



new beginnings:
14 DAY SMOOTHIE CHALLENGE

Hello, my wellness warrior

Welcome to the 14-Day *New Beginnings* Smoothie Challenge. I am so excited that you are joining me for this adventure! You're in the right place if you want to hit the reset button on your health and unlock the secret to feeling fabulous every day!

As you know, my name is Talia and I am a nutrition consultant turned life coach. One of my jobs is to help people reclaim their natural energy and revitalize body, mind, and spirit. Does that sound like something you've been hoping for?

If you are anything like I used to be, you are endlessly searching for natural ways to support your body's systems. You're tired of feeling lethargic, sluggish and dependent on any source of caffeine you can get your hands on. Oh, sister, I feel your pain!

My own health history includes a prolonged journey to achieving optimal health. Not too long ago, I was trapped in an eating disorder. I experienced countless mental & physical health issues because of this. I remember asking myself if my life would ever be different – if I would ever not cower over the scale weighing myself, controlling and stressing over food. Many of my clients wonder if they will ever experience relief from digestive issues, be able to cut out the junk food and feel naturally energetic and if they will EVER experience a peaceful night's sleep and wake up ready to meet the day.

Then, a miracle occurred in my life and I was introduced to the idea of holistic health and intuitive eating. I had that ah-ha moment where I realized that my problems were mostly the byproduct of a diet industry and my desire to have someone else hand me "the magic formula" to lose weight and actually become healthy. Since that moment, I've worked to turn my mental and physical health around.

I went on a pursuit of ultimate health and immersed myself in all of the tools that could mend my mind and body, from the inside out.

Now, I'm honoured to help other women do the same.



In this challenge, you'll be incorporating smoothies into your daily life.

For two weeks, you'll be drinking, at least, one smoothie per day from the recipes provided. Though it might sound like too simple of a change, it can cause a monumental shift in your health. It's the small changes in your eating and lifestyle habits that will help you step into the health and happiness that you deserve.

Are you ready to kick the sugar cravings, lethargy and bloat to the curb and welcome awesome sleep, a better mind-mind-body connection and easy weight loss into your life?

Let's get this party started!

Talia





THE BENEFITS OF SUPER SMOOTHIES

Everyone asks me the same question – “Why are smoothies so awesome?”

Smoothies are miraculous in so many ways. They are:

- Chock-full of vitamins, enzymes, and minerals
- Easy to digest, which means optimal assimilation of nutrients (those little buggers get to where they need to go quickly and get soaked up by your cells)
- Great for stabilizing blood sugar (you will see each smoothie here has a healthy fat, and fat is key for blood sugar stabilization)
- A fabulous way to consume a variety of different fruits or vegetables at one time
- Terrific for cleansing the body of toxicity
- An easy way to add more fiber to your diet for optimal bowel function
- A great source of natural energy
- The best on-the-go meal





HOW SMOOTHIES RESTORE GUT HEALTH

Most people aren't taught that there is a direct link between the state of your digestive system and your overall health. In fact, many people don't even realize how important the gut actually is.

The majority of your immune system is located in your gut. Therefore, if your gut is unhealthy, your entire body is unhealthy.

Imagine if your own health issues are a result of your gut health, and imagine how great you could feel if you fix your gut??

To understand how smoothies play a role in gut health, you have to know the causes of gut imbalance. The first is an overworked digestive system.

Just like you need a break from work, so does your digestive system. Imagine how you would feel if you worked 24/7. You'd feel like complete crap, as does your digestive system if you don't give it a break. Smoothies allow your digestive system to rest while still giving it the nutrients it needs. Allowing your digestive system to rest also conserves tons of energy.

Toxicity is also a cause of gut problems. Toxicity is in the foods we eat, the beauty products we apply, and even the air we breathe. All of those toxins bombard your gut, and if your gut is already overworked, these toxins can cause major problems. Smoothies provide your body with the nutrients it needs to work properly so that it's able to self-cleanse and push out toxins.

Consuming natural, seasonal foods a pre-digested form will allow you to access the rocket fuel energy that seemed previously only attainable with a venti Starbucks americano. You'll also be able to live better because your gut is healthy! You'll ditch the under-eye pillows, experience vibrant skin, and lose the stubborn pounds!





CHOOSING YOUR BLENDER

Before you start this challenge, you'll need to have/borrow/purchase a blender. There are countless options to choose from, but a few that are my favourites.

