Smoothies
Metabolism Boosting
By: Drew Canole
TABLE OF CONTENTS

INTRODUCTION

HOW TO MAKE THE ULTIMATE SMOOTHIE

SMOOTHIE RECIPES

1. TURMERIC-COFFEE PROTEIN SMOOTHIE
2. MINTY PROTEIN SLIM SMOOTHIE
3. VANILLA SUPERFOOD POST-WORKOUT SMOOTHIE
4. CRAN-BEET POST-WORKOUT SMOOTHIE
5. I’M BEET SLIM SMOOTHIE
6. GREEN SLIM SMOOTHIE
7. CHERRY CHIA SMOOTHIE
8. GINGERBREAD SMOOTHIE
9. CLEAN EATING CARROT CAKE SMOOTHIE
10. COFFEE-BANANA PROTEIN SMOOTHIE

CONCLUSION

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
INTRODUCTION

My name is Drew Canole and I’d like to personally welcome you to the FitLife family. Whatever your health goals are, we are here to support you on your journey to a better you! So, why smoothies? What’s all the hype about anyways? Yes, I still LOVE juice. But there are benefits to both!

If you haven’t already heard my story, I want to recap it for you here because the truth is, not so long ago, I was 40 pounds overweight...

I was at 22% body fat, tired and lost. I didn’t have a clear direction for my life and lacked motivation. I really felt like I was going nowhere and I had the body to show for it. And then a friend handed me a juice. And my life was forever changed. Within fifteen minutes of my first glass of fruits and veggies, every cell in my body seemed to be buzzing with life. It was a high I’d never experienced before. All the enzymes, aminos, and phytonutrients in that juice made me feel invigorated and alive.

It was incredible! And unlike other substances people use to feel awake, like caffeine, my high stayed with me throughout the day. No energy crashes! I felt happier and more productive. It was then that I decided to include juicing in my daily routine. I started with one juice a day, and I began introducing more real foods into my diet through smoothies and plant-based protein shakes. Every single aspect of my life began to improve.

The new diet had worked wonders on my insides. I stopped craving junk foods constantly. I found I could digest and absorb everything better than I ever had before. Within a surprisingly short amount of time, I was down to 7% body fat.

And the changes didn’t stop there!

I wrote this book to help give you a quick-start into making healthy smoothies and shakes. Smoothies are an absolutely amazing addition to your daily juice routine and are only the beginning of this amazing journey to the best health of your life! So are you ready to get started? Let’s do this!

We’re in this together.

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
IMPORTANT: WOMEN SHOULD NOT SKIP BREAKFAST!

You’re busy. You work hard. You have responsibilities. You should be proud of all the sacrifices you make, that many people don’t see. You’re SO valuable. Lots of co-workers, friends and loved ones need you. You do a great job being there for them. However, don’t forget about YOU. I read letters and hear stories from women every day. A lot of you are skipping breakfast. A quick “juice cleanse” is okay on occasion. But if you’re missing meals...

It’s not good for you ladies. Skipping meals can drastically hurt your hormones. Some women report having erratic mood swings, irregular menstrual cycles, and even lowered metabolism. That’s probably NOT going to help you at work or with your loved ones. It can also give you wild cravings for sugar and sweets. Sound familiar? Here’s the good news. I worked for over 2 years to make something for women (and men) to save time on nutrition...

FINALLY: AN ORGANIC WHOLE FOOD MEAL WITH MULTIVITAMINS IN 1 GLASS

Organifi Complete Protein was made for you. It’s an organic meal in a glass. Now you can drink a delicious, high protein shake which is ALSO a multivitamin! Plus, we added healthy fats from coconut oil. It’s even got digestive enzymes to soothe your tummy! It’s a 2-in-1 protein and multivitamin shake. It pairs perfect with the recipes below. It even tastes delicious in just plain water (but it’s still low sugar!)

DELICIOUS TASTING HIGH PROTEIN DRINK MIXES QUICKLY AND FILLS YOU UP FOR HOURS!

