BOHO BEAUTIFUL Petoxify
Juice & Smoothie Guide

Your Decisions Today Will Define Your Tomorrow



BOHO BEAUTIFU

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"LET FOOD BE THY MEDICINE."

- Hippocrates



Juices and smoothies are a staple in both of our lives. Not only do they feed us massive amounts of vitamins and dense nutrients in one glass, they also act as perfect healthy meal replacements when you are on the go. The beautiful thing that we experienced when we dove head first into juicing and blending, was that the more often we practiced this daily ritual, the more our bodies began to crave healthier nourishment rather than the typical junk cravings that a lot of our bodies have been taken hostage by today's fast food, pre-packaged, over processed/preserved food culture.

On top of contributing to much more positive dietary habits, the incredible impact in our vitality, immune system, and overall physical and mental well being has easily placed juices and smoothies as one of the key corner stones of our ongoing journey to health.

With that said, when we decided we wanted to create a new recipe book, we knew that juicing and smoothies needed to be the focus. And it's our wish with this book that you will try these recipes and ingredients with an open mind, find even just a few that become your new staples, and then begin or continue to incorporate and expand upon them as you move forward through your everyday lives.

That, to us, is what each one of our personal health journeys are all about. The idea that you can always add more dynamic and strategy, and that there is always a new technique or angle to learn and then utilize to keep pushing yourself further and further along. Because in this case with juicing and smoothies it is truly only a matter of time before you begin to notice incredible changes not only in your body & mind but also in your skin, your energy levels, and your overall state of balance & being. But to achieve such benefits as you flip through these pages it is important to continuously remind yourself that the secret to finding success through simply squeezing the nutritious liquids from or squashing and pulverizing entire fruits and veggies into paste, is to never forget to always have fun. You must be ready to embrace the idea that every time you reach for your blender or juicer, it is just like reaching for a blank canvas. Meaning that you are free to be as creative or rigid as you like! You are the artist, and you are in complete control. Changing up ingredients should be seen like changing your paint colors or brushes. Expanding your pallet with different tastes, textures, and flavours should be motivated by an inspired youthful curiosity. Because then the ultimate goal can be realized, experienced, and relished in- a constantly refreshed and new set of expanded healthy horizons.

And know that like all good artists, we all will fail from time to time. So when whatever brilliant new concoction you are attempting doesn't turn out to taste like sunshine and unicorns, just know that your safety net will always be that the health & natural medicinal components will still always remain. Plus, once you pick yourself back up and you return to attempt to design your next liquid masterpiece, you will have the learned lessons from your arsenal of past endeavours.

So to close off this introduction we would like to reinforce one idea that we hope you walk away with. To us it is the one unchangeable truth, the one concept that we believe if you hold onto it is guaranteed to benefit your future and any of those who will share in the bounties of all your new creations too...

Filling your belly each day with healthy nutrient-dense treasures from the Earth is the fastest and simplest way to give your body more love than it has ever received.

YoXo,

Juliana and Mark



An extremely important thing to keep in mind as you begin including smoothies and juicing into your life is to never get discouraged if you do not have access to certain ingredients. Accessing the harder-to-find ones (no matter where you live) can always turn into a strange health based scavenger hunt, so we have to remember that if we can't find what is needed, there is nothing wrong with improvisation or simply leaving that specific ingredient out.

That is to say we must always remember not to look at every recipe in this book, or any, as an exact 'must have' list. The fun of smoothies and juices is that everything truly is a suggestion, because a failure for one person when something might taste terrible, can just as easily be a someone else's favorite.

It all really boils down to figuring out what works best for each of our unique taste pallets. So whether it is actual accessibility, personal allergies, health restrictions, a detested taste sensation - we must always feel free to adjust, switch, and add-on your own special personal touches.

Try your best to leave preconceived notions of what you like and don't like behind, because combinations of flavours can easily change those notions as well as a whole new intention for including them.

Because of this, we encourage you to never give up right away on what you first think is a poor-tasting ingredient. In the long run, a more vast variety of nutrients and properties will bring the greatest reward to your body & mind.

If you find so a 'problem ingredient,' we recommend not abandoning it immediately. Rather, start slower with less of it, and then gradually increase it day after day, as your pallet allows. To offset the taste you could also increase the amount of other flavours in the recipe, then balance them back out over time.

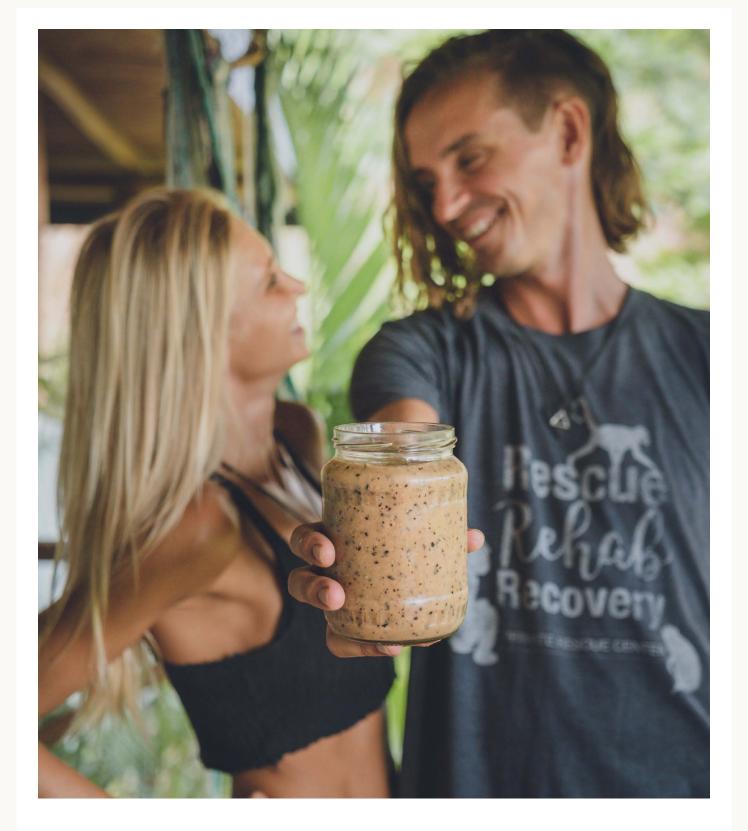


5 | TIPS | 6

For instance when we both started juicing adding ginger was almost off the table. It was too pungent and powerful, it burned a lot while drinking it and breathing afterwards, and it seemed to hijack the entire flavour of all juices that we included it in. But we knew the incredible properties of ginger and didn't want to abandon it completely. So we started with tiny amounts, and slowly overtime increased it and our taste pallets expanded and adapted over time. Now in the winter season when we aren't feeling 100% we are able to make and easily consume 25% ginger 75% hot water tea with agave and lemon, or sometimes even order the straight shots of ginger from juice bars with cayenne pepper on the top for a fast immune system spike. And in a crazy way, even though its strong like a shot of vodka (which I'm sure most people detest on their first go) we actually thoroughly enjoy it now. We guess in the end it's just about practicing patience and a deeper desire to include certain foods in your life for beneficial reasons.

