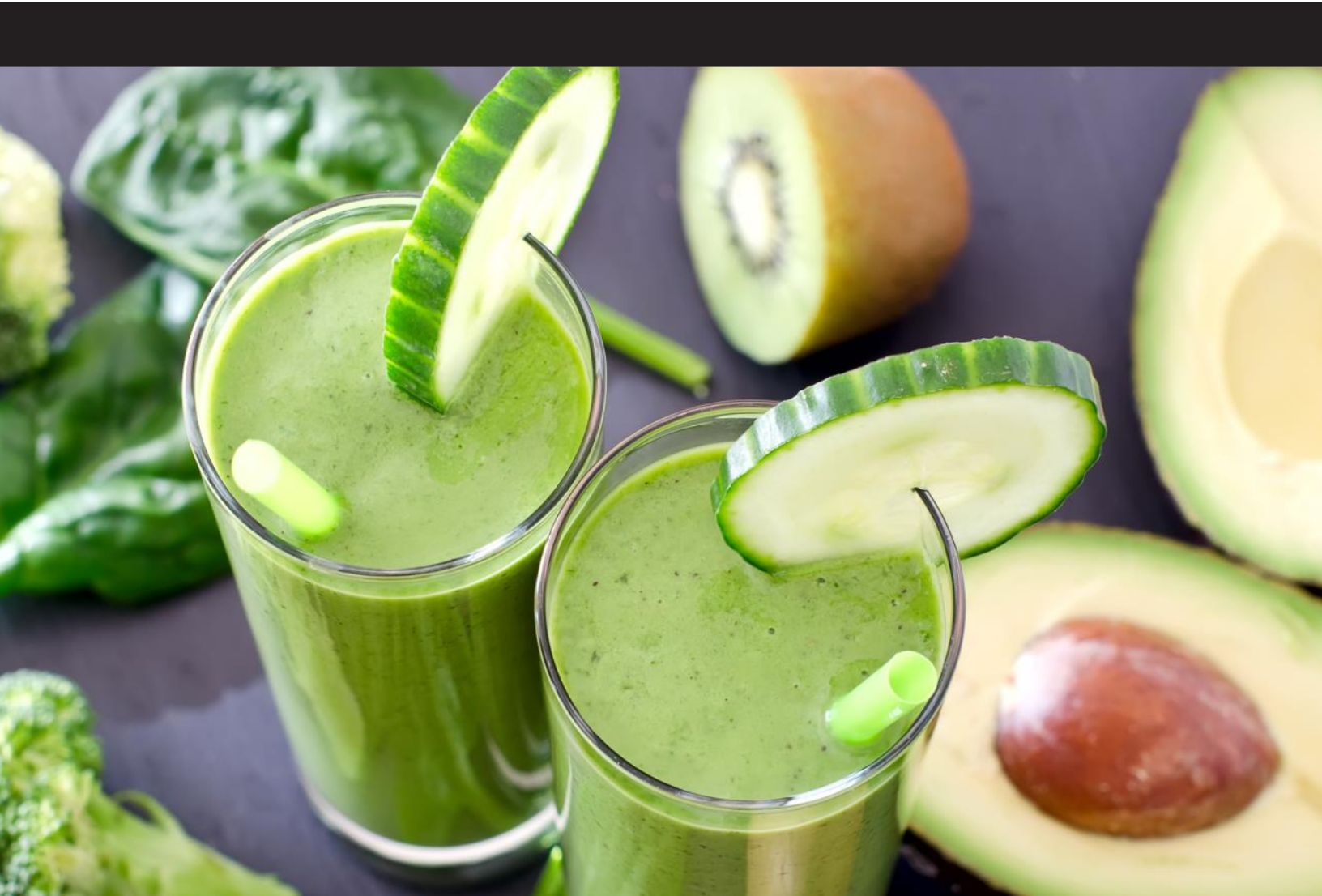
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CRANBERRY PEACH SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY PEACH WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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CRANBERRY STRAWBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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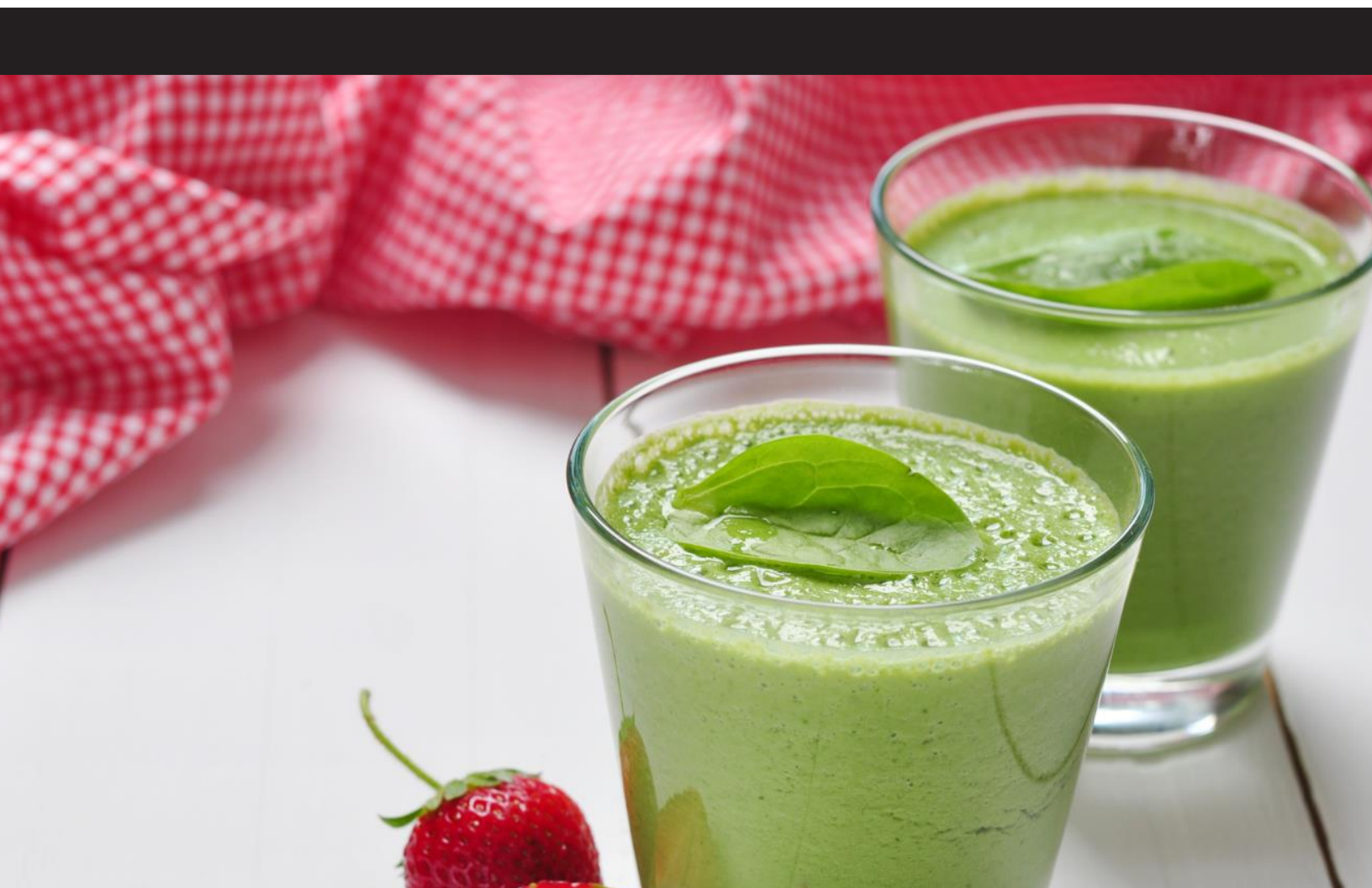
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CRANBERRY STRAWBERRY DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY STRAWBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

CRANBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

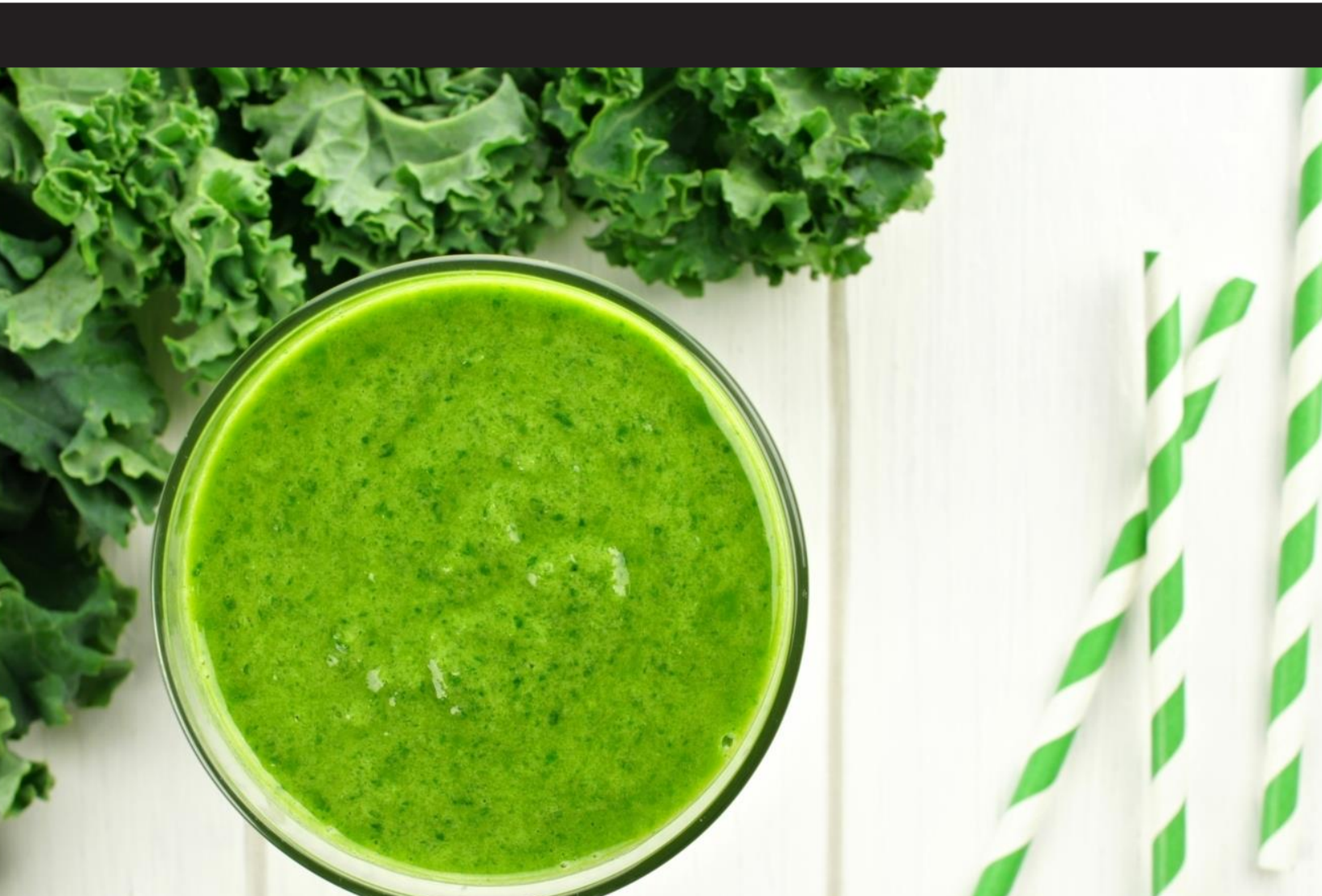
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

GRAPEFRUIT BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

GRAPEFRUIT GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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MIXED BERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Mixed Berries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

MIXED BERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Mixed Berries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

NECTARINE BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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NECTARINE BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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NECTARINE CRANBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE CRANBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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NECTARINE CRANBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

NECTARINE DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NOTES

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

NECTARINE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

NECTARINE ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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NECTARINE SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

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ORANGE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

ORANGE SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

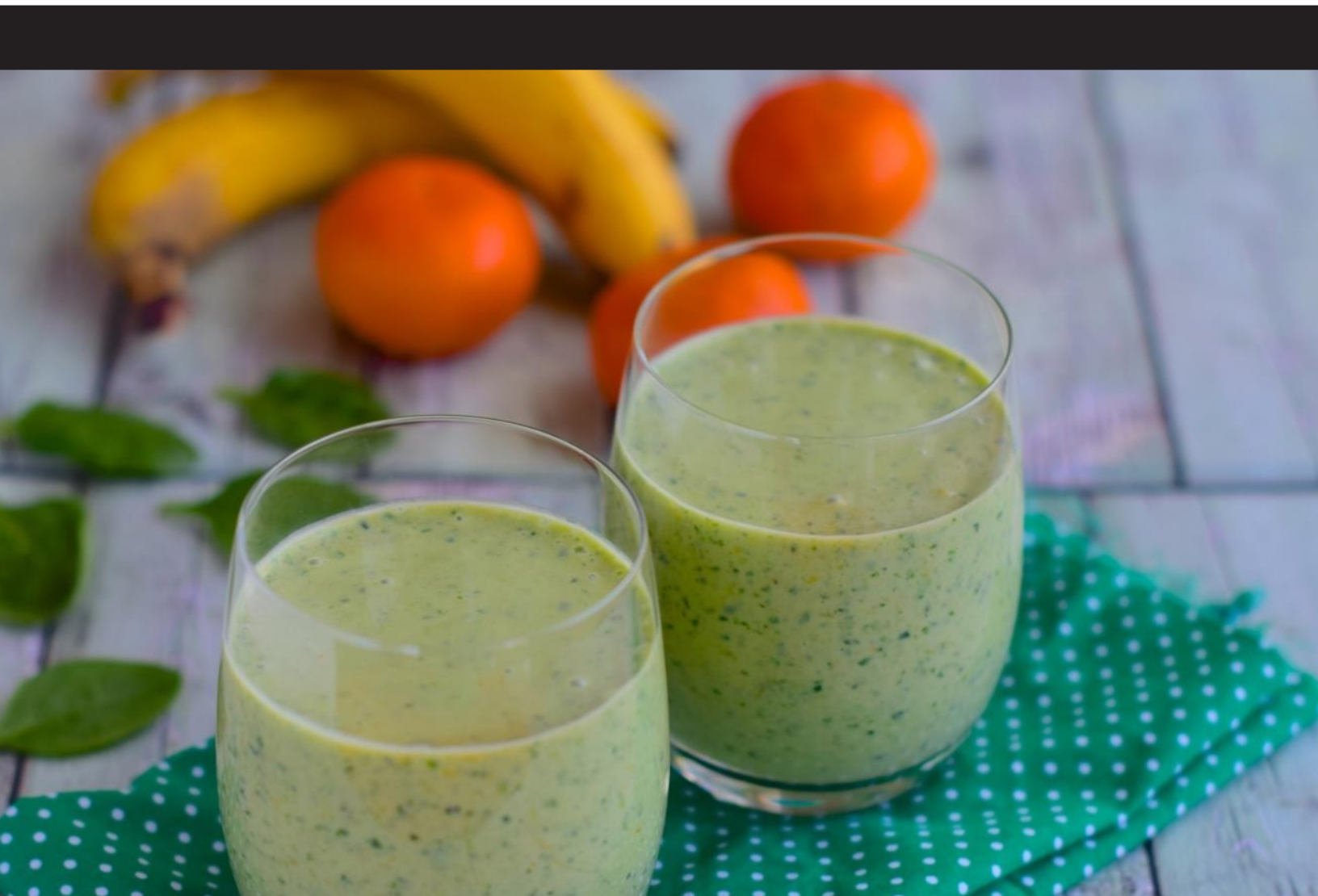
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