The "top of the line" in most people's eyes is Vitamix. It is a super powerful blender that can blend smoothies, as well as make nut butters and soups. However, at around \$599, it is a big investment.

Blendtec is another option similar to Vitamix and costs less, being slightly cheaper while still having great power.

I personally use a Ninja Blender - it's perfect for all my smoothie needs!





INGREDIENTS FOR THE ULTIMATE SMOOTHIE

Making a smoothie might seem pretty basic, but there are countless options to choose from.

Here are five choices you'll need to make with your smoothies:

1. **Choose the liquid** – water, coconut water, cold herbal tea or dairy-free milk
2. **Choose the greens** – kale, spinach, parsley, Swiss chard, collards, or lettuce
3. **Choose the fruit** – ANY FRUIT GOES including...banana, apple, berries, mango, pear etc.
4. **Choose the fat/protein** – hemp seeds, hemp protein, Vega protein powder, pea protein powder, coconut oil, nut butters, avocado, coconut oil, flax or flax oil, or chia seeds
5. **Choose the superfood** – maca, raw cacao, bee pollen, shredded coconut, goji berries, spirulina, greens powder, tumeric, cayenne, Camu Camu, collagen powder or any other of your choosing.

Get funky and experiment with the different liquids, greens, fruits, superfoods & proteins!





SMOOTHIE MAKING TIPS

Since I drink smoothies on a daily basis, I also have a strategy for making it happen. Here's what I recommend for you:

- **Decide which smoothies you want for a few days, and then create your shopping list** and buy the ingredients for a few days' worth of smoothies.
- **If the morning is chilly, add warming spices to your smoothie to warm your digestion.** If you are a cool-bodied person by nature, you can add warming spices to your smoothie to improve digestion and nutrient assimilation. Try using cinnamon, nutmeg, ginger, turmeric, or cayenne. I suggest starting with a dash and then increasing to 1/2 teaspoon.
- **If you are a warm-bodied person by nature, you can add in cooling spices,** such as mint, cilantro, or cardamom.
- If you wish to lower the sugar for reasons such as blood sugar issues, diabetes or other reasons - exchange the banana for an avocado.
- Drink smoothies from mason jars or other BPA-free materials.
- **In this challenge, you should consume one smoothie per day or more.** Feel free to enjoy two smoothies per day. Smoothies make a delicious and light dinner.
- **For an extra boost of protein in the morning, feel free to add protein powder,** such as pea protein, hemp protein, quinoa protein or Vega protein powder (the one I use!)

FEEL FREE TO SWAP ANY INGREDIENTS IN THE SMOOTHIE WITH OTHER HEALTHY INGREDIENTS. SWITCH MILKS, FRUITS, TYPE OF PROTEIN POWDER etc ANY TIME YOU NEED TO





recipes

14 DAY SMOOTHIE CHALLENGE

SMOOTHIE RECIPES

Below are some of my favourite smoothie recipes. For each, simply blend all the ingredients in a blender with 3-4 ice cubes (optional). If needed, add water to reach your desired thickness. Use organic produce whenever possible. Each smoothie recipe serves two people or can be used as a substitute for one large meal.



Green Madness

- 1 cup water, or almond, hemp, or coconut milk
- 1 banana, frozen, sliced into small chunks
- ½ avocado
- Handful of parsley
- 1 cup kale or baby spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- Stevia, to taste
- ½ teaspoon vanilla (optional)

Spinach and Pumpkin Seed Power

- 1 cup water, or almond, hemp, or coconut milk
- 3 tablespoons pumpkin seeds
- 1 banana, frozen, sliced into small chunks
- 1 cup blueberries, fresh or frozen
- 1 cup spinach
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- Stevia, to taste



Cranberry Bliss

- 1 cup water, or almond, hemp, or coconut milk
- 1 cup berries, fresh or frozen
- ¼ cup unsweetened cranberry juice
- ½ avocado
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 teaspoon cinnamon
- 1 teaspoon ginger (optional)

Chocolate-Covered Berries

- 1 cup water, or almond, hemp or coconut milk
- ½ avocado
- 1 cup berries, fresh or frozen
- 1 tablespoon ground flax seeds
- 1 tablespoon chia seeds
- 1 tablespoon raw cacao
- ½ dropper of vanilla stevia