Being open and encouraging your mind to break down the barriers that have held you back in the past will open you up to great reward. Not only will the nutrition you gain access to be of richer value, but your ability to be more creative with a wider variety of ingredients will open up all kinds of new and healthier paths.





7 | TIPS | 8



ALOE VERA



Substitute this with watermelon as it will provide your body with incredible hydration.

MILK ALTERNATIVES*



Coconut Milk

Almond Milk

Cashew Milk

Rice Milk

Oat Milk

Soy Milk

Coconut Water

SYRUPS



Agave / Maple Syrup
Dates (for smoothies

not juices)

HEMP HEARTS



Ground Flax Seeds

Chia Seeds

Sunflower Seeds

SEEDS



Chia Seeds

Sesame Seeds

Flax Seeds

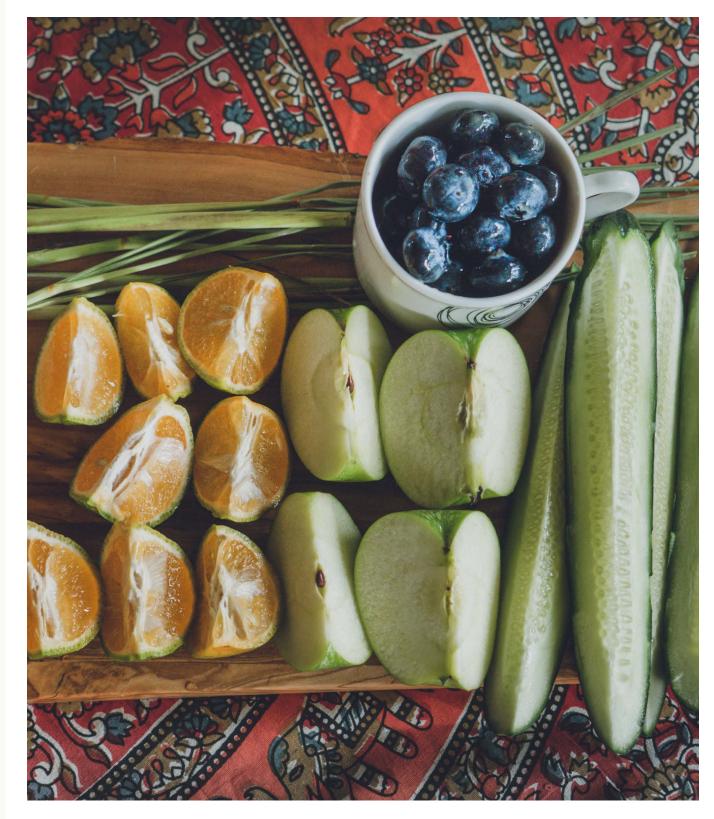
NUT BUTTERS



Almond Butter

Peanut Butter

Cashew Butter



9 | INGREDIENT NOTES | 10

^{*}We highly encourage you to please stay away from dairy milk as it doesn't bring the amount of health benefits as alternative milks. Recent studies have shown dairy causes almost more harm to our systems than good. Not only is it high in saturated fat which increases the chances of heart issues, there have also been studies that conclude dairy milk increases the risk of breast, ovarian, and prostate cancer, as well as attributes to many digestive problems and aggravates irritable bowel syndrome. (1) (2)



OUR FAVORITES & THEIR BENEFITS

- MACA POWDER -

Derived from the mountains of Peru, Maca traditionally has been used for increasing energy, enhancing fertility and sex drive and also strengthening your stamina. It is said that the Inca Warriors consumed Maca to charge themselves up before and after they went to battles. However, besides all these wonderful qualities this superfood is also known to help reduce symptoms of depression, especially for women battling with menopause. (3)

- CHIA SEEDS -

"Chia" is the ancient Mayan word for "strength" and has been used by the Mayan civilization for many centuries before today's modern day culture discovered its incredible benefits. These tiny black seeds that come from the plant Salvia hispanica, (which is related to mint) are very high in and a complete protein, full of antioxidants, and bursting with Omega-3 fatty acids. (4)

- COCONUT OIL (MCT OIL) -

Coconut oil is high in good fats called medium chain triglycerides (MCT), which are metabolized differently than most other fats. MCT is responsible for a lot of the health benefits of coconut oil which includes fat loss, better brain function, and prevention of different types of infections. We recommend purchasing MCT oil for smoothies and coffees in small doses each day.

- HEMP HEARTS -

Rich in essential fatty acids, protein, fiber, and other important nutrients. These seeds help with digestion, the health of your skin, hair, and nails, and due to their dietary fibres and fats allow you to stay full longer which will help stop food cravings and help you avoid needless snacking and overeating. (5)

- SUPERFOOD MUSHROOMS - (Reishi, Chaga, Lions Mane, & Cordyceps):

Each of these mushrooms have their own incredible superfood quality. In general all these healing mushrooms are packed with proteins, B-vitamins, fiber and other bioactive compounds that boost our immune system! You can find the one that speaks to you and focus on that one, or lots of companies offer superfood mushroom blends and mixes which enable you to focus on a consistent mix of multiple at once.

•Reishi: An incredible immune booster! It is known to strengthen the immune system to help you fight any infections like a cold or flu. It is also known to help decrease anxiety and depression with regular use.

•Lions Mane: Is a strong anti-inflammatory, antioxidant and immune-boosting superfood mush room. It improves your brain function, cognitive performance, and focus. A great mushroom to have before a busy day at the office.

•Chaga: Contain high levels of antioxidants which combat free radicals and prevent cellular damage, and support cellular regeneration. It is also a strong antibacterial and antiviral mushroom that helps you get back up on your feet when recovering from a cold or flu virus.

•Cordyceps: Known as a natural energy booster. It helps boost your energy and strength, boost your libido, and it even has anti-aging and cancer preventive properties. Perfect superfood to include in your smoothie before a workout or a yoga practice.

- GROUND FLAX SEEDS -

One of the best properties of ground flaxseeds is that they help enable the body to absorb nutrients more effectively. On top of that they are a rich source of healthy fats like Omega-3s, antioxidants, and a quality fiber that helps with healthy digestion and disease prevention.

- RAW CACAO POWDER -

Raw unprocessed cocoa is one of the richest sources of polyphenols on earth. Polyphenols are the naturally occurring antioxidants found in chocolate which provide significant health benefits such as reducing inflammation and stimulating blood flow and brain function. Cocoa also has incredible flavonoids that are anti-inflammatory and stress reducing chemicals.

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We strongly encourage you to visit your local grocery stores and farmers markets to get your weekly supply of fresh and organic vegetables and fruits. For non-perishable superfood items we encourage you to visit local health stores. However, if you do not have access to such stores, we have attached our Amazon Boho Beautiful Shopping List. Here you will find our favourite brands for certain products and this will give you easy access to have them at your door step within a few days.

*You can also use this shopping list as a reference to help you choose good quality brands.

