



WHY DRINK COFFEE WHEN YOU CAN GET A HEALTHY ENERGY BOOSTER WITH A CUP OF HOT CACAO!

This cacao drink is the best-ever substitute for coffee. Once you get this one entangled into your habits, it will be easy to drop toxic coffee. A delicious and healthy energy booster that makes coffee a second choice anytime of the day. The ingredients can be found in any health store.

- Organic raw cacao powder 3 bs
- Maca powder 1 teaspoon
- Organic goji berries 2-3 tbs
- Raw honey 1 teaspoon
- Coconut oil 1 teaspoon
- Cayenne pepper
- MSM powder 1 teaspoon
- A pinch of Himalayan salt
- Rishi mushroom powder
- Sugar free plant-based milk

Mix all dry ingredients in blender and store in dry place. Take a spoon full of the powder and blend with a cup of your favorite plant-based milk and heat up on the stove. Or blend one liter of milk with the powder and keep in the fridge ready to be heated when the urge for a coffee kicks in. Enjoy this best-ever, guiltfree heart-warming energy booster!



SIMPLE AND SIMPLY DELICIOUS WEIGHT GAINERS

Here is a list of delicious carbohydrate shakes that are easy and fast to make and will help you to gain weight in a healthy way. If you like a little more sweetness to them add a little raw honey, vanilla extract or stevia.

GUILT FREE MASS GAINER

- 1 medium to large avocado
- 2 ripe bananas
- 1 cup of vegan coconut yoghurt
- 4 Tbsp whey protein
- 2 Tbsp flaxseeds

Blend everything in a blender and add water or ice as needed to form the required thickness

BLUEBERRY DELIGHT

- 1 cup coconut milk (or any favorable sugar free plant-based milk)
- 2 ripe bananas
- 1 cup frozen blueberries (sugar free)
- 4 Tbsp whey protein
- 2 Tbsp flaxseeds

Blend everything in a blender and add more milk if needed

MOTHERS MASSIVE WEIGHT GAINER

- 1 cup of vegan coconut yoghurt
- 1 cup coconut milk
- 8 Tbsp whey protein
- 1 cup frozen mango (sugar free)
- 2 teaspoons vanilla
- 2 Tbsp flaxseeds
- 1 Tbsp chia seeds

Blend everything in a blender and add water or ice as needed to form the required thickness.



LEAFY GREEN BOOSTER SMOOTHIES

Green smoothies are packed with fiber, which lowers cholesterol and glucose levels. They help you feel fuller longer and regulates your body's cleansing process. It's a tasty way to give your body a full booster of vital nutrients like vitamin A, vitamin C, folate and potassium. Vital healthy food for a vital healthy body.

VITAMINE C BREAKFAST

One handful of kale
1 banana
1 cup of fresh pineapple
1 Tbsp honey
1 Tbsp sugar free peanut butter
A dollop of vegan coconut yoghurt
1 cup of almond milk or any favorable plant-based milk.

Mix the kale and milk in blender first to avoid the leafy kale to be cut in chunks, then add all the other ingredients and mix until smooth. Add more milk if needed.

AFTERNOON DELIGHT I

½ avocado
1 cup of pineapple
Handful of basil leaves
1Tbsp raw cacao
1 teaspoon chia seeds
1 cup of almond milk or any favorable plant-based milk

AFTERNOON DELIGHT II

½ avocado
1 banana
Handful of spinach
1 Tbsp goji berries
1 Tbsp chia seeds
1 cup of almond milk or any favorable plant-based milk

Mix all ingredients in blender and enjoy either one of these scrumptiously delicious afternoon energy boosters. Add more milk if needed.



SATISFYING WEIGHTLOSERS

BLUE FLOWER SURPRISE

- 1 scoop protein Pulver (vanilla flavored)
- 1/2 cup cauliflower
- 1 Tbsp. peanut butter
- 1/2 cup blueberries
- 1 Tbsp. chia seeds
- 1 cup of almond milk or any favorable plant-based milk (preferably sugar free)

This enticing blueberry cauliflower smoothie is packed with tons of nutrients and the creaminess of the drink is due to the cauliflower so don't let it put you off. It is simply yummy and such a satisfying weight loss delight. Mix all the ingredients and enjoy this satisfying and guilt free smoothie.

PIÑA COLADA GUILTFREE

- 1/2 cup frozen pineapple chunks
- 1 frozen banana, broken into chunks
- 1 teaspoon spirulina powder
- 1 Tbsp cacao butter (optional)
- 1 cup of almond milk or any favorable plant-based milk (preferably sugar free)

A tropical paradise drink with algae superfood. It doesn't get better than this. Mix all ingredients in blender and enjoy a afternoon zip!

BEST EVER HEALTHY GREEN

- Hand full fresh spinach
- 1 cup frozen pineapple
- 1 cup Frozen mango
- 1 banana
- water

Mix all ingredients in a blender. I cut fresh pineapple and mango and freeze in portions. That saves me time and money. Nothing more to add than a smile on your face!