

DUMP THE JUNK

5 Day Mini Cleanse

Smoothie Recipes

Chocolate Covered Banana

- 2 scoops chocolate Life Shake
- 8 oz. fat free milk
- ½ banana
- Ice

313 calories

Strawberry Banana

- 2 scoops strawberry Life shake
- 8 oz. fat free milk
- 3 large strawberries
- ¼ banana
- Ice

304 calories

Pina Colada

- 2 scoops vanilla Life Shake
- 8 oz. fat free milk
- ½ cup pineapple chunks
- ½ tsp coconut extract
- Ice

240 calories

Strawberry Apple Banana

- 2 scoops strawberry Life Shake
- 8 oz. fat free milk
- ½ apple
- ½ banana
- handful spinach
- Ice

377 calories

Orange Crème Delight

- 2 scoops vanilla Life Shake
- 8 oz. fat free milk
- 1 clementine
- Ice

235 calories

Peanut Butter Cup

- 2 scoops chocolate Life Shake
- 8 oz. fat free milk
- 1 tsp organic peanut butter
- Ice

291 calories

Dressing Recipes

GARLIC-HERB VINAIGRETTE

- 1/2 cup raw apple cider vinegar
 - 1-2 tablespoons dijon mustard
 - 3 garlic cloves, minced
 - generous pinch of sea salt and black pepper
 - 2 tablespoons fresh herbs or 2 teaspoons dried (basil, oregano, chives, and thyme are all nice)
 - scant - 1 1/2 cups extra virgin olive oil
1. Combine all ingredients except olive oil in a jar. Stir well with a fork.
 2. Add olive oil, cover tightly, and shake well until combined. You can also use a blender and drizzle the oil in slowly while it is running.
 3. Serve over your basic green salad with added chopped vegetables.

FRENCH DRESSING

- 1 squirt of mustard
- 1 Tablespoon tomato paste
- 1/3 cup olive oil
- 1/4 cup white wine vinegar
- 1 Tablespoon of honey (optional)
- 1/2 tsp onion powder or small chunk of fresh onion

Put all ingredients in a small blender and blend until smooth.

ZESTY ITALIAN DRESSING

- 3 Tablespoons white wine vinegar
- 1 small squirt of Dijon mustard
- 1/4 cup olive oil
- 1/2 tsp onion powder
- 1-2 cloves finely minced garlic
- 1/2 tsp each of thyme, basil and oregano
- Salt and pepper to taste

Pull all ingredients in small jar and shake vigorously.