Fig Power

- 1 ½ cups water, or almond, hemp or coconut milk
- 3-4 fresh figs, washed, stems removed, and halved
- 1 banana, frozen, sliced into small chunks
- 1 cup spinach
- 1 teaspoon cinnamon
- 1 tablespoon chia seeds or flax seeds



Chocolate and Kale

- 1 cup water, or almond, hemp, or coconut milk
- 1 banana, frozen
- 1 cup of kale
- 3 tablespoons of raw cacao nibs
- 1 tablespoon of raw cacao

Green Chia Pet

- 1 ½ cup water, or almond, hemp, or coconut milk
- 1 cup berries, fresh or frozen
- ½ avocado
- 2 tablespoons chia seeds
- 1 handful of greens (spinach or kale)
- ¼ teaspoon cinnamon

Raw Love

- 1 ½ cups water, or almond, hemp, or coconut milk
- ½ avocado
- 1 cup kale
- 1 cup berries, fresh or frozen
- ¼ teaspoon cinnamon
- 5 drops vanilla extract (optional)



The Cleanser

1 ½ cups water, or almond, hemp, or coconut milk
1 cup mixed greens
½ cup berries, fresh or frozen
½ cup cilantro
¼ teaspoon turmeric
Dash cinnamon
Juice from 1 lemon

Spicy Green

1 ½ cup water, or almond, hemp, or coconut milk
1 cup mixed greens
¼ cup berries, fresh or frozen
½ avocado
1 tablespoon ginger root
1 tablespoon flax seeds
Dash cayenne pepper
Juice from 1 lemon
1 tablespoon raw honey or stevia (optional)

Gut Health

½ cup water, or almond, hemp, or coconut milk
½ cup kefir or dairy-free yogurt, unsweetened
1 cup spinach or other leafy green
1 teaspoon cinnamon
1 teaspoon vanilla extract
1-ounce aloe vera juice



Berry Blast

1 ½ cups water, or almond, hemp, or coconut milk
½ cup berries, fresh or frozen
1 cup spinach
1 tablespoon flax seeds
1 teaspoon ginger root

Immune Boost

1 ½ cups water, or almond, hemp, or coconut milk
1 cup kale
½ cup parsley
½ red pepper
1 tablespoon ginger root
5 drops stevia or 1 teaspoon honey

Berry Beauty

1 ½ cups water, or almond, hemp, or coconut milk
1 cup romaine lettuce
1 cup kale
½ cup berries, fresh or frozen
½ avocado

Glowing Green

1 ½ cups water, or almond, hemp, or coconut milk
4 kales leaves
½ cup parsley
½ apple
1 tablespoon flax meal
1 teaspoon ginger root
Juice from 1 lemon



Liver Cleanse

1 ½ cups water, or almond, hemp, or coconut milk
1 cup spinach
½ cup parsley
3 dandelion leaves
1 radish
½ grapefruit
Dash cayenne

Lemon Turmeric Flush

2 cups Water
1 Lemon, squeezed
1/2 teaspoon Ground Turmeric
1/4 teaspoon Ground Ginger
1/8 teaspoon Cayenne Pepper (optional)
1/8 teaspoon Cinnamon
1 tsp stevia or 1 tbsp honey or real maple syrup

Chocolate Powerhouse Smoothie

1 cup coconut milk
1 scoop chocolate protein powder
1/2 cup blueberries
1 cup spinach
1 banana
1 tbsp almond butter
ice



Youthful Glow Smoothie

approximately 2 cups kale or greens mix
approximately 2 cups baby spinach
2 cups pure apple juice not from concentrate
1/2 cucumber
1/2 lemon squeezed
1 banana
Ice
1 teaspoon Fresh Ginger grated

Peachy Mango Smoothie

1 cup peaches
1 cup mangoes
1 banana
1 cup orange juice (fresh, not from concentrate)
1/4 teaspoon turmeric
1/4 teaspoon ginger
Ice (optional)
vanilla

Kale Pineapple Coconut Detox

Kale Pineapple Coconut Detox Smoothie
1 banana
1 cup pineapple
1 cup coconut water or milk
2 cups kale (chopped)





BONUS

3 days of meals
14 DAY SMOOTHIE CHALLENGE

Trust me, life will never be the same once you start drinking daily smoothies! You'll reap countless benefits, and you might make the decision to start improving your eating habits overall.

