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ORGANIC

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HEALTHCARE
GROUP.COM



7 DAY SMOOTHIE PLAN

FOR GUT HEALTH,
DIGESTION,
AND WEIGHT LOSS

WELCOME

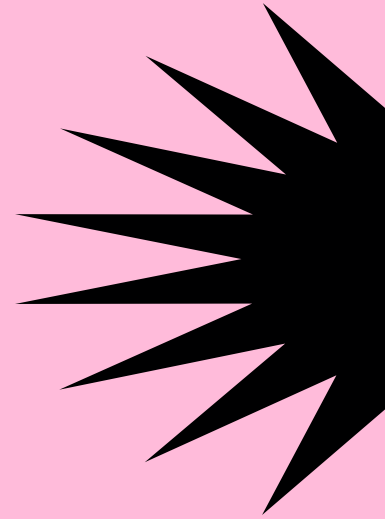
TO THE 7 DAY SMOOTHIE PLAN!

Our recipes support gut health,
aid digestion and promote
weight loss. Get ready for a
healthier and happier gut!

by Erran Warden



WHY SMOOTHIES ARE GREAT FOR GUT HEALTH AND DIGESTION

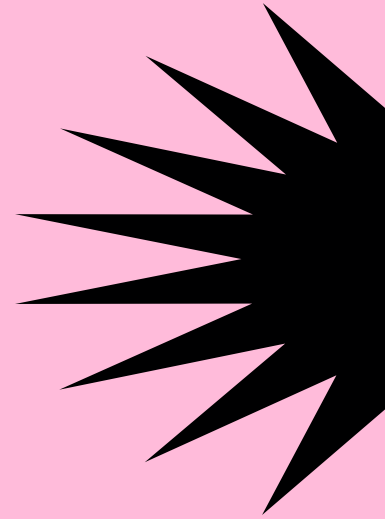


01. FIBRE-RICH

Smoothies are powerful sources of fibre, which increase gut bacteria diversity and motility, leading to optimal digestive health and weight loss.



WHY SMOOTHIES ARE GREAT FOR GUT HEALTH AND DIGESTION



02. NUTRIENT-DENSE

They're an easy and delicious way to consume a variety of essential micronutrients that can directly improve gut health and digestion, whilst reducing inflammation and oxidative stress.



WHY SMOOTHIES ARE GREAT FOR GUT HEALTH AND DIGESTION



03. HYDRATION POWERHOUSE

Smoothies contain a lot of liquid, which is essential for hydration. When you're properly hydrated, it supports healthy digestion and bowel movements, reducing constipation and bloating.



DAY 01

PINEAPPLE DETOX SMOOTHIE



Ingredients

Pineapple
Cucumber
Spinach
Lemon
Ginger
Coconut water

Instructions

Add ingredients to blender and blend until smooth. Add coconut water to get desired consistency. Enjoy!

BENEFITS FOR GUT HEALTH

Pineapple and ginger have anti-inflammatory properties that can support healthy gut bacteria and reduce inflammation. Cucumber and spinach are high in fibre, keeping your gut happy and healthy!



DAY 02

BERRY GREEN SMOOTHIE



INGREDIENTS

Blueberries

Raspberries

Kale

Banana

Almond milk

Chia Seeds

INSTRUCTIONS

Blend together all ingredients until smooth and creamy.

Sip slowly and enjoy!

BENEFITS FOR GUT HEALTH



Berries are high in antioxidants, essential for fighting inflammation and oxidative stress. Kale is also rich in prebiotics, which promotes the growth of healthy gut bacteria. Chia seeds add extra fiber for optimal digestive health!



DAY 03

MANGO LASSI SMOOTHIE



Ingredients

Fresh mango

Greek yogurt

Turmeric

Cinnamon

Honey

Instructions

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

BENEFITS FOR GUT HEALTH

Greek yogurt and mango have high levels of probiotics and polyphenols that can enhance the growth of gut bacteria and reduce gut inflammation. Turmeric and cinnamon are rich in anti-inflammatory properties!



DAY 04

AVOCADO AND SPINACH SMOOTHIE



INGREDIENTS

Spinach

Avocado

Green grapes

Apple

Coconut milk

INSTRUCTIONS

Blend all ingredients until smooth. Pour into a glass and enjoy!

BENEFITS FOR GUT HEALTH



The fiber from
spinach and
grapes promote
and enhance
healthy gut



bacteria. Avocado
and coconut milk
provide healthy
fats that support
gut barrier



function, reducing
inflammation and
improving

DAY 05

CHOCOLATE PEANUT BUTTER SMOOTHIE



Ingredients

Banana

Unsweetened
cocoa powder

Peanut butter

Almond milk

Vanilla extract

Instructions

Add all ingredients to blender and blend until smooth. Pour into a glass and enjoy!

BENEFITS FOR GUT HEALTH

Unsweetened cocoa powder is rich in antioxidants, which helps reduce inflammation. The banana and almond milk in this recipe create a smooth fiber-rich drink that promotes gut health and optimal bowel movements.



DAY 06

BLUEBERRY BEET SMOOTHIE



INGREDIENTS

Blueberries

Cooked beets

Plain Greek yogurt

Honey

Unsweetened

almond milk

INSTRUCTIONS

Add ingredients to

a blender. Blend

until smooth, and

top with

blueberries. Enjoy!

BENEFITS FOR GUT HEALTH



Beets are high in nitrate and stimulate nitric oxide production, improving gut health, and reducing inflammation.



Blueberries contain polyphenols that promote healthy gut bacteria. Greek yogurt contains probiotics that aid digestion!



DAY 07

TROPICAL GREEN SMOOTHIE



Ingredients

Pineapple

Mango

Spinach

Pineapple juice

Coconut milk

Instructions

Add all ingredients into blender. Blend until it's smooth, and enjoy right away!

BENEFITS FOR GUT HEALTH

Pineapple and mango have anti-inflammatory and digestive enzyme properties that support gut health and reduce bloating. Spinach is high in fibre, while pineapple juice and coconut milk promote hydration, which is essential for optimal gut health!



FINAL THOUGHTS: GUT HEALTH, DIGESTION, AND WEIGHT LOSS

To obtain optimal digestive health, limit your sugar and processed food intake. Try adding more fibre and healthy fats to your diet, and stay hydrated!

The 7 Day Smoothie Plan is a great way to start promoting gut health, digestion and shedding some unwanted weight!