ORANGE WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH GRAPEFRUIT DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH GRAPEFRUIT GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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PEACH GRAPEFRUIT MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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PEACH GRAPEFRUIT WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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PEACH NECTARINE DELIGHT

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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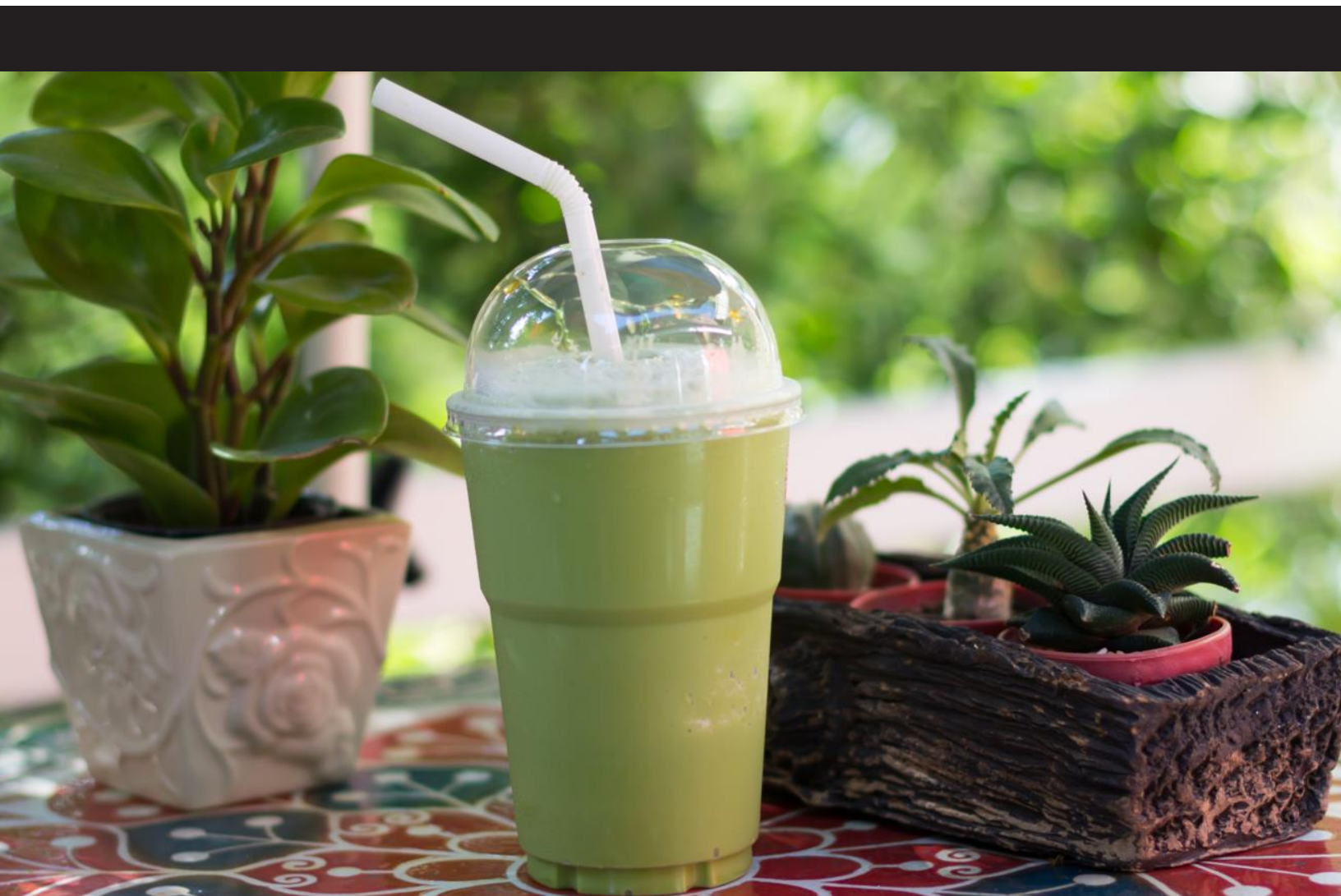
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PEACH NECTARINE DREAM

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Nectarine Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH ORANGE BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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PEACH ORANGE BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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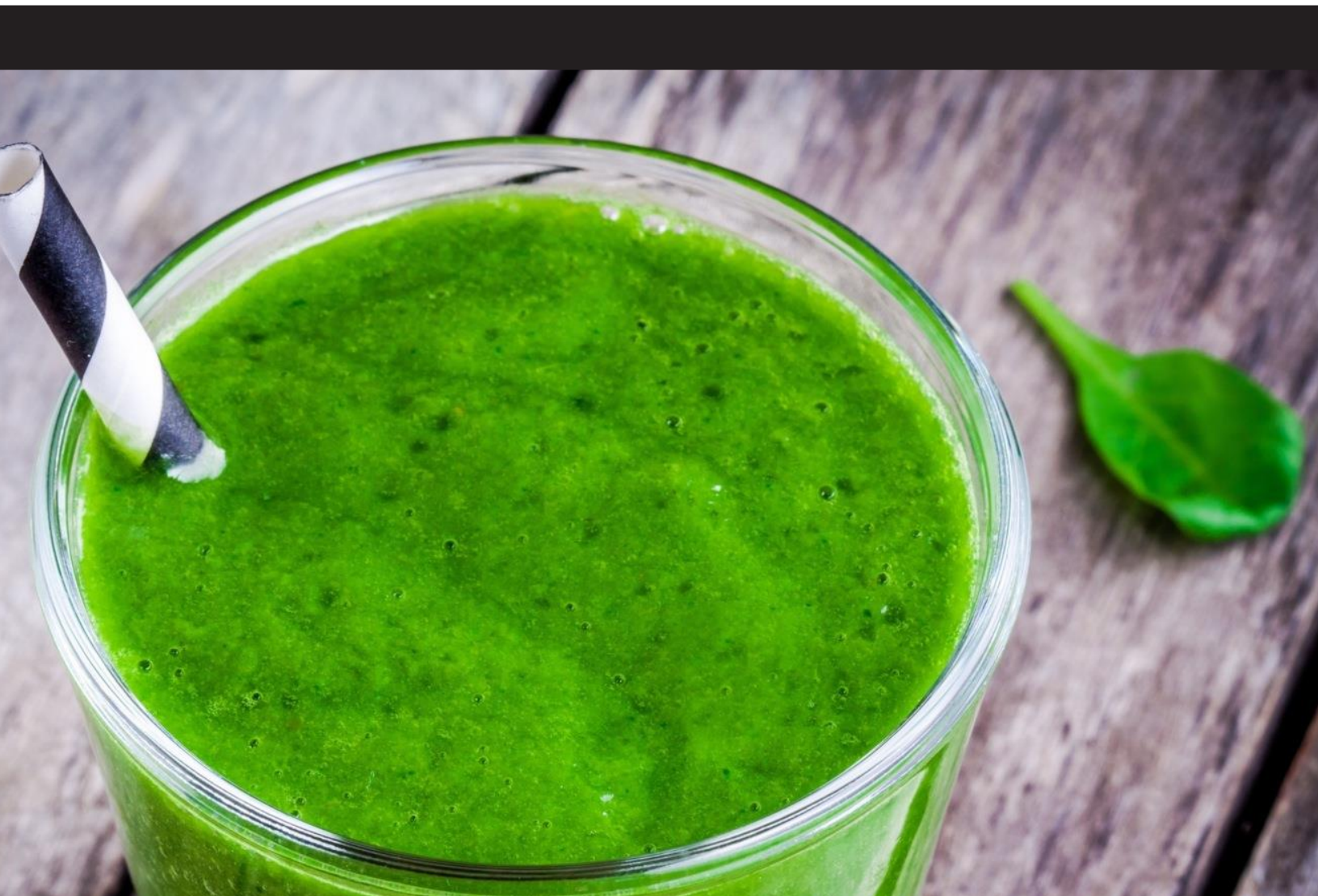
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PEACH ORANGE SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH STRAWBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