To help you make that decision, I've included three days' worth of healthy bonus recipes to kick start your new lifestyle!

BREAKFAST



Day 1

Warm Detox Bowl

Serves 1

4 tablespoons chia seeds

1 cup dairy-free milk

1/2 cup oats

1 tablespoon protein powder

Dash cinnamon

1 banana

1 tablespoon shredded coconut

1-2 drops stevia (optional)

ASSEMBLE THE NIGHT BEFORE. The night before you want the Warm Detox Bowl for breakfast, place chia seeds, oats dairy-free milk, protein powder and cinnamon in a Mason jar or other sealable container, shake well and let it sit overnight in the refrigerator.

THE NEXT MORNING. Pour mixture into a saucepan and warm on low heat (this can also be enjoyed cold).

SERVING SUGGESTION. Add stevia (if desired) and top with sliced banana and shredded coconut.



LUNCH

A Blend of Greens Salad

Serves 2

2 cups mixed greens

2 Brussels sprouts, chopped

2 carrots, chopped

2 celery stalks, chopped

2 tablespoons dulse flakes (optional)

Juice from 1 lemon

ASSEMBLE THE SALAD. In a large salad bowl, add greens, Brussels sprouts, carrots, celery and dulse flakes. Top with lemon juice. Toss and serve.

DINNER

Superfood Berry Salad w/ Tahini Dressing

Serves 2

4 cups spring mix or spinach

4 hardboiled eggs, sliced in half

1 pear, cored and grated

½ head cabbage, shredded and diced

1 avocado, diced

8 cherry tomatoes, cut in half

½ cup blueberries

2 tablespoons sesame seeds



PREPARE THE SALAD. Add your mixed greens and grated pear to a bowl. Chop your vegetables and add to the bowl. Add the avocado, tomatoes, and berries and toss with dressing (recipe below). Garnish the salad with sesame seeds.

Simple Tahini Dressing

Serves 2-3

½ grapefruit, juiced

3 tablespoons tahini

¼ teaspoon garlic powder

¼ teaspoon salt

¼ teaspoon pepper

PREPARE THE DRESSING. Add the grapefruit juice, tahini, garlic, salt and pepper to a small bowl. Mix thoroughly and set to the side.

BREAKFAST

Egg Bites on the Quick



day 2

Serves 6

1 tablespoon extra-virgin olive oil

1 egg

2 cups raw spinach, chopped

2 sweet peppers, chopped

1 yellow onion, chopped

1 cup raw asparagus, chopped

Sea salt and black pepper to taste

SAUTÉ VEGETABLES. Preheat your oven to 350°F. Prepare your vegetables: Chop all the vegetables into small pieces. Add one



tablespoon olive oil to a pan and sauté the peppers, onions and asparagus. Sauté for 5-7 minutes or until the vegetables soften. Then add the spinach and sauté for an additional 2 minutes.

COMBINE YOUR INGREDIENTS. Crack egg into a bowl and mix in the sautéed vegetables. Fill each muffin tin with the egg and veggie mixture.

BAKE EGG MUFFINS. Bake for 20-25 minutes or until fully cooked.

LUNCH

Delicious Cleanse Wrappers

Serves 2

Romaine, butter lettuce, green cabbage or collard leaves (rinsed)

2 large carrots, peeled and thinly sliced or grated

½ cup of fermented (cultured) vegetables

½ red onion, minced

1 avocado, mashed

2 chicken breasts, cooked and cut into strips (sub tofu for vegetarians)

1 apple, sliced

Sea salt and pepper, to taste

Lay out your greens on a plate and put to the side. Mix together the carrots, avocado, onion and apple slices. Place some filling in each of lettuce leaves and drizzle lime juice over top, if desired.



DINNER

Roasted Winter Vegetables

Serves 2-3

2 large parsnips, peeled and chopped

2 small beets, peeled and chopped

½ pound pumpkin, chopped

2 tablespoons extra-virgin olive oil

1 teaspoon garlic powder

½ teaspoon sea salt

½ teaspoon black pepper

¼ bunch parsley, minced

Note: Pumpkin can be found in most ethnic grocery stores. If you cannot find it in a store near you, a suitable replacement is butternut squash.

PREHEAT THE OVEN. Preheat the oven to 425°F.