- PLANT BASED MILKS - click to shop

Almond Milk

Oat Milk

Coconut Milk

Cashew Milk

Soy Milk

Rice Milk

Coconut Water

- SUPER FOODS - click to shop

Ground Flax Seeds

Hemp Hearts

Chia Seeds

Cacoa Powder

Coconut Oil (MCT Oil)

<u>Spirulina</u>

Reishi Mushrooms

<u>Lions Mane</u>

<u>Chaga</u>

Cordyceps

7 Mushroom SuperBlend

Maca Powder

Sesame Seeds

Sunflower Seeds

Aloe Vera (powder)

Aloe Vera (liquid)

- BUTTERS - click to shop

Almond Butter

Peanut Butter

Cashew Butter

The most important part of creating high frequency liquids are the blending and juicing tools themselves. Therefore, being prepared with the right tools at hand is the first step to success.

Even though the price range is quite wide when it comes to juicers and blenders, if we could recommend a few essentials that would be worth investing every penny into, the following would be:

- HIGH QUALITY JUICER - click to shop

"I'm Ready For A Full Time Commitment":

Omega Juicers NC900HDC Juicer Extractor

"I'm Not Ready To Invest, But I Want To Try"
Breville L.P. BJE430SIL The Juice Fountain

"I Want To Try But I'm Squeezed For Cash"
Breville Juice Fountain Compact BJE200XL

- HIGH QUALITY BLENDER - click to shop

"I'm Ready For A Full Time Commitment": Vitamix E310 Explorian Blender

"I'm Not Ready To Invest, But I Want To Try"
Hamilton Beach Professional

"I Want To Try But I'm Squeezed For Cash"

Homgeek Blender

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Drinking juice is not only a delicious way to incorporate large amount of fruits and veggies into your daily diet but also offers many life-enhancing health benefits. When we take in our fruits and veggies in liquid form, it allows for a faster, more efficient way to absorb their abundance of vitamins, minerals, and immune boosting qualities, giving us immediate access to digestive enzymes typically locked away in their fibers.

Although fresh juicing at home takes more energy and time than buying off the shelves, it truly is the best (and almost only) course of action, outside of actual fresh-pressed juice bars. This is because most commercial juices from the shelves of stores are heavily processed/preserved, watered down, or from concentrate formulas which directly affect the entire juice's nutritional potential. Especially when the longer you leave the juice of a vegetable or fruit sitting unconsumed after being juiced the more nutrients are removed. That is why even though it takes more time to do it ourselves, it is the best and almost only way to incorporate juicing into your life.

Drinking fresh juice can also help create positive nutritional habits that create healthier eating patterns. It's a great snack when you are in-between meals, small meal substitute if you are looking to lose weight, and for those of us who do not traditionally consume many fruits and vegetables, incorporating fresh juice can be a fun and different approach to increasing your daily intake.

Overall it is quite clear that juicing opens a new world and accessibility to a higher vibration of health. But like all other exploding nutritional trends over time, it too has come with its share of push back from different people in the health & food industry. This usually rears its head when people talk about relying on juice for a person's complete fruit and veggie quota.

People often ask if juicing is healthier than having to consume the veggies and fruits on their own in raw format. The answer to that is no, because when we juice fruits and veggies a lot of the healthy fibre does in fact get lost. However, with that said, it's not like we tend to sit down and eat a cup of raw spinach, a full cucumber, two apples, two full carrots and a knob of ginger in one sitting! Juicing all these ingredients actually allows us to consume this goodness in one sip.

"When we extract juice from fresh veggies and fruits, the liquid that comes out 'contains most of the vitamins, minerals and plant chemicals (phytonutrients) found in the whole fruit."

- KATHERINE ZERATSKY, R.D., L.D.

And our thoughts are when you compare taking triple or quadruple the amount of veggies or fruit (even at a slightly reduced amount of their vitamins/minerals/benefits) vs. one serving complete and full... well, the math speaks for itself.

But like all good things, it's this discussion that also makes it clear that juicing still should be done in moderation and in balance with regular veg/fruit intake. It's not a replacement for eating fruits and vegetables, it's an enhancement or fast track to consuming more. Meaning, for every juice you have each day, multiple portions of actual fruits and veggies should also be included in your daily diet. So if you thought once you become a juice master you would never need to munch on a dry carrot stick again, think again!

However, at the end of the day and with a simple balance struck, we can easily and with great confidence say that including fresh juicing into your daily life will undoubtedly gift you more rewards to your health and wellbeing than you could have ever expected.





- Boost your immune system
- >> Increases energy levels and mental clarity
- >> Help remove toxins from your body
- Aids digestion
- « Aids in weight loss
- Help prevent and fight cancer*
- Lowers bad cholesterol levels
- More nutrient absorption (as your body doesn't have to work as hard to digest the fiber).
- Prevents cardiovascular disease
 - *Many people have turned to alternative medicine like juicing to fight this dreaded disease. And some have won! Do some research on your own and be blown away!

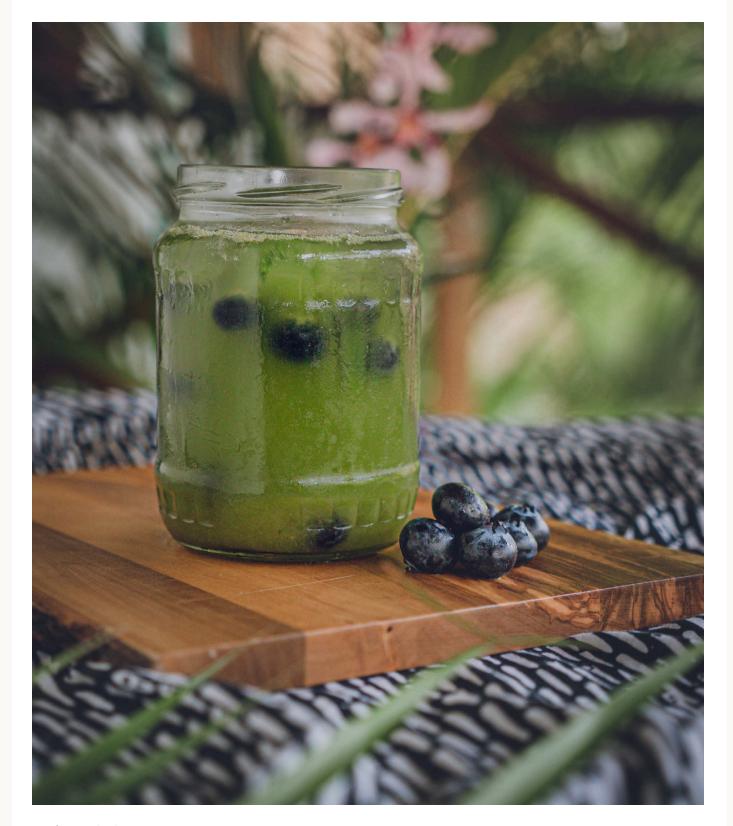
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SUNSET DELIGHT3	3 (
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HE GREEN DREAM CATCHER	3 4

19 | JUICE RECIPES | 20







Cucumber

1 cup Fresh Blueberries

1 Apple

1 1/2 Lemons (rine-less)

1 stock Lemongrass

INSTRUCTIONS:

Mix juice with some ice, frozen or fresh blueberries, and mint. Add some soda water and you got yourself a refreshing summer holiday drink. Mint & Ice to garnish.