PEACH STRAWBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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PEACH WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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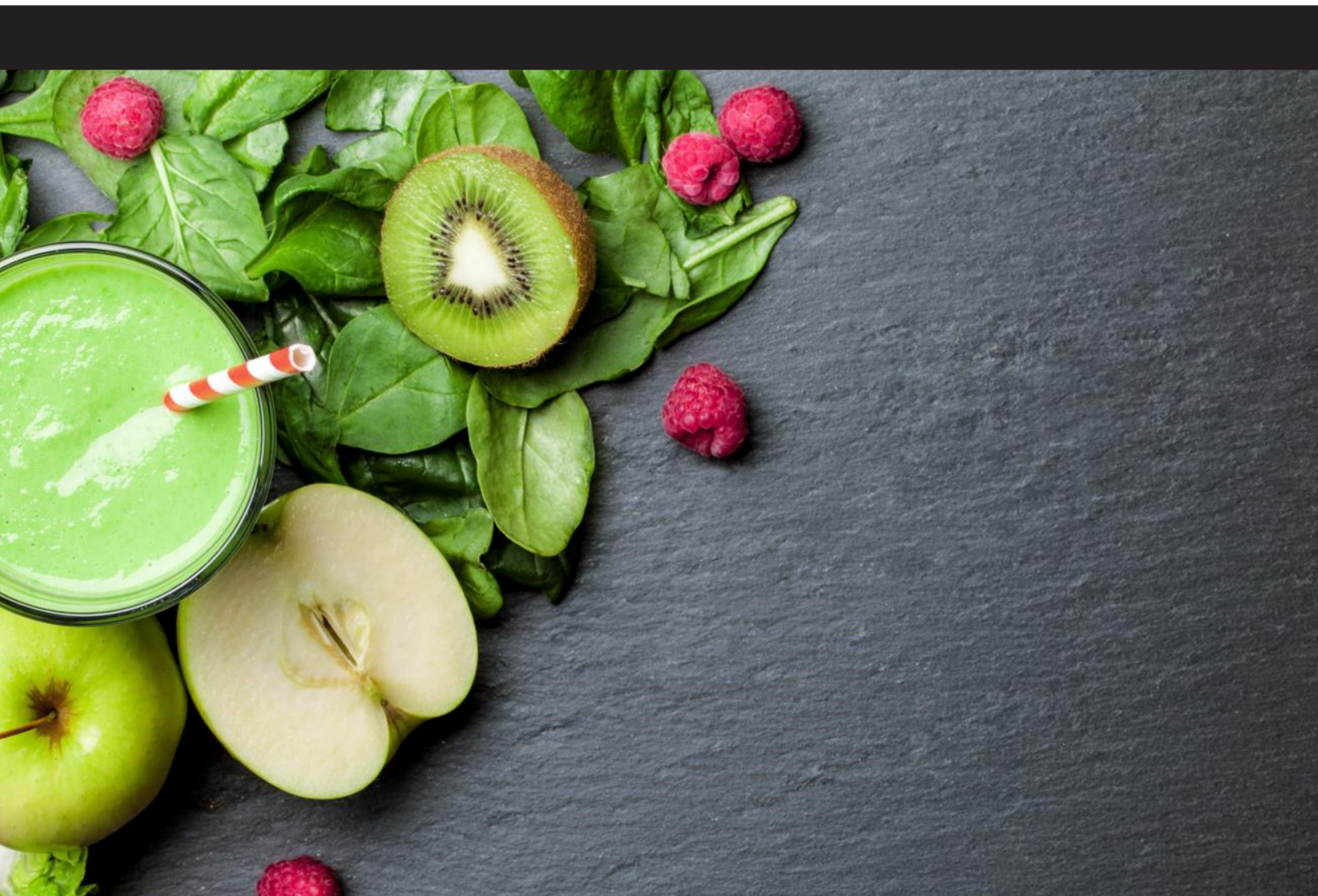
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RASPBERRY BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

