

FIONA TUCK

NUTRITION WELLNESS YOGA

21 DAY NUTRIENT BOOSTING SMOOTHIE CHALLENGE

It only takes 3 weeks to form a new habit ...

One of the best ways to stay fit and healthy, increase energy levels, lose weight and improve the condition of our skin is by increasing the amount of nutrients that we get in our diet. We are becoming nutritionally deficient due to farming methods, poor soil quality, food processing, digestive issues and poor "healthy" food choices. Before long we can start to develop chronic deficiencies which can eventuate into health problems.

My belief is that most health conditions can be traced back to a nutritional deficiency. Increasing our intake of fruits and vegetables is an important step towards good health however filling your plate with vegetables at every single meal time is not always that easy.

Give your health a kick start by introducing smoothies into your daily diet. Smoothies are an ideal healthy option to really give your body a boost of feel good vitamins and antioxidants. Smoothies are easy to digest, filling and packed full of nutrients and make a delicious snack or on the go quick breakfast.



The smoothie recipes in this booklet can be made in a blender or smoothie making appliance (Nutri Bullet, Nutri Ninja for example) . Using a blender as opposed to a juicer allows you to keep the fibre content of the fruit which will keep you fuller for longer, help to balance blood sugar and aid digestion. Most recipes will require about 1 cup of filtered water but the amount can be adjusted until you reach your desired consistency (you can replace the water with coconut water, alkaline water or a plant milk of your choice). Some of the recipes already have milk added but you could replace this with water or coconut water. When it comes to adding protein powders, choose a natural protein powder free from artificial vitamins, additives and flavours. My top picks are Sun Warrior and Vital Protein available from health food stores.

The best part about making smoothies is that not only do they taste delicious, they are super healthy and you can experiment with a variety of different fruits, vegetables and liquids so you can really have some fun.

Follow my [tips](#) on when to go organic found on fionatuck.com to know which fruits and veggies are best eaten organic and how best to wash your fruit to remove any unwanted pesticides .

Have fun..

Fiona x

Nutrient Boosting Healthy Eating Guidelines:

Eating a diet that is based on nutrient rich wholefoods, high in plant foods and low in processed foods and free from toxic chemicals allows our bodies the necessary nutrients we need for health and longevity.

Eat a variety of different foods every day to ensure you are getting enough nutrients. If you are having the same breakfast, lunch or dinner every day you are putting yourself at risk of not allowing your body the necessary nutrients that it needs.

A little bit of everything and not too much of any one thing.

Portion Control. As a nation we eat too much, our portion sizes are out of control and we have forgotten what a real portion size is. [Download](#) the free portion control fact sheet on fionatuck.com to help guide you.

Eat wholefoods. Choose foods that are close to how you would find them in nature. The more refined or processed a food, even a healthy food, the less beneficial it is for our bodies.

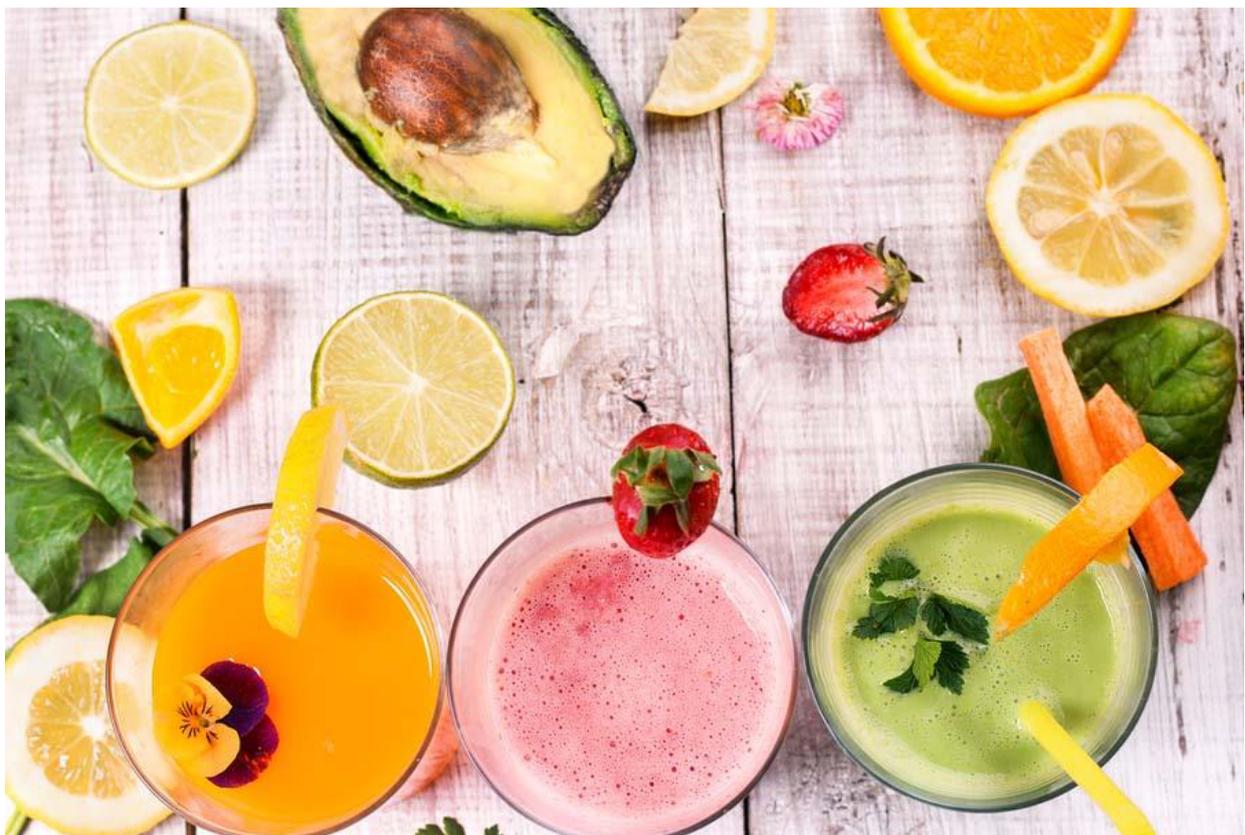
Ditch the diet food. Avoid foods that are marketed as low fat. They tend to be highly processed, full of toxic chemicals and high in sugar to replace the taste loss from the removing the fat.

