



JUICY JULY CHALLENGE

"Power Me Up"

Week One - Smoothie Recipes

Brought to you by:
@Maison de Lunel

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Week One - Smoothie Recipes

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GO... GO... GO... Green!

200ml Coconut Water
1 Lime - juice of
1/2 Apple - remove the core
1 Large Handful of Spinach
1/3 Pineapple
1/2 Cucumber
1/2 Avocado (Ripe)

*What a way to start the Juicy July Challenge!
This week is all about the Go To Smoothies and this one is
certainly going to motivate you!*

Meal Replacement:

This is a mighty mean-green smoothie perfect for breakfast, lunch or dinner. Why not add a tbsp of seeds to give it an extra boost!

What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / /until smooth

Tips:

I like to put the liquids in first - doesn't make a difference to the final product, but I find it's better to have your liquids at the bottom as opposed to sitting on top.

You don't have to peel the cucumber - it makes it a little rougher but certainly not unpalatable

I use a fork to get the most out of my limes

Facts:

Pineapple is also a great source of manganese and the proteolytic enzyme Bromelin (mostly found in the core) - it's a powerful anti inflammatory.

Avocados were made for smoothies - the fats of the avocado are a rich source of omega-3 fatty acids - which help to lubricate the joints - furthermore their flesh contains a favourable balance of potassium and sodium that can help lower blood pressure.

Tangy Thursday

200ml Coconut Water
1/2 Orange - remove skin
1/2 Grapefruit - remove skin
1/3 Pineapple - remove skin
3cm Ginger Root - skin lightly scraped
1 Beetroot - well scrubbed & chopped
1 tbsp Seeds

*Bursting with zesty and refreshing flavours
citrus fruits are legendary for their vitamin C content...
and they're rich in alkalising and detoxifying phytonutrients.
Regular consumption provides a super boost
for the digestive system.*

Meal Replacement:

This is a natural go to for breakfast and will set you off with a spring in your stride!

What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

When removing the peel of the citrus fruits retain
as much of the super nutritious pith as possible
- it's bursting with enzymes

Facts:

Citrus fruits are full of antioxidants and renowned for their
Vitamin C content which helps the body to absorb non-haem
iron - iron from plant sources.

Coconut water has a naturally refreshing sweet, taste which
makes it such a wonderful base for smoothies. It's a pure and
perfect balance of electrolytes - popular with athletes
because it contains easily digested carbohydrates
and has far fewer calories, less sodium, and
more potassium than a sports drink!

Green Warrior

200ml Coconut Water
1 Celery stick
1/3 Cucumber
1 Large Handful of spinach
1/2 Courgette
1/2 Avocado - ripe
1/2 Carrot

By consuming all of these vegetables in their raw state you really are optimising all of their abundant nutrients!

Meal Replacement:

This is a wonderful mid-morning or mid-afternoon booster
Feel free to add a tbsp of seeds or hemp powder to give it some added texture and nutrients.



What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

I always leave the skin on my root vegetables
just make sure they are well washed and rinsed

Facts:

The high water content in the celery and cucumber means that they're low in calories and packed with highly bioavailable (easily absorbed) nutrients; furthermore, they will help to flush out toxins and keep you hydrated.

Courgettes, like their relations melons and cucumbers, also contain a high volume of water and bioavailable nutrients. They are also a wonderfully rich source of Vitamin C and folate and their phytonutrients aid water balance.

Berry Harmony

200ml Oat Milk
1/3 Cucumber
1/2 Avocado
1 Large Handful of Spinach
1 Cup of Berries - Go Large!
1 Handful of Mint Leaves
1 tbsp of Seeds

If only everyday could be Saturday!

Meal Replacement:

A wonderful mid-morning or mid-afternoon booster. The seeds will add to the texture and nutritional content... furthermore their slow releasing energy will leave you feeling fuller for longer and avoid any sugar cravings!

What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

It's great if you can get fresh berries -
but frozen ones can offer the same, if not better, nutritional punch

Facts:

July is a wonderful month for all sorts of fresh berries: bursting
with flavour, colour and a plethora of vitamins and antioxidants.

Blueberries: some of the highest levels of active antioxidants
per serving of any food!

Raspberries: super rich in betacarotene, Vitamin C & folate

Strawberries: contain manganese, folate potassium,
B vitamins & beneficial flavonoids.

Blackberries: contain both insoluble & soluble fibre -
great for removing toxins from the gut.

The Smooth Operator

200ml Coconut Water

2 Pears

1/2 Lime - juice

1 large slice of Fennel

1/2 Courgette

1/3 Cucumber

1/2 Ripe Avocado

1 Large Handful of Spinach

*This is a deliciously thick and creamy smoothie...
luxuriously velvety and the fennel just gives it an extra twist!*

Meal Replacement:

Great for Lunch, but equally lovely and
soothing anytime of the day!

What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

I have suggested just using the juice of the lime -
but you can leave the peel on if you want to lift it up a notch!

Facts:

Pears are simply an amazing fruit - they're a cooling, uplifting
low-allergy fruit and an excellent source of pectic (water-soluble
fibre), natural healing enzymes; plus they contain useful amounts
of beta carotene and B vitamins too!

Since Roman times fennel has been hailed for it's ability
to soothe the digestive system, it also helps to relieve
water retention and regulate hormones. A low calorie
source of a range of antioxidants and
anti-inflammatory volatile oils.

Essential Comfort

200 ml Almond Milk

2 Large Handful of Spinach Leaves

2 Bananas - frozen optional

1/2 Apple - core removed

1/2 Green Pepper (deseeded)

1 tbsp Hemp Powder

1 tbsp Seeds or Peanut Butter

Fresh or frozen bananas make any smoothie just a little more comforting and yummy... they are definitely a staple in the smoothie lover's cupboard...

Meal Replacement:

This is definitely a **Go To** energiser - makes a great lunch replacement because it's just so good!



What to do:

Add ingredients in the order listed and blend
Blend for about 20 seconds / until smooth

Tips:

Almond milk is really easy to make at home -
in your blender or juicer - I'll be sharing a recipe with you
over the coming few days.

You might want to add a whole apple (*remove the core*) or
swap the apple for a pear?

Facts:

Bananas are rich in potassium, essential for maintaining blood
pressure at healthy levels; they are also natural antacids,
which gives them their soothing properties.

Ripe bananas consist of nearly 90% natural
slow releasing sugars - *ideal for busy people!*

Tropical Tuesday

200ml Coconut water
15 Grapes - black or white
1 Pear
1/3 Pineapple
1 Large Handful of Spinach
1/2 Green Pepper (deseeded)
Banana 1

This is a tropical holiday in a glass - another great Go-To smoothie - full of fresh raw energy and a twist of happiness!

Meal Replacement:
This smoothie is a great replacement for
any meal!

What to do:

Add ingredients in the order listed and blend

Blend for about 20 seconds / until smooth

Tips:

Choose seeded varieties as the “pips” are where all the Vitamin E and linolenic acid is concentrated

Facts:

The tannins (*powerful flavonoids and their aromatic compounds*), in the grapes, are powerful antioxidants and contribute to glowing skin and an overall feeling of wellbeing from the inside out!

Furthermore, grapes contain slow release carbohydrates that assist with blood glucose control. Part of the nightshade family (includes tomatoes, aubergines and potatoes), peppers are rich in antioxidants to benefit the heart and eyes.

Their vitamin C content is twice that of the average orange, great for boosting collagen levels.