TIP: Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

NOTES

*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

RASPBERRY CRANBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY CRANBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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RASPBERRY CRANBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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RASPBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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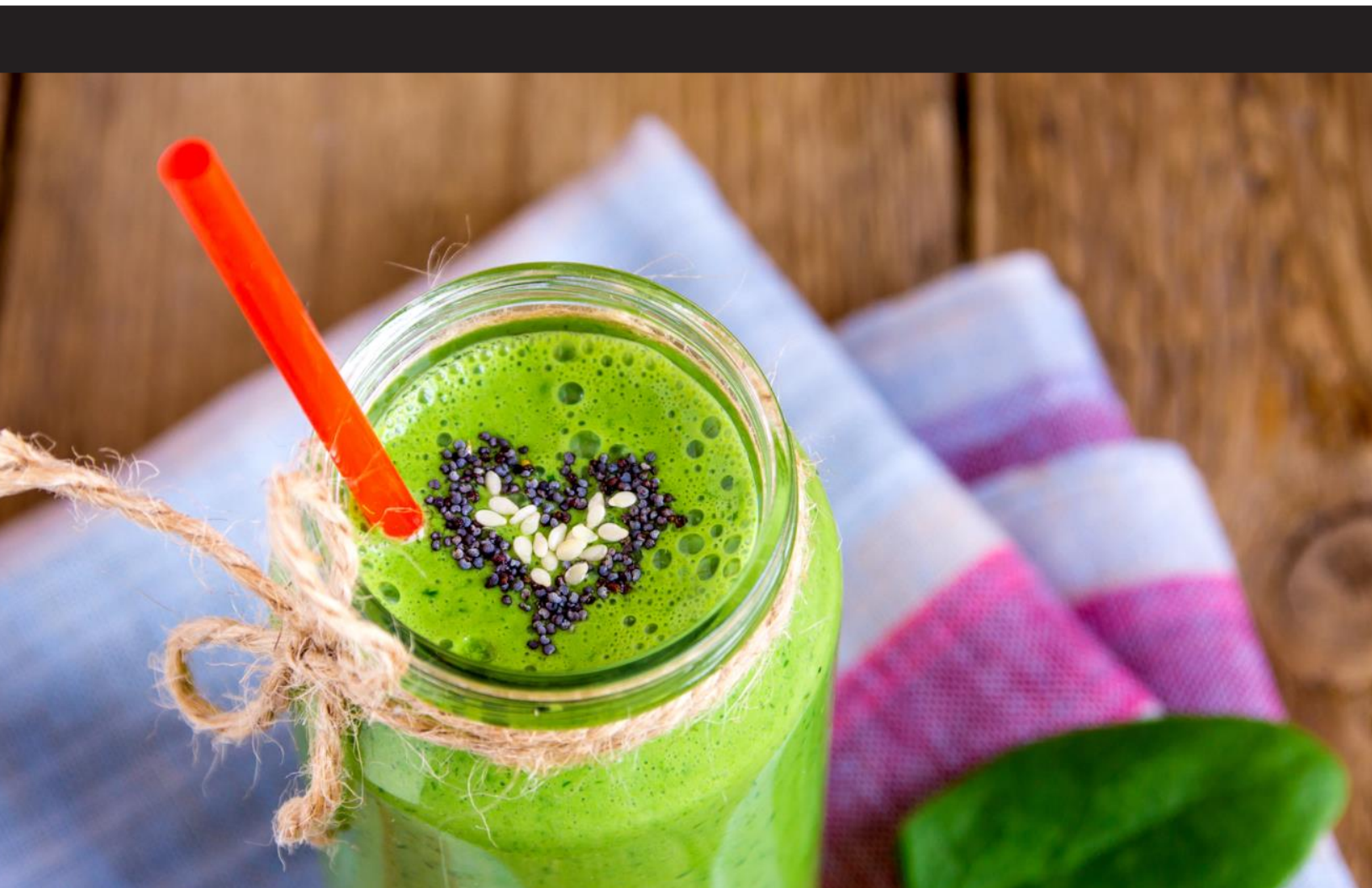
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RASPBERRY ORANGE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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RASPBERRY ORANGE GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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RASPBERRY ORANGE MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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RASPBERRY ORANGE WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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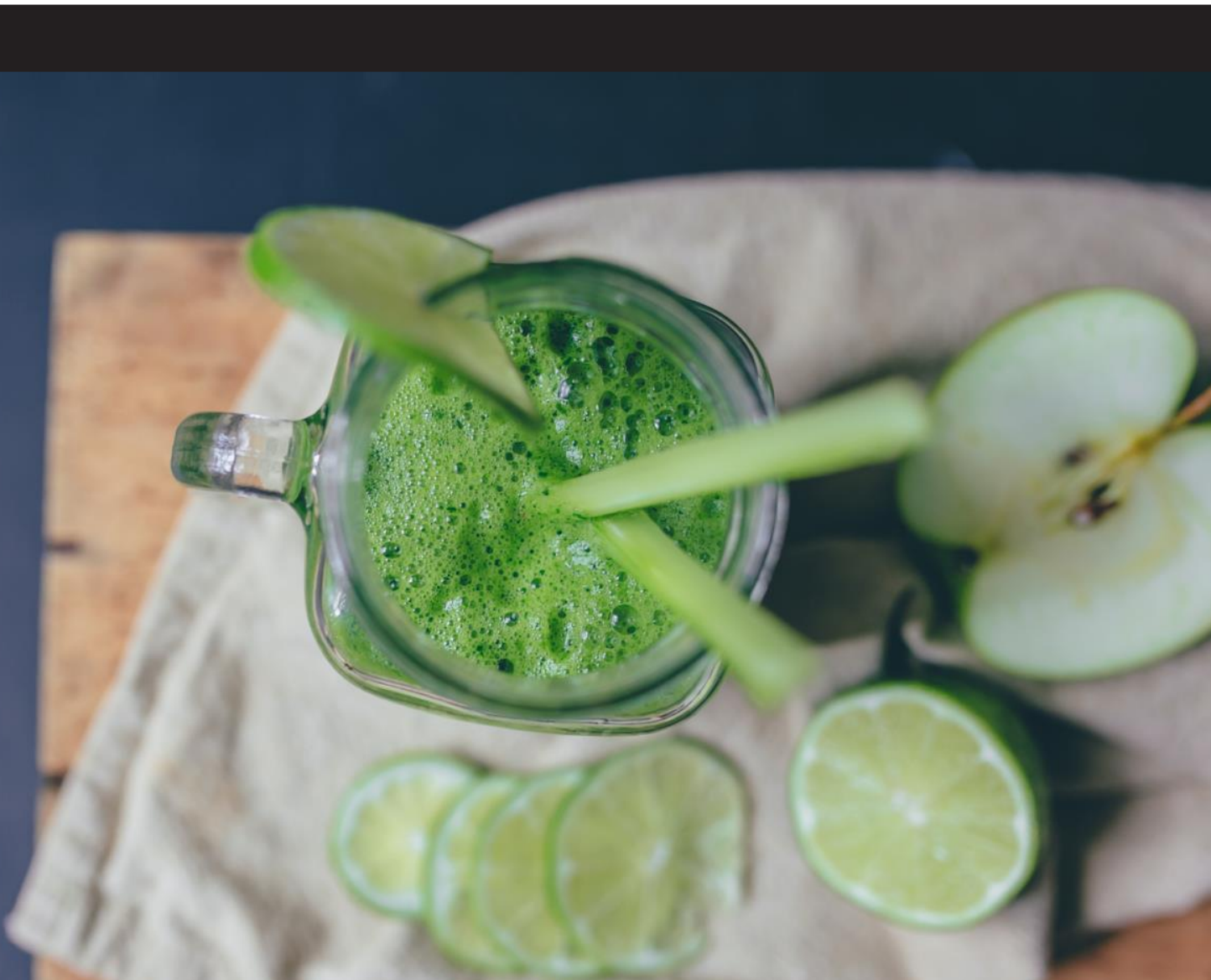
