



# Stay Strong Mummy

## *3 - Day Smoothie Cleanse*

Hey gorgeous Mamma's! If you are feeling sluggish, have no energy and your cravings are out of control you may want to try the Stay Strong Mummy Smoothie Cleanse. Choose to do 1 day or 3 days. It's all up to you!

### **Why a Smoothie cleanse?**

1. High Protein to help regulate hunger and blood sugars levels
2. High fibre, to keep your bowels moving and give you a good clean out
3. Improves your digestion, gets rid of a bloated tummy
4. Resets your eating patterns, less cravings
5. Boosts energy levels
6. Stimulates fat loss, drop a few kilos
7. Feel satisfied and nourished

### **How many smoothies?**

We generally start off having 5, but find after 2 days 4 smoothies satisfy the body.

There are no rules here. We are all different. If you are famished simply make yourself another smoothie. You will be surprisingly satisfied.

### **Can I vary my smoothies?**

Yes you can! Generally try to start the day with a alkalizing green smoothie. It's important to make smoothies you like the taste of. If you struggle with all the greens add a smaller amount of spinach and build up as you progress.

### **What if I need to eat something?**

You may have the urge to chew! It's human nature. Snack on an apple or a piece of fruit, carrot, cucumber, celery etc. I love half a banana and avocado! Or you can simply replace a smoothie with a light salad or vegetables.

**\*Remember to include good fats and protein in the salad. Preferably no meat, as you want to give your digestive system a rest.**

## **TIPS to get you started!**

1. Drink at least 2 litres of water a day
2. Have all your fruit and vegetables washed and prepped in the fridge/freezer
3. Don't forget your healthy fats
4. Avoid alcohol, meat, dairy and any processed foods
5. Move your body; nourish your body with exercise
6. Have a good balance of fruit and vegetables. The more vegetables the better!
7. Drink slowly; chew your smoothies to stimulate digestion
8. If this is your first cleanse don't be too hard on yourself, they get easier with practice

**IMPORTANT- Not recommended if you are pregnant or breastfeeding. If your body is releasing toxins you don't want to pass on any nasties to your bubba. Here is a sample of my day on a BLEND!**

**6AM 1-2 BIG GLASSES OF WARM LEMON WATER WITH A DASH OF APPLE CIDER VINEGAR**

**6.20AM WORKOUT- QUICK HIIT SESSION**

### **7.00AM GREEN SMOOTHIE**

- 1-2 tablespoons SSM Coconut Protein Blend
- 1-cup spinach or leafy greens
- 1/2 banana
- 1/2 cucumber
- 1 thumb ginger
- 1-teaspoon coconut or flaxseed oil.
- 1-2 cup coconut water
- 1-2 cups ice

**NOTE:** Pre-make 3 green smoothies the night before so they are ready to go the next day. If you do this you won't need to add ice. To make 3 at once the measurements will be almost be triple these. Its important you like the taste and texture. So experiment with what you like.

### **10AM GREEN SMOOTHIE**

#### **1PM STRAWBERRY MINT SMOOTHIE**

- 1-2 tablespoons SSM Coconut Protein Blend
- 1 cup frozen strawberries
- 1/2-frozen banana
- 1/4 cup fresh mint leaves
- 1-cup coconut milk (quench) or coconut water

## **4PM GREEN SMOOTHIE**

**6-7PM CHOCOLATE BANANA SMOOTHIE** (This is a back up smoothie, ask yourself if you really need it)

1-2 tablespoons SSM Coconut Protein Blend

½-frozen banana

1 table spoon raw cacao

1-cup coconut water or almond milk

1-cup ice (optional)

## **How to Blend Smoothies?**

Simply place ingredients in your blender and blitz until smooth