Cut down on refined carbohydrates such as white bread, pasta, noodles, chips, alcohol. These cause blood sugar spikes and promote accelerated ageing and disease within the body. They also promote obesity when eaten in excess.

Avoid diet fads, calorie counting and extreme diet rules and regulations.

Choose foods based on their nutrient content rather than their calorie content.

Take the first steps to good health by following the nutrient boosting healthy eating guidelines and enjoy a different smoothie every day, your body will thank you for it, I promise!



#1 Power Smoothie

Energy, stamina, recovery

Serves 1

- 1 heaped tablespoon of vanilla protein powder
- ½ frozen banana
- 1 mandarin
- ¼ cup organic blueberries (fresh or frozen)
- 1 cup of filtered water
- 1 teaspoon of spirulina (optional)
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

Top Tip: Peel ripe bananas, cut them in half, place in a zip lock bag and place them in the freezer. Use in smoothies straight from the freezer.

#2 Mango Mania

Anti-inflammatory, immune boosting, anti-ageing

Serves 1

- ½ chopped ripe mango
- ¼ avocado, peeled, pitted, and chopped
- 1 cup of milk (use milk of your choice)
- Squeeze of half a fresh lime
- Ice cubes (optional)



Blend all ingredients together in a blender until smooth.

#3 Peach Paradise

Immune boosting, skin clarity, anti-ageing

Serves 1

- 1 peach or nectarine, pitted and chopped
- 1 small peeled mandarin or satsuma
- 1 heaped tablespoon of vanilla protein powder

1 cup of filtered water
Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#4 Strawberry Love

Cholesterol lowering, heart health, bone health

Serves 1

1 cup quartered strawberries
1 sliced banana
¼ cup raw almonds
½ cup rolled oats or oat bran
1 cup Greek yogurt (sugar free)
1 tsp of vanilla extract

If you prefer more sweetness add 1 teaspoon maple syrup or manuka honey (optional)

Ice cubes (optional)



Blend all ingredients together in a blender until smooth

#5 Green Cleanse

Digestion, system cleansing, anti-inflammatory, blood strengthening

Serves 1

1 cup of chopped pineapple
1 small handful of spinach, chopped
1 heaped teaspoon of spirulina or greens powder
1 cup of water
Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#6 Greener than Green

System cleansing, liver detox, skin and nail support

Serves 1

- 1 apple, chopped
- 1 celery stick, chopped
- 8 cm piece of cucumber, chopped
- 1 tsp of chia seeds
- Fresh mint leaves to taste
- 1 cup of filtered water Ice cubes (optional)



Blend all ingredients together in a blender until smooth.