ROAST YOUR VEGETABLES. Place your parsnips, beets, and Pumpkin into a roasting pan. Add extra virgin olive oil, garlic powder, sea salt, and black pepper. Roast for 40 to 45 minutes.

When the vegetables are tender, remove from the oven and let it cool for 5 minutes. Top with minced parsley to serve. Enjoy!





day 3

BREAKFAST

Super Seed Muesli

Serves 2

1 ¼ cups non-dairy milk

1 teaspoon vanilla

1 teaspoon cinnamon

1 teaspoon ground ginger

1 teaspoon coconut oil (optional)

¼ cup sunflower seeds

¼ cup pumpkin seeds

¼ cup ground flax seeds

¼ cup goji berries

2 tablespoons dry coconut, unsweetened

1 tablespoon of raw honey or 5 drops of stevia (optional)

WARM YOUR MILK. In a small saucepan, add your non-dairy milk over a medium low flame. Warm the milk for 2 to 3 minutes. Make it as hot as you can stand it without boiling. Add vanilla, liquid sweetener, cinnamon, ground ginger, and coconut oil (optional).

MIX YOUR CEREAL. In a cereal bowl, add your sunflower seeds, pumpkin seeds, flax seeds, goji berries, and coconut.

SERVE YOUR MUESLI. Add fresh berries and other dried fruit to your liking.



LUNCH

Rainbow Salad w/ Mustard Vinaigrette

Serves 2

1 cup dandelion leaves, chopped

1 cup red cabbage, chopped

1 large carrot, shredded

½ cup parsley, chopped

Mustard Vinaigrette

¼ cup raw apple cider vinegar

1 tablespoon Dijon mustard

⅓ cup extra-virgin olive oil

1 small garlic clove, minced

1 lemon, juiced

Liquid sweetener to taste

Sea salt to taste

Black pepper to taste

PREPARE THE DRESSING. In a small bowl, add raw apple cider vinegar, Dijon mustard, extra virgin olive oil, garlic, lemon juice, liquid sweetener, sea salt, and black pepper. Whisk until well incorporated. Set to the side.

ASSEMBLE THE SALAD. In a large salad bowl, add dandelion leaves, red cabbage, shredded carrot, and chopped parsley. Top with mustard vinaigrette and mix until well coated. Serve immediately.



DINNER

Classic Cauliflower Mash with Sage Mushroom Gravy

Serves 2

Mushroom Sage Gravy

- 1 tablespoon extra-virgin olive oil
- 1 small yellow onion, minced
- 1 large celery stalk, minced
- 2 teaspoons poultry seasoning
- ½ teaspoon sea salt
- 1 cup mushrooms, thinly sliced
- 3 cups vegetable broth (or another of your choice)
- 2 tablespoons arrowroot powder
- ½ cup cold water

Mashed Cauliflower

- 1 head cauliflower
- ¼ cup dairy-free milk of your choice
- ¼ teaspoon salt
- ¼ teaspoon pepper

PREPARE THE ROUX. In a small bowl, mix the arrowroot powder with ½ cup of cold water. Mix until it is smooth with no lumps. Set to the side to add to your gravy.

MAKE THE GRAVY. Take a large pot and add your extra-virgin olive oil. When the oil is hot, add the roux. Stir the roux until brown. Add minced onion. When the onions are translucent, add the minced celery, sliced mushrooms, poultry seasoning, and sea salt. Sauté until soft. Add the 3 cups of vegetable broth and stir. Taste and adjust for seasoning. Add on top of your mashed cauliflower.

PREPARE THE CAULIFLOWER. Cut your cauliflower into small pieces. Steam the cauliflower until tender (about 5 to 10 min). Place cauliflower in a blender or food processor. Add dairy-free milk, salt, and pepper while blending until smooth. Remove from blender and put into a serving bowl. Serve with mushroom gravy. Enjoy



IF YOU WANT MORE HELP TO LOSE WEIGHT EASILY....



Imagine being in total trust of your ability to lose weight & get healthy?

Imagine learning how to naturally lose weight without dieting?

Introducing the Awakened Intuition Weight Loss Program! I help people get connected to their highest self & their intuitive voice so they have massive success – are you ready?

I look forward to working with you. [Look over the program & contact me](#) for your free 45 minute session to discuss how I can help you effectively lose weight, detox with ease and achieve endless energy.



THE GOOD FEELING LIFE

This is not intended to diagnose, treat, cure, or prevent any disease.