ODESCRIPTION + BENEFITS:

This juice is the perfect cocktail for those days when your muscles are feeling sore and achy from those yoga practices. Lemongrass contains substances that are thought to relieve pain and swelling, and has great antioxidant properties which when mixed with blueberries act as an antioxidant superhero!

Note: If you are unable to get fresh lemon grass feel free to leave that out.

21 | JUICES BLUEBERRY LEMONADE | 22



I Carrot

I (medium) Beet

2 Oranges

1/2 Red Bell Pepper

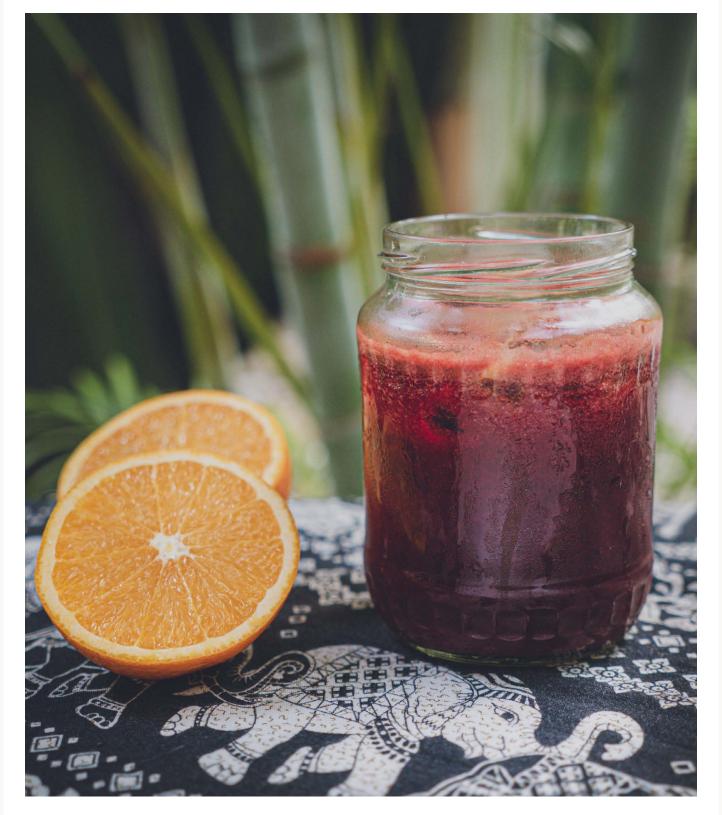
I knob Fresh Ginger Root

>> INSTRUCTIONS:

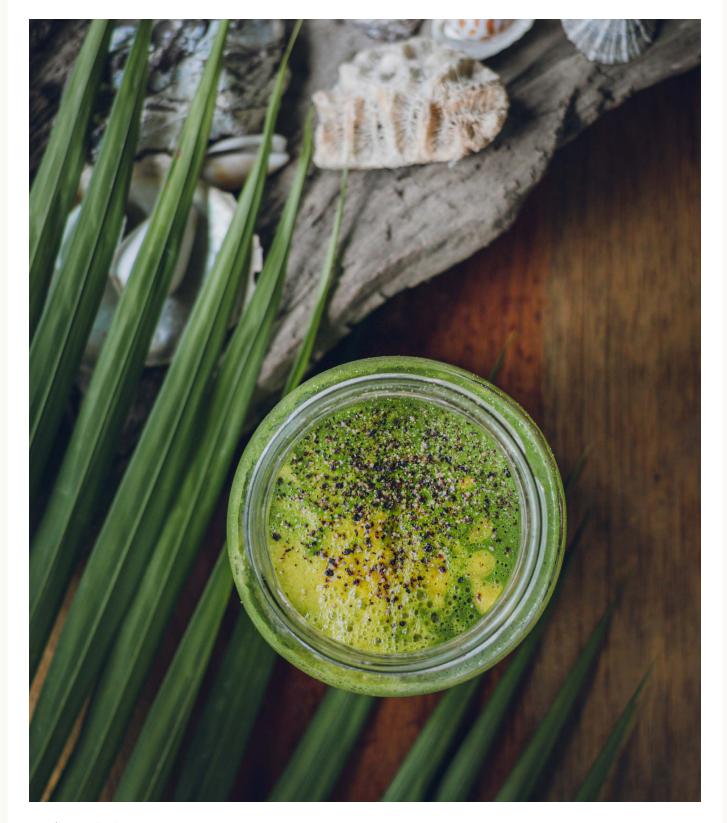
Add a few slices of fresh orange to sweeten things up a bit.

DESCRIPTION + BENEFITS:

Beets are incredible ingredients to include into your daily juicing routine as they promote detoxification of your liver, improve the body's general blood flow, and have been known to increase your stamina which is incredibly helpful, especially if you're about to step onto the mat to do your yoga practice!



23 | JUICES FEEL THE BEET | 24





GEDIENTS.				
2	1	Cucumber	1	Lemon
_	1 1/2 cups	Pineapple	1 tbsp	Fresh Ginger Root
	1	Green Apple	1 tsp	Fresh Turmeric
	1 сир	Spinach	1 pinch	Black Pepper

>> INSTRUCTIONS:

If you have limited access to fresh turmeric, add the powder and mix well with the juice. Both turmeric and black pepper contain incredible ingredients that contribute to the anti-inflammatory, antioxidant and disease-fighting healing properties. So by sprinkling black pepper on top, it will activate and heighten these health benefits of turmeric.

DESCRIPTION + BENEFITS:

Even though turmeric is not the tastiest ingredient to add to a juice, its healing properties are definitely worth the slight sacrifice. And when mixed with other ingredients you will barely be able to taste it. Turmeric is a super powerful anti-inflammatory. The main ingredient in turmeric is called curcumin which gives your immune system system strength to fight any infection and pain that you may be experiencing. This juice is the ultimate yoga hangover for its incredible anti-inflammatory functions that ginger and turmeric gives. It also aids in your digestive process as the ginger soothes the stomach and boosts your immune system which protects your body from any virus and bacteria that you may come in contact with!

25 | JUICES YOGA HANGOVER | 26





RED	1/2 cup	
છ	1/2 cup	Pineapple
_	1	Cucumber
	1	Green Apple
	1 piece	Aloe Vera Leaf
	1	Pear

Suggestion: Prep the aloe vera "meat" first before beginning the juicing of other ingredients in case it takes a little longer for you to master it's slicing process.

DESCRIPTION + BENEFITS:

Aloe vera juice is a super gooey, thick liquid made from the flesh of the aloe vera plant leaf, the leafy inside. Most of us have known it to be the perfect aid with sunburn pain, however drinking this magical elixir in juice form provides you with a number of other health benefits. The aloe plant is very water-dense, so by giving your body incredible hydration, this juice helps your purge and flush out all toxins and impurities, leaving you feeling clear, focused, and ready to take on the day.