Can you spin a spoon? Can you shake a bottle? Organifi Complete Protein is 100% USDA certified organic. It’s high protein. It’s filling and satisfying. It’s LOADED with vitamins and minerals. These aren’t your run-a-the-mill vitamins. Most multivitamins are created in a lab from GMO corn syrup. This revolutionary shake has all organic whole food nutrients! Practically unheard of! Just drop 2 scoops in water and you’re set!

IT’S THE SAFEST PROTEIN FOR YOUR TUMMY

We did it. We used all organic, plant protein. There are NO allergens. No inflammatory ingredients. I heard women and men saying they felt bloated from whey. I heard BUNCHES of women say they are avoiding soy (you should too). There’s no dairy. There’s definitely NO soy. AND, it’s low sugar!

Click here and grab your bottle today. NEVER miss a meal again. Always have an organic breakfast, lunch or dinner 10 seconds away. Save time. Save effort. Just drop 2 scoops in water and mix. Our chocolate tastes like chocolate pudding. Our vanilla flavor is even better! It tastes like cinnamon toast crunch ice cream! Easy to drink every day. It’s like dessert.

Save BIG today. Come take a look here and grab your special reader savings. If that link works, then we have a fresh batch ready for you (it sells out frequently.)

One more thing: If you’re looking to lose some weight: Just swap one or two meals per day for this filling, satisfying, delicious organic meal replacement. Then keep your eye on the morning scale! You’ll like how you feel. You’ll LOVE what you see! Come grab your jar today here.

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
STEP ONE: LIQUID

What do you want to use as liquid for your smoothie? Good, old fashioned clean water is always an option! If the ingredients you add are flavorful and creamy enough then sometimes water will do the job just fine. If you’re looking for something a little more dense than water, then we would suggest the following, unsweetened:

ALMOND MILK.
If you have some time on your hands you can even make almond milk yourself!

COCONUT MILK.
You can get this from a carton like almond milk or from a can. Look for those with as few fillers and additional ingredients as possible. This is usually easier to find in canned coconut milk.

HEMP MILK.
Seems to be trending these days and is a good, nutrient-rich option.

FLAX MILK.
Contains a similar nutrient ratio as almond milk and tastes just as good.

COCONUT WATER.
Another great option that is rich with electrolytes and great for hydration.

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
STEP TWO: PROTEIN
15–30 GRAMS

If you aren’t eating enough diverse protein food sources, you can become deficient in certain amino acids. Your body is constantly using protein to build and repair tissues, maintain digestive enzymes and immune system antibodies. Because of this you must eat protein on a daily basis in order to keep your body functioning at optimum levels.

- Food cravings
- Low energy
- Muscle and joint pain
- Trouble building muscle
- Slow recovery from injury
- Weak hair, skin and nails
- Fluid retention
- Trouble losing weight
- Immune system weakness (getting sick often)
- Mental fogginess
- Mood swings
- Low memory
- Unstable blood sugar levels

Basically, a lot of the health issues you may be struggling with could be due to insufficient protein in your diet!

There are many vegetables and seeds and even some fruits that contain all 9 essential amino acids. We consider the following three plant-proteins to be the most superior, nutrient-dense choices:

**HEMP SEEDS. 10.6 GRAMS OF PROTEIN PER 2 TBSP.**

Hemp seeds contain a perfect blend of healthy fats (both omega-3 and omega-6 fatty acids), protein, magnesium, potassium, iron and vitamin E.

Hemp seeds contain ALL of the essential amino acids! This makes them an excellent plant-source of protein and a great inclusion in protein powders. These amino acids are also important for skin health, tissue regeneration and organ repair. Plus, they won’t give you the same bloating and/or gas that sometimes comes with eating whey protein.

**PEA PROTEIN. 23.9 GRAMS OF PROTEIN PER OUNCE.**

Pea protein is quickly becoming one of the most popular plant proteins among gym-goers and health-conscious folks. It contains all of the essential amino acids and several nonessentials as well. Pea protein has also been found to be beneficial for several bodily organs and is one of the best hypoallergenic proteins as it is both gluten and dairy free.

