



EST 2006

THE INTUITIVE BODY PROGRAMME

Intuitive Nutrition Recipes

WEEK 1:
CLEANSE & DETOX

Morning Healthy Habits

We have a strong focus on our morning routine, because if you can get the day started right, half the work is already done.

Try these easy healthy habits!

- Start your day with 500ml clean water and 10 spirulina tablets,
- followed by a glass of Daily Master Greens



Spirulina is rich in chlorophyll, antioxidants and anti-inflammatory properties. As a result, it is the perfect food to initiate a cleansing.

CELL REPAIR

ALKALISING

IMMUNE MODULATING

DAILY MASTER GREENS

Soaring Free Master Greens is a functional green complex formulated to support the body's natural detoxifying processes, including

Spirulina + Chlorella - whole chlorophyll-rich protein + phycocyanin for brain health

Moringa – energizing anti-oxidant rich multi-mineral food.

Wheatgrass + Barleygrass – alkalising and loaded with fibre for enhanced digestion and metabolism.



1 tsp Soaring Free Master Greens

+



1 glass of orange or pomegranate juice

+



1 tsp coconut milk

In a glass mix all the above.

Drink daily as a morning kickstart cleansing tonic.

TIP: If you don't feel like juice try half coconut water and half coconut milk with some fresh chopped pineapple pieces.



TURN IT INTO A GUT-NOURISHING & CLEANSING ROUTINE

Wake up

500ml clean water and 10 spirulina tablets to cleanse

Nutlify

a glass of daily Master Greens to add minerals and vitamins

Breakfast

Chia breakfast bowl to nourish your gut

Mid morning

a cup of matcha tea for enhanced focus and concentration



Cleansing Smoothie

DIFFICULTY Easy peasy

MAKES 1-2 servings

PREPARATION TIME Super quick

BENEFITS Digestible plant protein, alkalising, anti-inflammatory

INGREDIENTS

1 handful baby spinach
1 frozen banana
½ small avocado
¼ C plant milk
1-2 Tbsp Lean (Green) Superfood Protein Shake
pinch of cinnamon
ice cubes to your liking

*Optional**

honey or maple syrup to sweeten if desired

METHOD

STEP 1: add all the ingredients together and blend until smooth

STEP 2: serve immediately



SUPERGREENS

wheatgrass, barleygrass & moringa for removing by-products of physical exercise, like oxidative stress & inflammation for faster recovery

SPIRULINA

for enhanced physical endurance

Something Savoury:

Cannabis & coriander pesto

DIFFICULTY Easy peasy

PREPARATION TIME Super quick

INGREDIENTS

3 C fresh cannabis leaf &/or fresh coriander or basil
2 cloves garlic
1/3 C sunflower seeds
1/3 C pumpkin seeds
1/3 C hemp seeds
2/3 C olive oil
Juice of 1 lemon
1/2 tsp Himalayan rock salt

METHOD

STEP 1: Place all the ingredients in a food processor or power blender and blend until everything is well combined.





Matcha Mushroom Latté

A GREEN x MEDICINAL MUSHROOM DRINK TO SIP ON

MAKES 1 large latté

BENEFITS brain boosting, energising

INGREDIENTS

- 1tsp Matcha Powder
- 1tsp Soaring Free Master Mushrooms
- 1Tbsp coconut nectar
- 1C coconut or almond milk

METHOD

STEP 1: Blend all ingredients together in a blender to get the desired frothiness.

Matcha

A healthier, alkalising alternative to coffee for calm energy and concentration, without acidifying effects & caffeine jitters

TASTE Like strong black tea with a hint of 'green'

HOW TO USE Stir into hot water to make tea and top up with milk of choice for added creaminess. Alternatively, blend with hot water, coconut oil or cacao butter and plant milk or hemp seeds for a frothy, creamy drink.

For extra flavour add honey, some dried mint leaves or lemon rind. Add to a superfood smoothie, hot chocolate or mix a shot of matcha with steamed milk and espresso for the energising effects of the dynamic duo: L-theanine and caffeine.

BENEFITS

- Balances stress and enhances sleep
- Removes toxins & heavy metals
- Alkalises & energises
- Promotes zen-like alertness & focus
- Speeds up metabolism & supports weight loss
- A caffeine boost without the jitters, anxiety or crash



Matcha contains a high concentration of L-theanine, an amino acid that creates enhanced mental focus coupled with calmness. It reduces stress and increases the production of serotonin and dopamine (happy hormones) to enhance mental focus and memory. The combination of caffeine and L-theanine creates an alertness without the nervous energy that we get from coffee which often leads to feeling 'wired but tired'.

MATCHA VS COFFEE

- 6 hours of energy VS 1.5 hours of energy
- high in antioxidants VS low antioxidants
- clean teeth & fresh breath VS stained teeth and coffee breath
- detoxifies VS acidifies & impairs sleep for 10hr after
- lasting zen-like focus VS anxiety & jitters
- alkalising & anti-inflammatory VS increases inflammation & stresses adrenals

Evening Healthy Habits



Drink another 500ml clean water and up to 10 chlorella tablets.



Chlorella is high in chlorophyll which is a **powerful detoxifying agent**. It also supports your kidneys and liver to assist with expelling toxins from the body. This is especially beneficial taken in the evening with another 500ml water to assist the body with detoxification while you sleep when the body naturally flushes toxins.



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