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RASPBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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RASPBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY BLUEBERRY BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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STRAWBERRY BLUEBERRY ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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STRAWBERRY BLUEBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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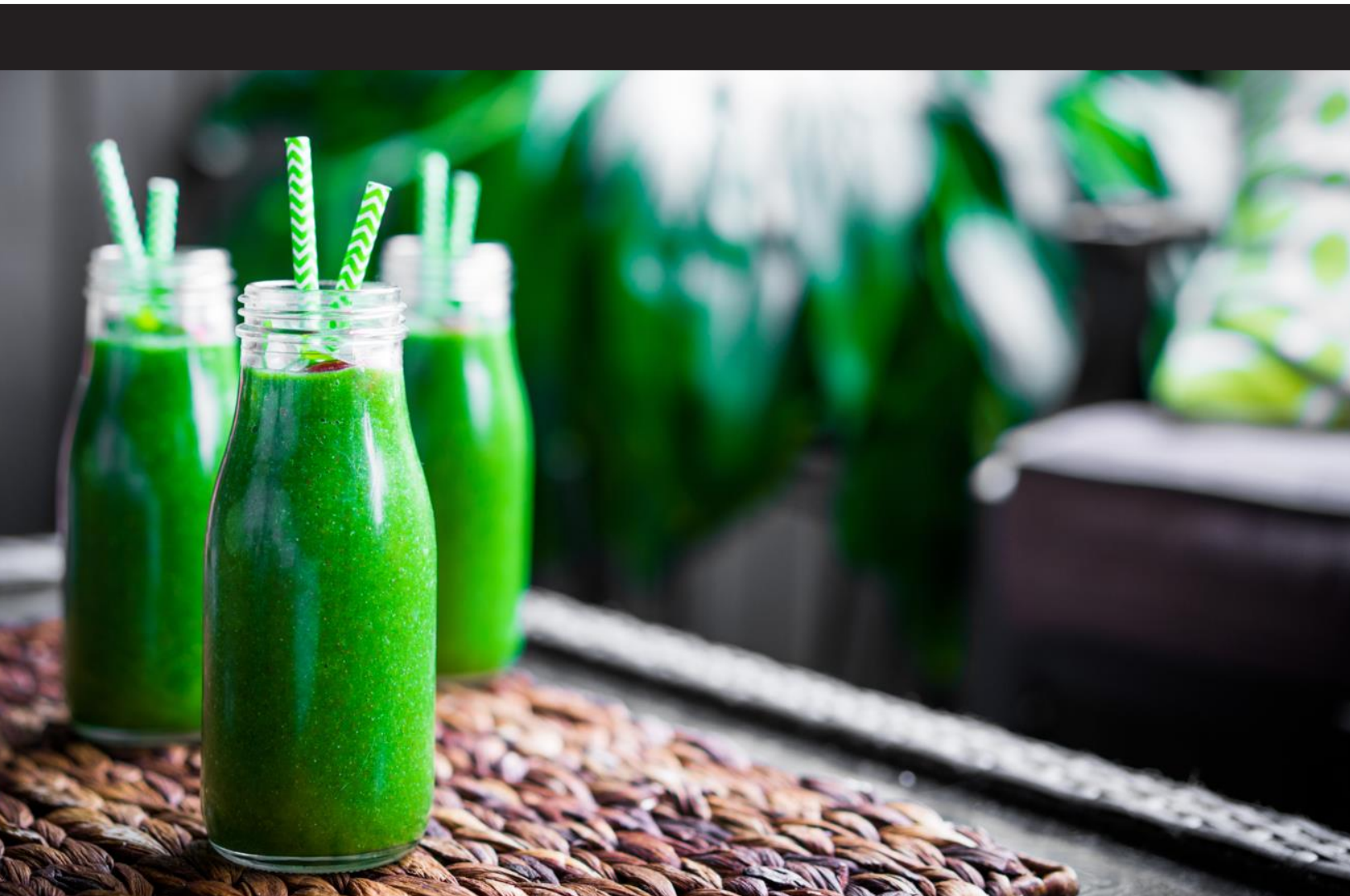
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STRAWBERRY BLUEBERRY WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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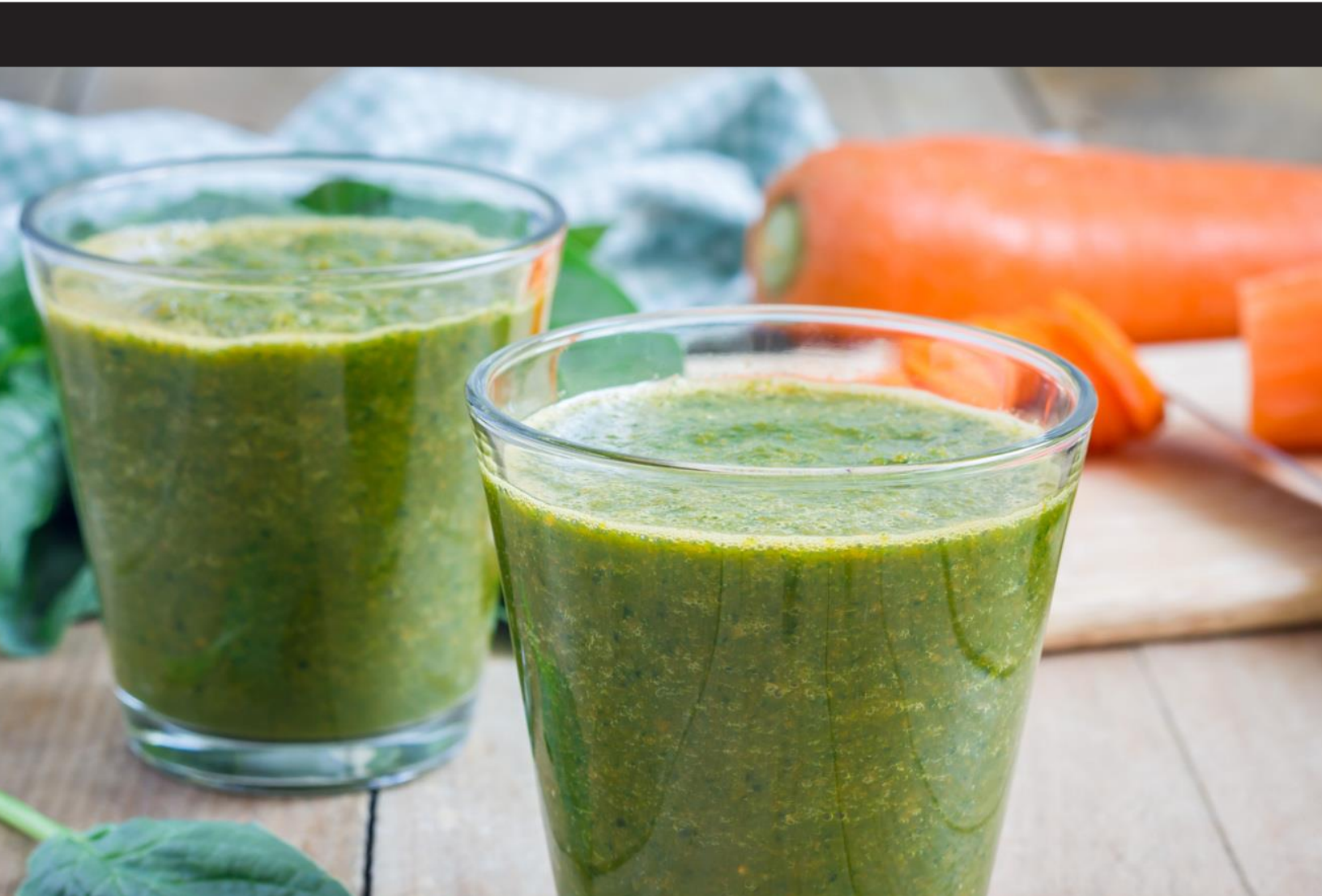
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STRAWBERRY BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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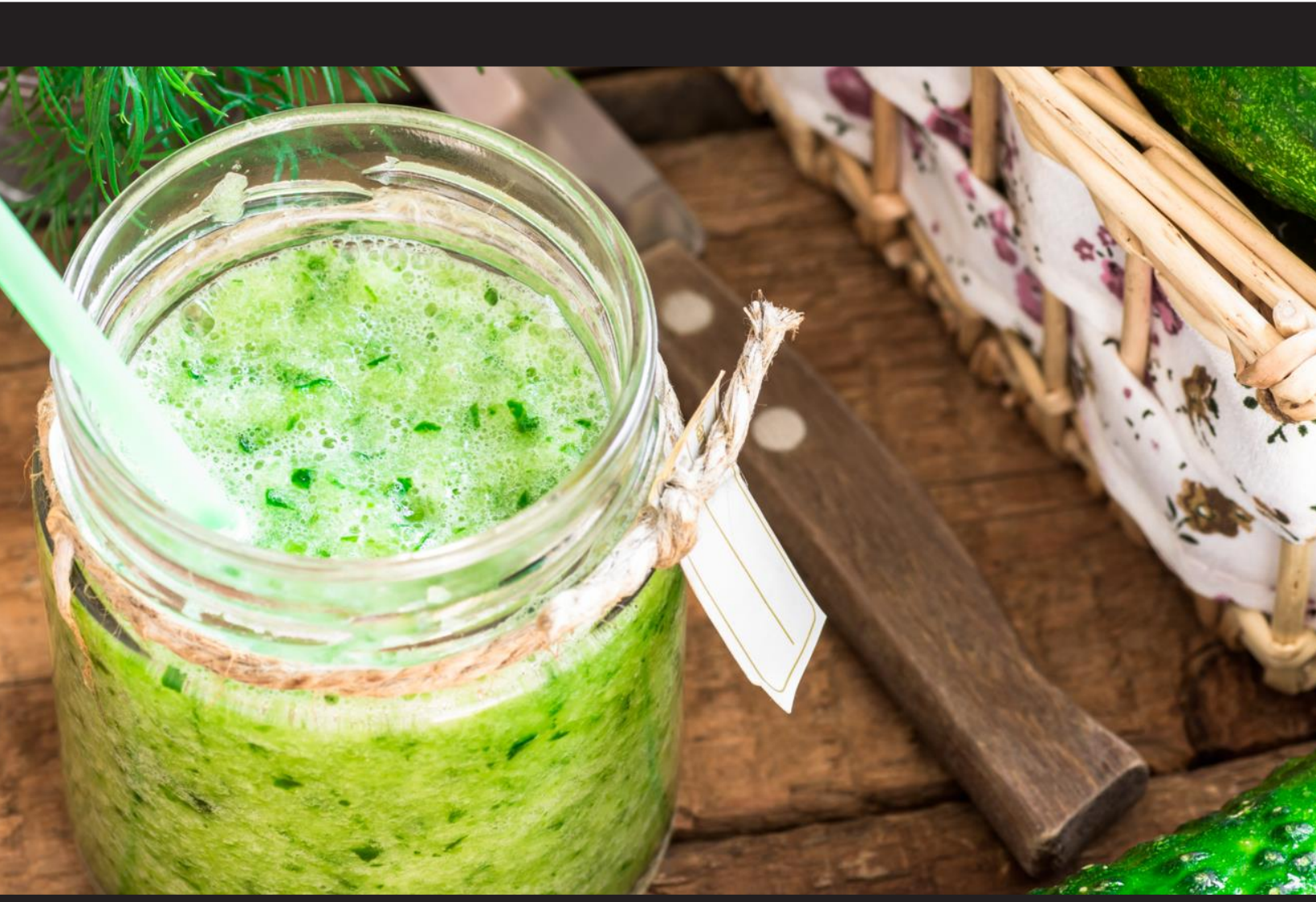
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STRAWBERRY GLEE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
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- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

**Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

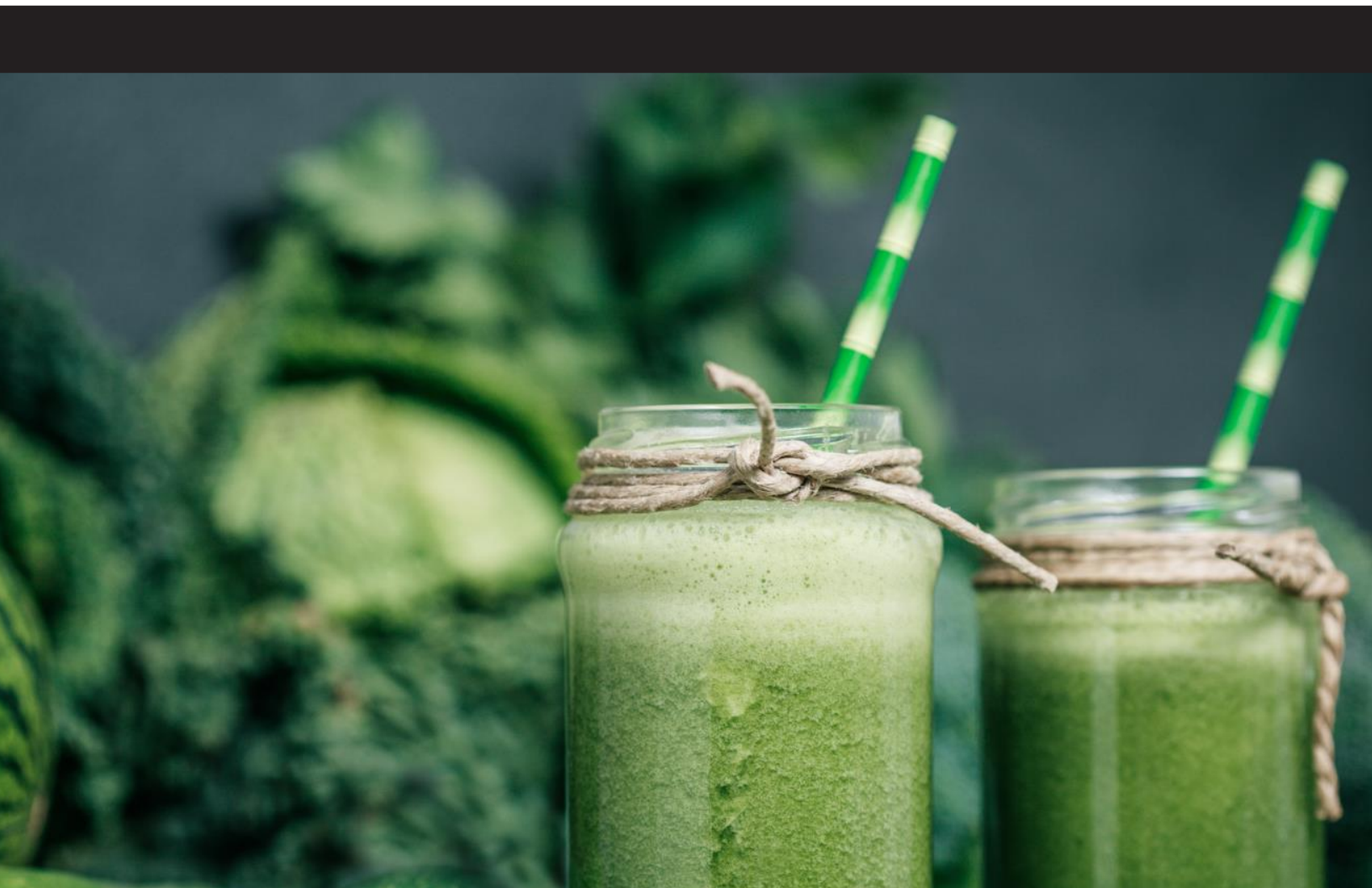
***To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

STRAWBERRY GRAPEFRUIT BREEZE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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STRAWBERRY GRAPEFRUIT MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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STRAWBERRY MAGIC

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
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STRAWBERRY ORANGE BLAST

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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STRAWBERRY ORANGE BLISS

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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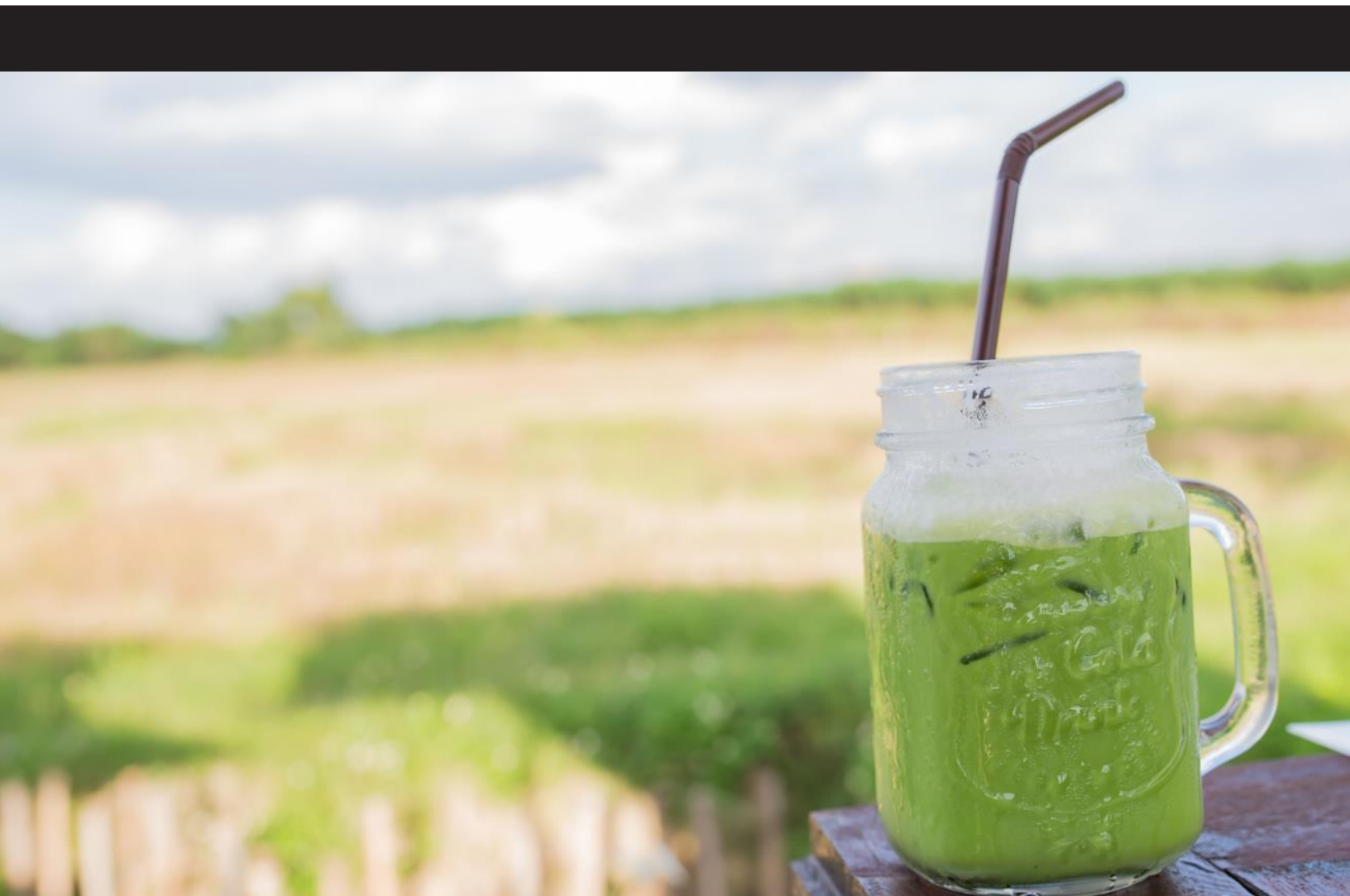
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STRAWBERRY ORANGE ESCAPE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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STRAWBERRY ORANGE WHIRL