Another benefit: pea protein typically doesn’t cause bloating like many other protein powders.

To order or learn more about Organifi Complete Protein, and our money-saving packages, [CLICK HERE.](#)
Quinoa was called the ‘Supergrain of the Future’ by Forbes Magazine. Quinoa is a complete protein, meaning it contains all 9 essential amino acids. A lot of plant-based proteins are lacking lysine, which is why people often turn to animal-based proteins. Quinoa, however, contains lysine as well as the other 8 amino acids that aren’t made by the human body.

Remember, quinoa protein is not the same as a bowl of quinoa, which would be more of a complex carb (the good one!) vs. a protein source.

**FINALLY, A 100% ORGANIC PLANT-BASED PROTEIN SHAKE THAT IS EASY ON DIGESTION AND TASTES AMAZING.**

We spent the last year creating the perfect meal replacement shake. Organifi Complete Protein is not your average protein powder supplement. It is creamy and nutrient-dense, organic, non-GMO, gluten free and vegan. What’s more, Organifi Complete Protein doubles as a multi-vitamin!

You read that right. Not only is Organifi Complete Protein the perfect protein supplement, with a combination of hemp, pea and quinoa protein, but it is also a reliable source of your daily vitamin and mineral needs when used as directed. Where do these nutrients come from? Straight from whole foods. We use only vitamins and minerals from real, whole foods like shiitake mushrooms, broccoli, carrots etc and never anything synthetic. This was your body knows exactly how to use and absorb the nutrients for maximum benefits!

Have you used protein or meal replacement shakes in the past but experienced bloating and gas? Not to worry! We’ve included unique evidence-based enzymes in our protein shake to prevent bloating and soothe your stomach. These same enzymes also increase your body’s absorption of nutrients!

We created Organifi Complete Protein for people like you who have lofty health and fitness goals but simple don’t have a lot of extra time to spend in the kitchen. We get it! You’ve got family, a career, education, or whatever else is on your plate that takes up the bulk of your attention right now. Let us take care of the details of making the best meal replacement shake on the market, you just have to mix it with liquid and go!

Your health is important. Maybe you’ve been putting your needs on the backburner while you cater to everyone else. We respect that, but we also know it is time for you to focus on what is equally important: YOU. We want YOU to feel complete, balanced, whole and taken care of. That’s the big reason behind everything we do here at Organifi. We believe that amidst your busy schedule and many priorities, you deserve that transformation you’ve been longing for.

So don’t wait another minute to give Organifi Complete Protein a try. Like all of our products, it is 100% guaranteed and risk free.

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
STEP THREE: VEGETABLES, LEAFY GREENS, SUPERFOODS, HEALTHY FATS, FRUITS/SWEETENERS

We did it. We used all organic, plant protein. There are NO allergens. No inflammatory ingredients. I heard women and men saying they felt bloated from whey. I heard BUNCHES of women say they are avoiding soy (you should too). There’s no dairy. There’s definitely NO soy. AND, it’s low sugar!

Click here and grab your bottle today. NEVER miss a meal again. Always have an organic breakfast, lunch or dinner 10 seconds away. Save time. Save effort. Just drop 2 scoops in water and mix. Our chocolate tastes like chocolate pudding. Our vanilla flavor is even better! It tastes like cinnamon toast crunch ice cream! Easy to drink every day. It’s like dessert.

Save BIG today. Come take a look here and grab your special reader savings. If that link works, then we have a fresh batch ready for you (it sells out frequently.)

One more thing: If you’re looking to lose some weight: Just swap one or two meals per day for this filling, satisfying, delicious organic meal replacement. Then keep your eye on the morning scale! You’ll like how you feel. You’ll LOVE what you see! Come grab your jar today here.

FOR AN ENERGY SMOOTHIE - Coconut oil, sprouted nuts and seeds, banana, coffee, leafy greens, vegetables.

FOR A METABOLISM-Boosting Smoothie - Coconut oil, matcha green tea, pineapple, grapefruit, chia seeds, egg whites, raw cacao, turmeric.