#7 Cherry Choc Surprise

Anti-inflammatory, energy, gout, fertility

Serves 1

- ¼ of an avocado, peeled, pitted, and chopped
- 1 cup of cherries, destoned (fresh or frozen)
- 1 teaspoon of cacao powder
- 1 scoop of chocolate protein powder
- 1 cup of almond milk
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#8 Purifying Smoothie

Immune boosting, heart health, blood pressure, digestive aid, hang over cure

Serves 1

- 1 carrot, chopped
- ½ small beetroot, chopped
- ½ an apple chopped
- ½ a thumb nail size of raw ginger (or to taste)

- 1 cup of water
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#9 Mango Madness

Skin radiance, bone health, immune support, stress reducing

Serves 1

- ½ ripe mango, chopped
- ½ frozen banana
- 1 cup of milk or plant based milk
- Ice cubes (optional)
- 1 teaspoon of spirulina (optional)

Blend all ingredients together in a blender until smooth.

#10 Watermelon Cooler

Energy boosting, cleansing, antioxidant support

Serves 1

- 1 cup of watermelon cut into chunks
- 1 cup of filtered water
- Sprig of mint
- Squeeze of fresh lime juice
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.



#11 Fibre Booster

Heart health, colon cleansing, immune support, antioxidant cell protection

Serves 1

- 1 tablespoon of rolled oats or oat bran

- 1 cup of mango, diced
- ½ frozen banana
- 1 cup of milk or plant based milk
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#12 Green Peach Zing

Digestive aid, nerve tonic, anti-inflammatory

Serves 1

- 1 handful of baby spinach
- 1 teaspoon grated peeled fresh ginger
- 1 chopped peach or nectarine, destoned
- 1 teaspoon of maple syrup or manuka honey (optional)
- ½ frozen banana
- 1 cup water
- Ice cubes (optional)



Blend all ingredients together in a blender until smooth

#13 Tropical Delight

Energy booster, digestive aid, anti-inflammatory, anti-ageing, muscle recovery

Serves 1

- ½ cup of fresh papaya
- 1 peach, stoned and chopped
- ½ cup of orange juice
- 1 tablespoon of vanilla protein
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#14 Hawaiian Paradise

Blood tonic, digestive aid, system cleanser, collagen booster

Serves 1

- ½ cup chopped pineapple
- 1 cup of frozen blueberries
- 1 orange, seeded and cut into quarters
- ½ cup water
- 1 teaspoon of spirulina
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth

#15 Kiwi Kiss

Bone builder, heart health, nerve tonic, immune booster, digestive aid

Serves 1

- 1 cup of coconut milk
- 1 thumbnail size of fresh grated ginger (or to taste)
- 1 kiwifruit, peeled and chopped
- 1 tablespoon quinoa flakes or oat bran
- Handful of baby spinach
- 1 teaspoon of Manuka honey (optional)
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.



#16 Choc Bananas

Energy booster, muscle builder, nerve tonic, stress buster, post gym work out

Serves 1

- ½ frozen banana
- 1 tablespoon of chocolate protein powder
- 1 cup of milk or plant based milk

Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#17 Berry Bliss

Anti ageing, skin smoothing, bone building, stress busting

Serves 1

- ½ frozen banana
- ½ cup of frozen blueberries
- 1 cup of unsweetened almond milk
- Ice cubes (optional)



Blend all ingredients together in a blender until smooth.

#18 Choc and Nut Delight

Energy booster, muscle recovery, post work out, stress buster, weight gain

Serves 1

- 1 medjool date, pitted and chopped
- 1 cup of organic milk
- 1 dessert spoon of raw cashew nut butter
- 1 dessert spoon of raw cacao powder (can use cocoa powder).
- Ice cubes (optional)



Blend all ingredients together in a blender until smooth.

#19 Super Detox

Immune boosting, heart health, digestive aid, system detox

Serves 1

- 1 cup of filtered water
- 1 raw egg

- 1 carrot
- 1 small mandarin, peeled and sliced
- 1 thumb nail size of fresh grated ginger
- 1 tsp of chia seeds
- ½ small peeled and diced raw beetroot
- 1 teaspoon of spirulina
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.

#20 Skin Vitality Booster

Heart health, skin clarity, immune booster, cellulite buster, anti-inflammatory

Serves 1

- ¼ chopped avocado
- 1 nectarine or peach, chopped
- ½ frozen banana
- 1 cup of almond milk
- 1 teaspoon of Manuka honey (optional)
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.



#21 Salted Caramel Smoothie

Bone health, post work out, energy booster, weight gain

Serves 1

- 1 cup of almond milk (sugar free)
- 2 dates
- ½ frozen banana
- 1 tablespoon of cashew nut butter (or nut butter of your choice)
- 1 teaspoon of manuka honey (optional)
- Pinch of sea salt
- Ice cubes (optional)

Blend all ingredients together in a blender until smooth.



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