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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STRAWBERRY SUNRISE

1 Serving Prep: 1 min Blend: 2 min Total: 3 min

4 Non-Starchy Vegetables 1 Nutrient-Dense Protein 1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass*
- 4 TBSP Clean Whey Protein**
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)***



DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
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SO MUCH TO LOOK FORWARD TO...

SANE eating is a lifelong, enjoyable, sustainable, simple, and delicious way of eating. **It is not a repackaging of the unsustainable calorie counting diets that failed you.**

You will learn much more about this as we start your personal weight-loss plan together in [your free half-day Masterclass](#) (reserve your seat at SANESeminar.com), but here are a few key reminders as you're getting started on your SANE journey.

I know you understand this already—otherwise you wouldn't be here—but please keep in mind that since SANE isn't a calorie counting diet, you will not suffer through the same calorie counting tools and resources that failed you in the past. For example, **memorizing endless food lists and following unrealistic minute-by-minute meal plans aren't just a pain—they cannot work in the real world**, and they cannot work long term.

Life is crazy. Things happen. And heck, people have different tastes in food, so while minute-by-minute “eat exactly this right now no matter what” endless lists might make for good reality TV, if they worked in the real world, you would have already met your goals. **To get a different result (long-term fat loss and robust health), you MUST take a different approach.** That's what you will find here.

If you approach your new SANE life calmly, gradually, and with the next 30 years in mind rather than the next 30 days, **you will learn the underlying principles that enable you to make the SANE choices easily—forever.**

Think of your new approach as the difference between memorizing the sum of every possible combination of numbers versus learning the underlying principles of how addition works. Once you understand addition, lists and

memorization aren't necessary as you know what to do with any combination of numbers—forever.

The same thing applies with food. Once you understand the new science of SANE eating, **you will know exactly what to eat (and what to avoid) everywhere you go—forever—without any lists** or any memorization.

This new approach changes everything and will forever free you from all the confusing and conflicting weight-loss information you've been told. So please allow me to congratulate you on coming to the life-changing realization that **to get different results than you've gotten in the past, you must take a different approach than you used in the past!**

The great news is that when you combine a calm, gradual, long-term, and progress vs. perfection mindset with your scientifically proven SANE tools, program, and coaching, you are **guaranteed to burn belly fat, boost energy, and enjoy an unstoppable sense of self-confidence!**

Your new SANE lifestyle has helped over 100,000 people in over 37 countries burn fat and boost health *long-term*....and it will do the same for you if you let it and trust it. Thank you for taking the road less travelled...it will make all the difference!

SANEly and Gratefully,



Jonathan Bailor

New York Times Bestselling Author, SANE Founder, and soon...your personal weight-loss coach

P.S. Over the years I have found that our most successful members, the ones who have lost 60, 70, even 100 pounds... are the ones who **start their personal weight-loss plan on... our [FREE half-day Masterclass webinar](#)**. It's

your best opportunity to fall in love with the SANE lifestyle, learn exactly how to start making the simple changes that lead to dramatic body transformations, and get introduced to your new SANE family. Be sure to reserve your spot at SANESeminar.com.

Please Don't Lose Your Seat at the FREE Masterclass Seminar!

Reserve your spot now so we can start your perfect personalized weight-loss plan. Space is limited and fills-up quickly. Reserve your spot now so you don't miss out!

**[Yes! I want to reserve my spot now at
SANESeminar.com](http://SANESeminar.com)**

About the Author: Jonathan Bailor is a New York Times bestselling author and internationally recognized natural weight loss expert who specializes in using modern science and technology to simplify health. Bailor has collaborated with top scientists for more than 10 years to analyze and apply over 1,300 studies. His work has been endorsed by top doctors and scientists from Harvard Medical School, Johns' Hopkins, The Mayo Clinic, The Cleveland Clinic, and UCLA.

Bailor is the founder of SANESolution.com and serves as the CEO for the wellness technology company Yopti®. He authored the New York Times and USA Today bestselling book *The Calorie Myth*, hosts a popular syndicated health radio show *The SANE Show*, and blogs on *The Huffington Post*. Additionally, Bailor has registered over 25 patents, spoken at Fortune 100 companies and TED conferences for over a decade, and served as a Senior Program Manager at Microsoft where he helped create Nike+ Kinect Training and Xbox Fitness.

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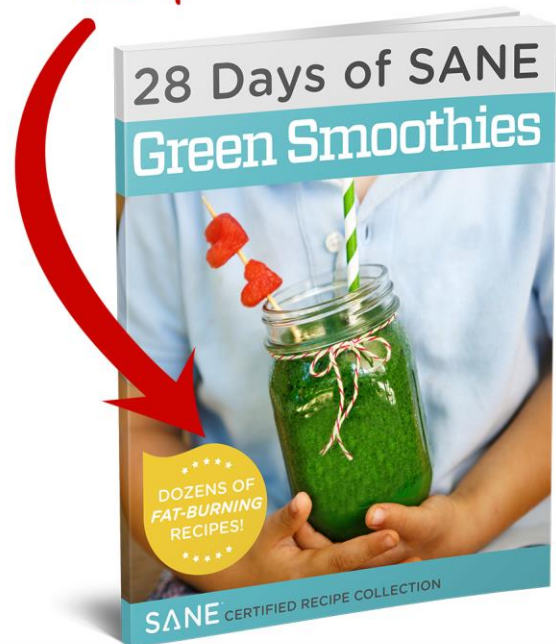
No Soy



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To my best friend, partner, and wife, Angela. Just the thought of you brings me more joy, more satisfaction, and more life than anything else I have ever experienced. You are my beloved, without reservation or qualification, as we dance into eternity.

To my heroes and parents, Mary Rose and Robert. All that I am is thanks to your love, example, and support. From the day I was born, and every day after, you have always found a way to help and love me. I live, hoping to return the favor.

To my friends and partners, Scott, Tyler, Sean, Abhishek, April, Lori, Wednesday, Josh, Jason, Andrea, and Rebecca, my delightful sister Patty, my wonderful brothers Tim, Cameron, and Branden, and my loving in-laws Terry and Carolyn. You are such treasures. Thank you for being who you are and thank you for meaning so much to me.

To you and the hundreds of thousands of other SANE family members all around the world with the courage to eat and exercise smarter. You have taken the road less traveled and it will make all the difference.

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