FOR A LOW-Calorie Smoothie - Spinach, leafy greens, herbs like mint, ginger, turmeric, vegetables.

FOR A POST-Workout Recovery Smoothie - Gluten-free oats, eggs, coconut oil, bananas, fruit, leafy greens, raw or sprouted nuts and seeds.

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
If you are not feeling quite confident enough to make your own smoothie concoctions, here are some of our favorite recipes for you to try!

1 TURMERIC-COFFEE PROTEIN SMOOTHIE

- 2 scoops Vanilla Organifi Complete Protein
- 1 tsp turmeric powder
- 1 tsp finely ground organic coffee
- 1 ½ cup of coconut milk
- 1 ½ tsp cinnamon powder
- ½ tsp ground ginger
- 1 tbsp chia seeds
- ½ cup organic oats
- ¼ cup cashews, soaked
- 1 tbsp maple syrup
- 5-8 ice cubes

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
**VANILLA SUPERFOOD POST WORKOUT SMOOTHIE**

2 scoops Organifi Complete Protein
1 frozen banana
1 tbsp nut butter
1 tbsp coconut oil
1-2 cups almond milk

**MINTY PROTEIN SLIM SMOOTHIE**

2 scoops Organifi Complete Protein
1 tbsp cocoa powder
2 tbsp fresh mint
1 cup unsweetened almond milk

**CRAN-BEET POST WORKOUT SMOOTHIE**

2 scoops Organifi Complete Protein
½ cup frozen cranberries
½ medium beet (raw or cooked)
1 cup almond milk
5 I'M BEET SLIM SMOOTHIE
2 scoops Organifi Complete Protein
¼ cup fresh blueberries
⅓ cup sliced, cooked beets
1 cup unsweetened almond milk

6 GREEN SLIM SMOOTHIE
2 scoops Organifi Complete Protein
1 handful spinach
1 tbsp almond butter
1 cup frozen mango
1 cup unsweetened almond milk

7 CHERRY CHIA SMOOTHIE
2 scoops Organifi Complete Protein
1 cup fresh or frozen pitted tart cherries
¼ cup frozen blueberries
1 tbsp chia seeds
2 tsp raw honey

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.
Coffee-Banana Protein Smoothie
2 scoops Organifi Complete Protein
1 cup brewed coffee, chilled
1 large banana
1 cup plain coconut milk yogurt
1 tsp chia seed
½ tsp ground cinnamon
¼ tsp turmeric
Pinch of black pepper
5+ ice cubes

Clean Eating Carrot Cake Smoothie
2 scoops Organifi Complete Protein
1 banana, sliced and frozen
1 cup carrots, diced
½ cup unsweetened almond milk
½ cup coconut milk yogurt
1 tsp pure maple syrup (optional)
¼ tsp cinnamon
Pinch of ginger
Pinch of nutmeg

Gingerbread Smoothie
2 scoops Organifi Complete Protein
1 frozen banana
1 tbsp almond butter
1 tsp grated ginger
¼ tsp cinnamon
⅛ tsp nutmeg
Almond milk as needed to reach desired consistency

To order or learn more about Organifi Complete Protein, and our money-saving packages, [CLICK HERE](#).
CONCLUSION

You are on your way to the best health of your life!

We are so excited you are ready to begin putting your health as a HIGH PRIORITY so you can live a life full of energy, vitality and passion. Nothing slows you down like chronic health symptoms and a body that can’t keep up with all your hopes and dreams. We know you don’t want to be stuck under the heavy burden of chronic pain, fatigue and illness.

Introducing more whole foods into your life is one of the first steps to wellness. There is no medication, drug or remedy that can heal your body like whole vegetables, leafy greens, fruits, nuts and seeds and other superfoods. Food is truly the best form of medicine.

Adding regular smoothie into your diet is an easy way to down a ton of these nutrient-dense foods without having to eat plates of salads (although feel free to do that too!).

Here’s to your health and a vibrant future.

Remember, we’re in this together!

To order or learn more about Organifi Complete Protein, and our money-saving packages, CLICK HERE.