

# Healthy Aging

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## The Green Juice | Nourishment - Detox - Anti-inflammatory

### Ingredients

- 1/4 pineapple
- 4 kale leaves
- 2 celery stalks
- 4 large leaves of lettuce
- 1 handful of flat parsley
- 1 handful of curly parsley
- 1 lemon
- 1 inch (2.5 cm) piece of ginger
- 1 inch (2.5 cm) piece of turmeric



### Directions

Wash all produce well. Peel the pineapple and lemon (optional). Add all ingredients through the juicer and enjoy! This blend is a **refreshing detox and anti-inflammatory drink** that supports digestion, reduces bloating, and boosts immunity. The greens and herbs help cleanse the body, while ginger and turmeric fight inflammation. Though low in protein, it supports **weight loss and a lighter, more energized body** when paired with a balanced, protein-rich diet.

## Chocolate & Raspberry | Nutrient Rich - Muscle Recovery

### Ingredients

- ½ banana
- 1 handful of spinach
- ½ cup raspberries
- 1 tablespoon almond or cashew nut butter
- 2 tablespoons raw cocoa powder
- 10 oz unsweetened almond, hemp or coconut milk (You can use any milk you want)
- 1 scoop or serving of protein powder



This blend is a **nutrient-rich, muscle-supporting smoothie** that boosts energy and reduces cravings. Banana and raspberries provide fiber and antioxidants, while spinach adds iron and micronutrients for overall vitality.

Nut butter and plant milk deliver healthy fats for satiety, and cocoa supports mood and heart health.

The protein powder helps **build and preserve lean muscle**, making it ideal for **fat loss, sustained energy, and a stronger, more balanced body**.

## Protein smoothie with coconut and cashew | High Protein

### Ingredients

- ½ banana
- 1/8 cup of cashews
- ¼ cup coconut milk
- 2 scoops protein powder
- 2-3 ice cubes



This blend is a **creamy, protein-packed smoothie** that supports muscle growth and sustained energy. Banana provides natural energy, while cashews and coconut milk add healthy fats for satiety and hormone balance. The higher protein content helps **build and preserve lean muscle**, making it especially effective for **fat loss, reducing cravings, and maintaining a strong, toned body**.

## Pumpkin Smoothie - Post Workout (Recovery)

### Ingredients

- cup canned pumpkin
- ½ banana
- 1 cup coconut or almond milk
- 2 tablespoons of chopped pecans
- 1 teaspoon pumpkin pie spice
- ¾ scoop protein powder
- A handful of ice cubes



This blend is a **comforting, nutrient-rich smoothie** that supports satiety and muscle health. Pumpkin provides fiber and vitamins that improve digestion and keep you full, while banana adds natural energy. Pecans and plant milk provide healthy fats that support sustained energy and hormone balance.

## Apple & Cinnamon | (Enhances metabolism)

### Ingredients

- 1 teaspoon flaxseed oil
- ½ cup unsweetened milk (you can make it vegan with soy or almond milk)
- 1 scoop protein powder
- a dash of ground cinnamon
- ¼ frozen banana
- ½ Pink Lady apple
- Water to blend (optional)



This blend is a **balanced, metabolism-supporting smoothie** that helps control cravings and stabilize blood sugar.

Apple and banana provide fiber and natural energy, while flaxseed oil delivers healthy fats that support hormone balance and reduce inflammation.

Cinnamon helps regulate blood sugar levels, and the protein powder supports **lean muscle maintenance and satiety**, making it effective for **fat loss, steady energy, and a stronger, more balanced body**.

## Classic Strawberry & Banana with Ginger | Energy

### Ingredients

- ½ cup frozen strawberries
- ¼ frozen banana
- 1 tablespoon fresh ginger, peeled and chopped
- 1 teaspoon ground flaxseed
- 1 scoop of protein powder
- 1 cup milk (your choice)
- Water to blend (optional)



This blend is a **refreshing, metabolism-boosting smoothie** that supports digestion and fat loss. Strawberries provide antioxidants and fiber, while bananas add natural energy.

Ginger helps reduce inflammation and improve digestion, and flaxseed supports gut health and hormone balance.

The protein powder helps **maintain and build lean muscle**, making it ideal for **reducing cravings, increasing energy, and promoting a leaner, stronger body**.

## Raspberry & Pistachio

Nutrient-dense, balanced, and excellent for longevity, muscle support, and weight management.

- ½ cup frozen raspberries
- ¼ cup pistachios
- ½ avocado, peeled, pitted, and quartered
- 3 ice cubes
- 1 teaspoon vanilla extract
- 1 scoop vanilla plant-based protein powder
- Water to blend (necessary)



Raspberries provide antioxidants and fiber that reduce inflammation and improve digestion, while pistachios add healthy fats and plant protein that support heart health and satiety. Avocado delivers monounsaturated fats and potassium, helping regulate hormones and reduce belly fat storage.

The plant-based protein powder is key for **muscle repair and preservation**, especially important as we age, while also keeping you full longer to reduce cravings.

Altogether, this blend stabilizes blood sugar, supports lean muscle growth, and promotes fat loss by keeping you nourished, satisfied, and metabolically balanced—making it ideal for **building strength while losing weight in a healthy, sustainable way**.

## Morning Smoothie | Antioxidant

### Ingredients

- ½ cup frozen mixed berries
- Handful of spinach
- 8 oz unsweetened almond milk
- 1 scoop plant-based vanilla protein powder



This blend is a **light, antioxidant-rich smoothie** that supports fat loss and muscle maintenance.

Mixed berries provide fiber and antioxidants to reduce inflammation, while spinach adds essential nutrients for overall health.

Almond milk keeps it low in calories, and the protein powder helps **preserve and build lean muscle**, keeping you full and energized while supporting a leaner body.

## Bananas & Peaches | (High-Fiber - Energy Drink)

Excellent for energy, digestion, and sustainable weight loss while supporting lean muscle.

### Ingredients

- ½ peach
- ½ frozen banana
- 2 tablespoons rolled oats
- ½ cup unsweetened almond milk
- 1 teaspoon ground flaxseed
- 1 scoop vanilla plant-based protein powder
- Water to blend (optional)



Peach and banana provide natural sweetness along with vitamins and quick, clean energy, making this a great option for fueling your body without added sugars. Rolled oats and flaxseed add fiber that improves digestion, supports gut health, and helps keep you full longer—reducing overeating.

Flaxseed also contributes omega-3 fatty acids, which help reduce inflammation and support hormone balance. The plant-based protein powder plays a key role in **maintaining and building lean muscle**, especially when paired with regular activity. Together, these ingredients stabilize blood sugar, support muscle recovery, and promote fat loss by increasing satiety and reducing cravings—helping the body become stronger, leaner, and more energized.

## Kale Morning Smoothie | Nourishment

## Ingredients

- 1 frozen, very ripe banana
- 1 Tbsp fresh parsley (or cilantro)
- ¾ cup spinach, loosely packed
- 1 tsp ginger, grated
- ¾ cups curly kale, stems removed, loosely packed
- ½ cup carrots, chopped
- 1 tsp lime juice
- 8 ounces of water
- 4 ice cubes



**Refreshing, nutrient-dense green smoothie** that supports detoxification and overall vitality.

Banana adds natural sweetness and energy, while leafy greens and carrots provide fiber, vitamins, and antioxidants to improve digestion and reduce inflammation. Ginger and lime enhance metabolism and support immunity. While low in protein, it promotes **weight loss, reduces bloating, and leaves the body feeling lighter and more energized** when paired with adequate protein intake.

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