Note: If you are unable to find fresh Aloe Vera, add a spoonful of the liquid form to the juice (available in most health stores) or leave it out if you have to.









RE!	I I	
ن ا	1	Orange
_	1/2	Lemon (with rines)
	2	Carrots
	2 cups	Watermelon
	1 tsp	Turmeric
	1/2	Squeezed Lime
	1 pinch	Fresh Black Pepper

Add the squeezed lime juice and black pepper to the juice after its been prepared.

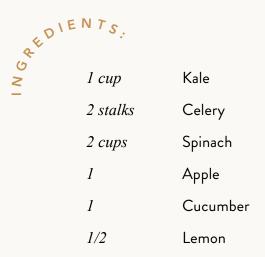
ODESCRIPTION + BENEFITS:

This detox juice is fantastic for joint pain and swelling, and a perfect post workout or yoga practice fuel. The turmeric component boosts liver function, promotes detoxification of the body, reduces gas and bloating, and on top of it all boosts your metabolism!

So drink up and enjoy this healing potion!

29 | JUICES SUNSET DELIGHT | 30





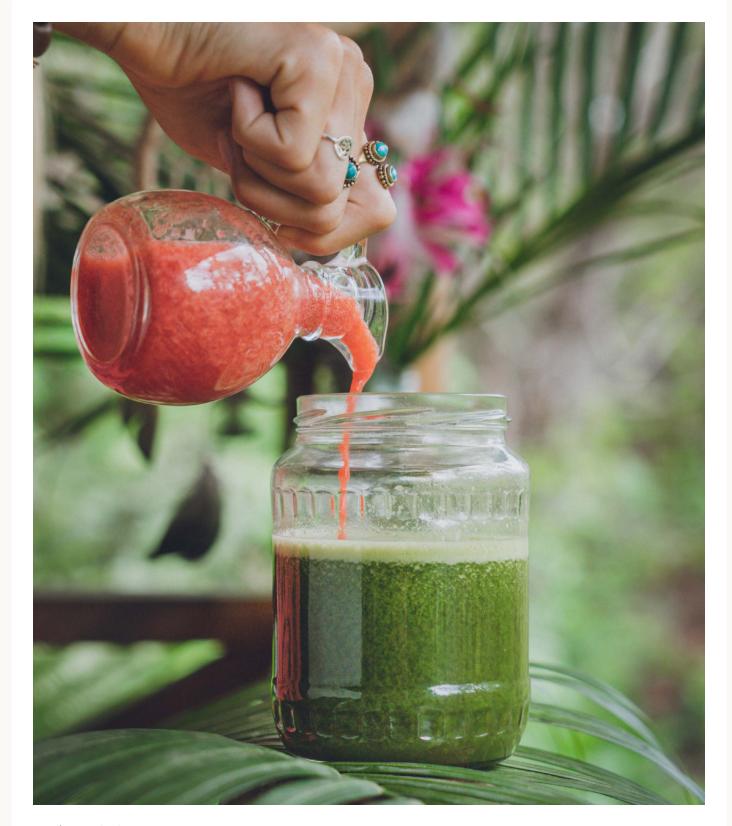
Serve over ice for a refreshing health kick.

DESCRIPTION + BENEFITS:

This green superpower juice is amazing for its healing and health boosting ingredients. The kale is incredible for its omega-3 fatty acid and vitamin K content, which help keep your heart healthy, and adds that extra protection for your nerves and joints. Adding the cucumber to your fresh green juice gives you vitamins A, C, and K as well!



31 | JUICES GREEN SHIVA | 32





THE GREEN DREAM CATCHER



RET	1/2 cup	
ن ا	1/2 cup	Strawberrie
_	1	Apple
	1	Cucumber
	1 cup	Spinach
	1	Kiwi

INSTRUCTIONS:

Serve over ice and garnish with a sliced strawberry.

DESCRIPTION + BENEFITS:

The strawberries in this delicious drink contain amazing antioxidant properties which help keep your eyes and vision healthy. Our eyes need vitamin C as it plays an important role in strengthening our eye's cornea and retina. So by drinking this juice on a daily basis, we are making sure we are taking care of the health of our vision.

Also, spinach and cucumber act as a great body alkalizer which help fight inflammation in your body while supporting healthy cellular regeneration. So with all these ingredients combined, you can rest assured that your body and mind is going to thrive and feel amazing!

33 | JUICES THE GREEN DREAM CATCHER | 34





If there is one thing we can't go a day without it is a healthy smoothie! And maybe yoga. Well, and maybe nature. Dammit, clearly smoothies are more accurately one of the many things we can't go a day without.

Blending our favourite fresh ingredients with a mix of healthy superfoods is not only a great way to bring incredible nourishment to our body but it also allows us to set ourselves up for a productive, focused, and energized day. Smoothies can be used as a great meal replacer, a healthy snack, or a great recovery supplement after a challenging workout or yoga practice.

When starting on the path of including smoothies in your life, almost more importantly than with juices, you must be careful. This is because every smoothie is simply the sum of each of its ingredients. And unlike other processed drinks, smoothie's simplicity is what makes them so perfect... because exactly what you put into your smoothie is exactly what you are putting into your body. It's this simple perfection that has fuelled the trendy takeoff of smoothies over the last decade, and now in the commercial space the use of the word smoothie doesn't always mean it's good for you. For cost and production efficiency as well as raising profits, so many places offering smoothies don't actually use whole ingredients. And now when fast food joints are offering "smoothies," more often than not they are offering premixed or bagged formulas with unnecessary sugars and preservatives, processed concentrated juice - or even worse, using sugary syrups instead or along with un-fresh fruits and veggies. And unlike words/phrases like organic or gmo free, it is so easy to get away with because there is no regulation on what you can and can't call a smoothie.

The simple way to figure out if a smoothie is healthy for you or not, is to ask exactly what is being put into it and how fresh the ingredients are, or even where the ingredients were sourced (organic, fresh, and local are best). We highly suggest local independently run smoothie and juice shops 100,000% of the time over picking up a smoothie at any sort of fast food or fast-smoothies shop. But even more so than your neighbourhood shop, the best route is always to source the ingredients and make the smoothies at home yourself. Creating smoothies at home will allow you to make sure every ingredient you include into your healthy drink has the exact intention you desire towards how you would like it to affect your body. Each fresh fruit, vegetable, superfood, or supplement that goes into your smoothie should serve a purpose, either flavour, consistency, health benefit, or a combination / all three.

Flavour- The idea is to make your smoothies as enjoyable to drink as possible, so keeping the flavour of your smoothie composition in mind at all times is always key. Over time keep in mind which flavours are more dominant, which flavours have the most impact in small amount, and which ones you enjoy the most. This will always be a great way when you start creating your own to build your base.

Consistency- If your making a smoothie for a straw (reusable or bio degradable of course), a spoon (non plastic we hope), or a bowl (ideally a coconut half if you are lucky) all three need different levels of consistency and take time to perfect what ingredients to use to achieve the desired consistency. Different amounts of milk/water based ingredients, fruit amounts, and thickening ingredients like flax, frozen bananas, dates, protein powders, etc all will fluctuate the outcome.

Health Benefits- We always keep the beneficial health properties in mind when crafting new smoothies to try. Morning smoothies or after workouts are great to be filled with proteins (for the body), mct oil or mushrooms (for the brain), or sulphoraphane or broccoli sprouts (for a lift). Lunch meal replacers are great to include lots of dark greens and leafy vegetables like kale, spinach, or even supplements like spirulina/moringa/chorella. Snacks are great with cocoa and nut butters or sometimes some cayenne pepper for a kick. The key is to think about what part of YOU, you would like to benefit and connect the dots of what ingredients you need to accomplish that.

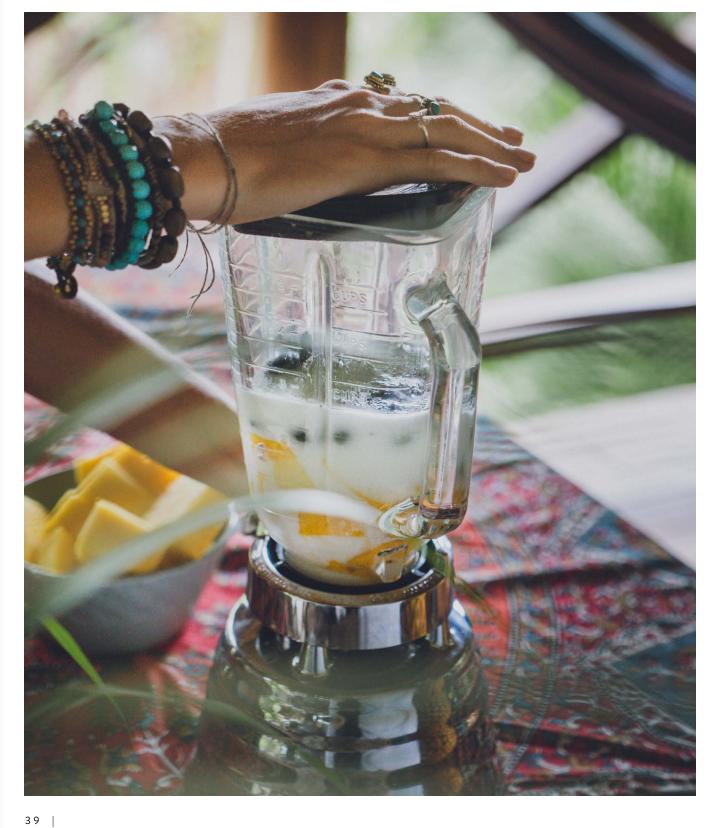
Just like juicing, the key to great smoothies is to be creative. To harness a sense of curiosity and experimentation. And to always venture off to try new things. The more vast your arsenal of ingredients can reach, the more diversity you will be able to accomplish in the process of feeding your body healthy sustenance, incredible support, and direct charges of vitality and enhancement in so many wonderful ways. Whether you want to lose weight, increase immunity, advantage and increase the vitality of your body or mind, or just to simply eat healthier... making smoothies is a wonderful and easy way to create a lifelong habit that comes with endless yummy rewards.

Happy blending!



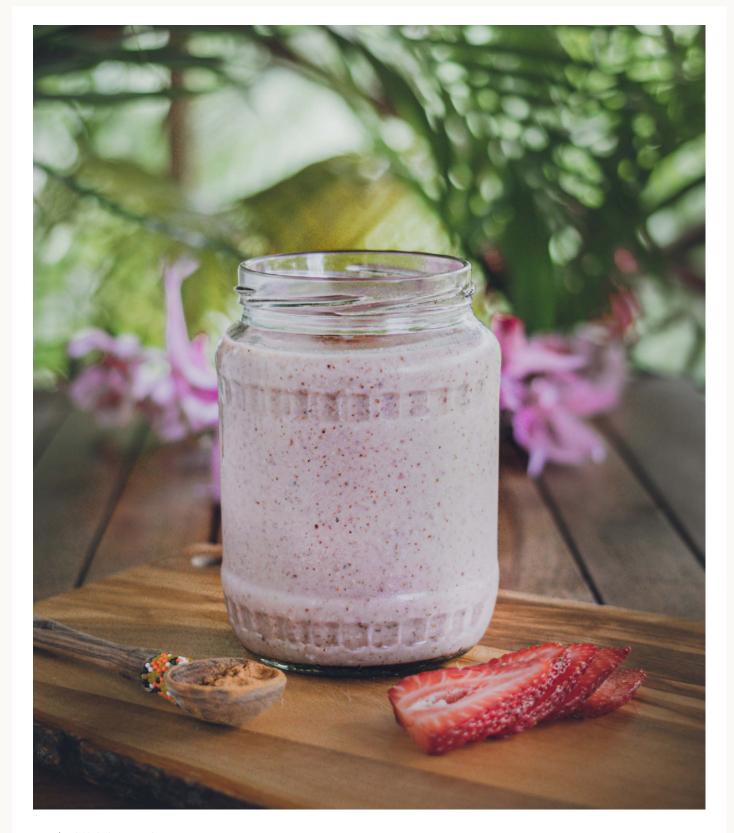
- Aids the digestive process
- Promotes the detoxification of your body
- Helps with food cravings to assist with weight loss
- Supports a strong immune system
- Rich in antioxidants which improves the health of your skin
- Boosts brain power which brings more focus & clarity
- May reduce the risk of cancer

37 |





AB & J
ALOE VERA MIRACLE 4
GREEN PINA COLADA 4
WATERMELON REFRESHER 42
ZINGER CHOCOLATE SMOOTHIE 5
POPEYE'S MANGO SMOOTHIE 5
CAULIFLOWER BLISS POWER 54





1/2 cup Almond Milk

1-2 Banana (frozen)

1/2 cup Coconut Water

1 1/2 cups Strawberries (frozen)

2 tbsp Almond Butter

1 tbsp Hemp Hearts

>> INSTRUCTIONS:

Blend everything together and enjoy!

ODESCRIPTION + BENEFITS:

This is your childhood PB & J sandwich in a healthy, nutrient dense smoothie format! The almond butter and hemp hearts make this drink a great post workout fuel as they provide a high content of protein and leave you feeling full and satisfied for a long period of time. So add this at the end of your yoga practice and get ready to take on the day!

Serve: Sprinkle some cinnamon on top!

41 | SMOOTHIES

AB & J SMOOTHIE | 42



REDIENTS:		
S Z	1 cup	Coconut Milk
_	1/2 cup	Fresh Aloe Vera (gooey inside part of the plant)
	1/2 cup	Frozen Blueberries
	1	Fresh Mango (or 1 cup of frozen mango chunks)
	1/2 tbsp	Coconut Oil
	1 tbsp	Chia Seeds

Blend everything together and enjoy!

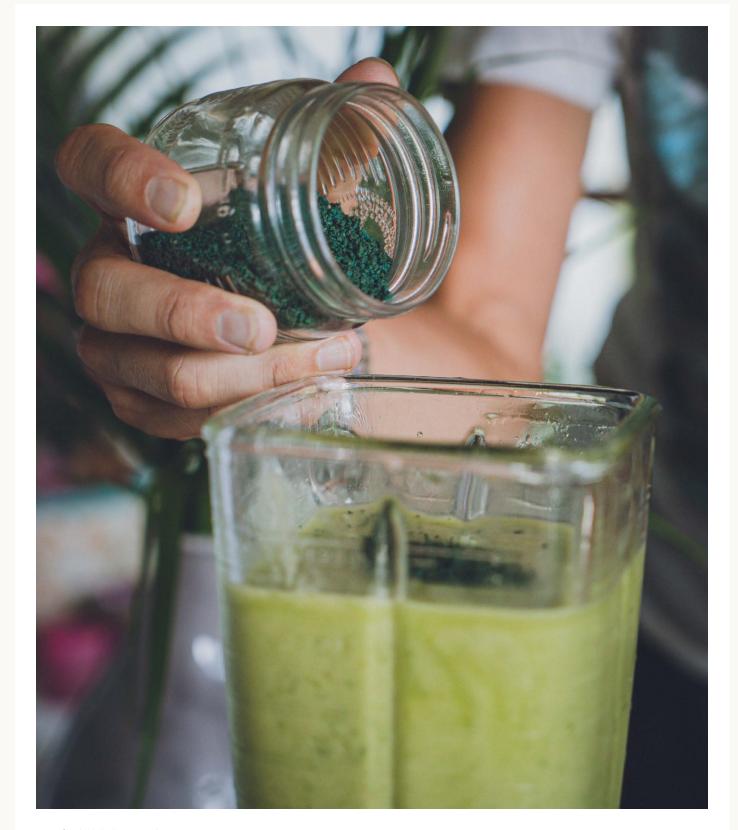
DESCRIPTION + BENEFITS:

This yummy smoothie creation is incredible in so many ways! The Aloe Vera is very water- dense and stimulates the body to flush out all toxins and impurities. Chia seeds are very high in protein, full of antioxidants, and high Omega-3 fatty acids! So with one smoothie you are detoxifying and filling your body with incredible vitamins, minerals, and superfood nutrients.

*If accessing fresh Aloe Vera plant is not possible, use 1/2 tsp of Organic Aloe Vera Powder found at your local health food store or can purchased through the link on pg13.



43 | SMOOTHIES





Banana (frozen)

1/2 cup Pineapple (frozen or freshly sliced)

1 cup Spinach

1 cup Coconut Water

1 tsp Spirulina

⇒ INSTRUCTIONS:

Blend everything together and enjoy!

This summer treat is a perfect combination of a tropical taste bud paradise and nutritious value. By adding spirulina to this smoothie, you are packing your body with so many incredible nutrients! Spirulina is a type of blue-green algae that grows in both salt and fresh water and it is one of the most nutrient-dense foods on earth. Being a powerful antioxidant this tiny alga contains anti-inflammatory properties, enhances your muscles strength and endurance as well as (according to certain studies) has anti-cancerous properties. (6) So you really can't go wrong with adding a teaspoon of this treasure!

45 | SMOOTHIES GREEN PINA COLADA | 46





2 cup Fresh Watermelon
1 cup Ice
1 tbsp Fresh Mint Leaves

INSTRUCTIONS:

Blend everything together and enjoy!

DESCRIPTION + BENEFITS:

This is the perfect healthy thirst cleancher after a hard practice or a hot summer day! Yes it is 92% water based however if we look a little closer, watermelon is actually a nutrient dense food full of important electrolytes. (7) It provides high levels of vitamins, minerals, and antioxidants and just a small number of calories. So add a little mint, blend it well and enjoy a nutritious and refreshing beverage!



47 | SMOOTHIES WATERMELON REFRESHER | 48







REDI S	ENTS.	
6	2	Bananas (frozen)
>	4	Medjool Dates
	2 tbsp	Cocoa Powder
	1 cup	Almond Milk
	1/2 cup	Almonds
	1 tbsp	Hemp Hearts
	1/2 tsp	Cayenne Pepper
	1 tsp	Maca Powder
	1 tsp	Lions Mane Mushroom Powder (or any other mushroom powder of choice)

>> INSTRUCTIONS:

Blend everything together and enjoy!

DESCRIPTION + BENEFITS:

This delicious chocolate protein shake is perfect to treat yourself with after a hard workout or yoga practice. Filled with almonds and hemp hearts, you are getting a healthy dose of your protein. Plus when mixed with cocoa powder, you are reducing inflammation in your core muscles and stimulating blood flow and brain function of the entire body!

PS. If you are really in need of a pick-me-up, add an espresso shot and you will be on top of the world! Serving Suggestion: Sprinkle some cayenne pepper on top for a spicy kick!





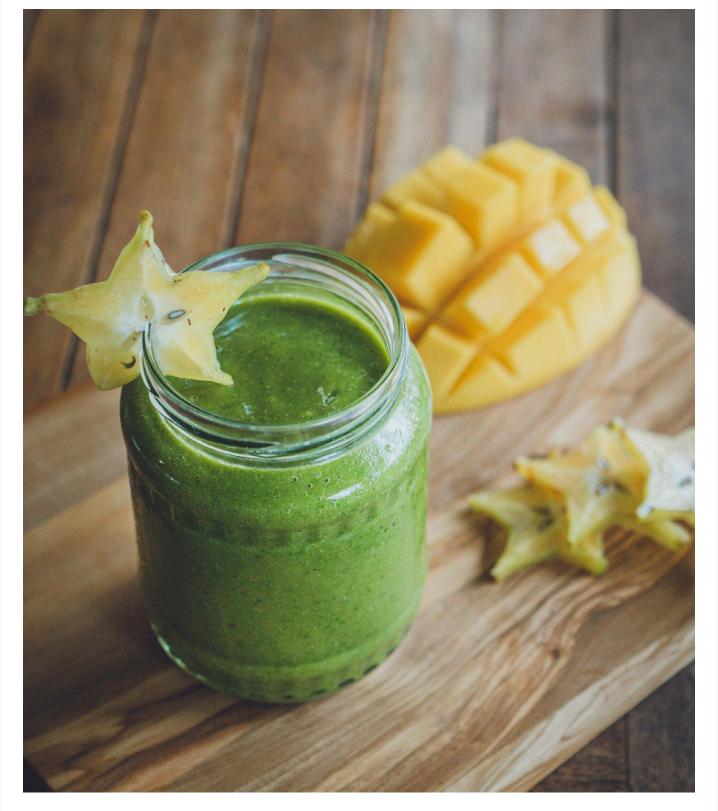
RED	IENTS.	
8	1	Mango (or 1/2 cup of frozen mango chunks)
_	1-2	Bananas (frozen)
	1 cup	Fresh or Frozen Spinach
	1 tsp	Spirulina or Other Green Superfood Mix
	1 cup	Nut Milk (Rice, Almond, Cashew, or Coconut)
	2 tsp	Ground Flaxmeal
	1 tbsp	Chia Seeds
	1 tsp	MCT (oil or powder) *optional

Blend everything together and enjoy!

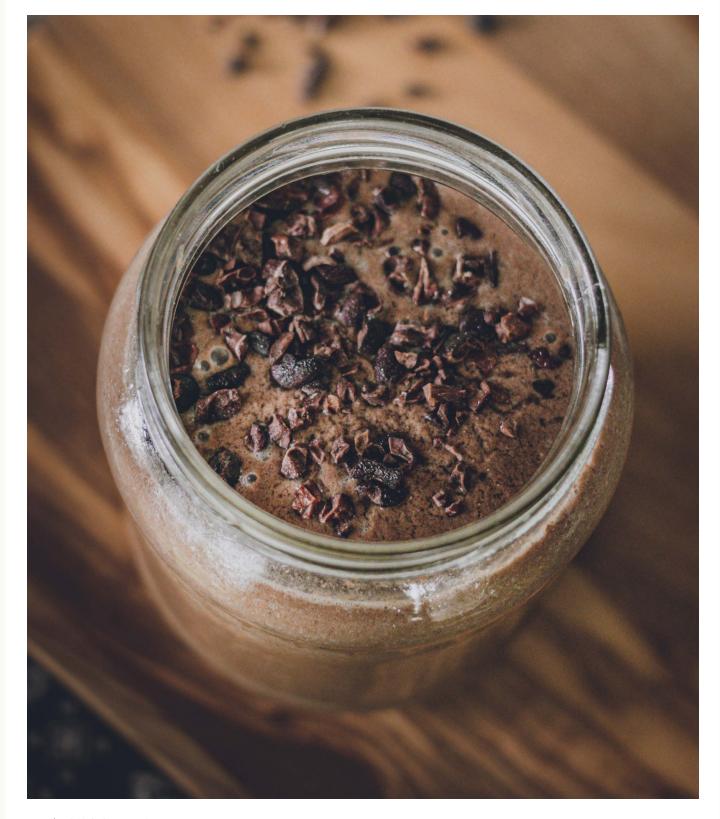
DESCRIPTION + BENEFITS:

Try out different green superfood blends such as chorella...or combination of all.

We all know that Popeye's secret to his magical strength was his unconditional love for spinach. So we have matched Popeye's recommendations and went above and beyond for this smoothie by adding superfood miracle ingredients like spirulina for an extra kick of protein, healthy minerals and vitamins for the body!



51 | SMOOTHIES POPEYE'S MANGO SMOOTHIE | 52





EL	l cup	
2	1 cup	Steamed Cauliflower (frozen)
_	1/2	Avocado
	4-6	Medjool Dates
	1 tbsp	Cocoa Powder
	3/4 cup	Coconut Water
	1/4 cup	Coconut Milk

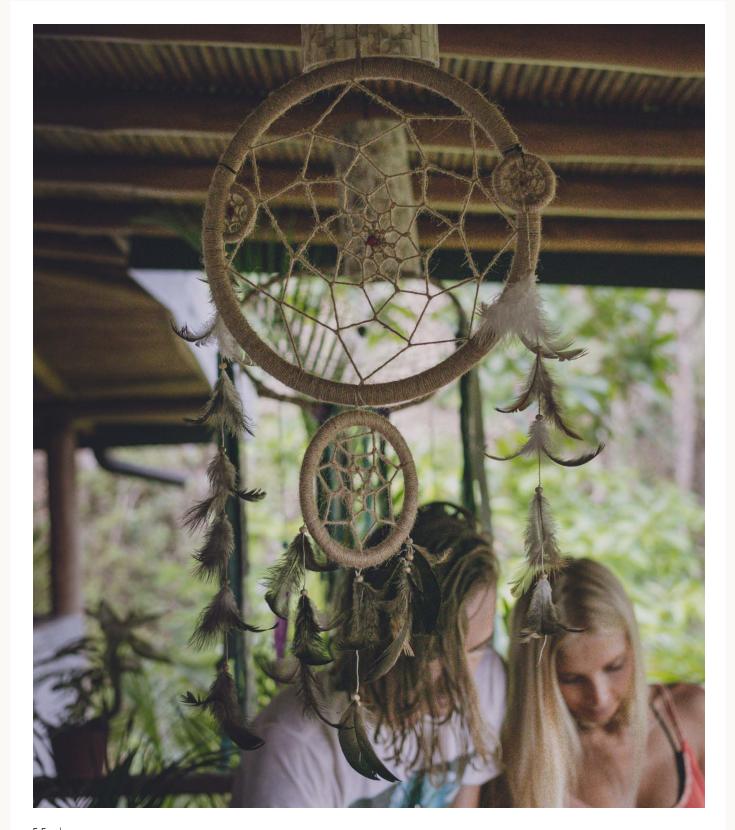
>> INSTRUCTIONS:

Blend everything together and enjoy!

DESCRIPTION + BENEFITS:

This is a smoothie that I'm sure caught you by the most surprise...cauliflower in a smoothie? Yes, that is not a typo. You are correct! Cauliflower provides vital minerals such as calcium, magnesium, phosphorous, potassium, zinc, sodium and iron (8) to our bodies and it is a perfect addition to a nutrient packed smoothie! With the addition of the avocado which brings in all the good fats, this is healthy delicious meal in a glass! By the way, don't let the word "fat" scare you off. Avocados are full of healthy, beneficial fats that help to keep you full and satisfied. When our bodies consume healthy fats, the brain receives a signal to turn off the appetite.

53 | SMOOTHIES CAULIFLOWER BLISS POWER | 54





It is our belief that Mother Earth has created so many wonderful gifts for us to receive great reward from and that she wants nothing more than us all to thrive and radiate healthy positive energy into the world. This is why there is such an abundance of vitality to be accessed in her offerings.

We see juicing and/or smoothies as beautiful instruments to tap into and fulfill her wishes in a natural, peaceful, and creative way.

It is for this reason we both hope that these recipes inspire you to access more of her abundance more regularly, and ideally help you elevate your own thirst for health in a way that will bring your physical and mental state to a new and higher vibration.

So in closing, we wish you health and happiness and a wonderful journey onwards. Here's a last reminder from us: do your best to enjoy the journey, allow yourself to get your hands dirty from time to time, and remember to have fun!

Loye and Light, Juliana and Mark

55 | HEALTH & HAPPINESS | 56

DETOXIFY PROGRAM



Detoxify: Juice and Smoothie Guide is just one part of our DETOXIFY program.

For more information on the full program and resources, visit https://bohobeautiful.life/detoxify





- (1) //economictimes.indiatimes.com/articleshow/66601718.cms?utm_source=contentofin terest&utm_medium=text&utm_campaign=cppst
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- (8) https://www.organicfacts.net/health-benefits/vegetable/health-benefits-of-cauliflower. html

57 | DETOXIFY PROGRAM