



*Dashama*

# GREEN SMOOTHIE CLEANSE

*✓ Renew You*



*This Program is  
Designed to Help You:*

- Lose Body Fat
- Release Toxins
- Boost Immune System
- Increase Energy Levels
- Improve Digestive Health



Dashama

# GREEN SMOOTHIE CLEANSE

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# FOREWORD

## BY DR. NINU QUICK, M.D.

It's no secret that we are in the middle of a health crisis. The rates of diabetes, heart disease, asthma, allergies, infertility and cancer are all increasing. Obesity has become an epidemic. I have watched this unfold before my eyes during the past 17 years as a medical doctor. For me, these facts are not just statistics, they are living people, people who I know and want to help.



It's only common sense that if your ill health has been caused by poor eating habits, the most important step in restoring your health is to start eating right. The problem is, most people don't actually know how to eat right, and that's where Dashama comes in. Her videos on healthy food preparation, weight loss diets and detox diets are excellent. She now gives us her new book, *Green Smoothie Cleanse*.

There are many reasons for doing a cleanse. Perhaps the most common reason is weight loss, but many people cleanse to feel renewed energy and vitality. Still others cleanse because they have digestive problems that they want to be free of, and some people do it to release toxins that are stored in their fat cells, a process that not only improves how you feel now, it's likely to decrease your risk of disease in the future. Cleansing can significantly reduce inflammation in your body, which improves conditions like arthritis and autoimmune disorders, and reduces your risk of heart disease.

Dashama's *Green Smoothie Cleanse* is unlike most cleanses that are based on fasting using juice and/or water. While a fast can be beneficial, it is not for everyone, and can even be dangerous for people with blood sugar issues. Dashama's approach is safe and effective, and it has benefits that other fasting styles do not have: it's super charged with fiber, contains a reasonable amount of protein and is packed with micronutrients. And you won't feel hungry, which is one of the main reasons people fail to complete a cleanse. The recipes in *Green Smoothie Cleanse* are delicious, which will keep you coming back for more.

I first found out about Dashama through her yoga videos, which were so good that I signed up to attend one of her retreats. It was wonderful: a combination of yoga, nutritious food, travel adventures and great people. To see Dashama in action, spreading her message of love, radiant health and joyful happiness is truly inspiring. This book is the latest in her efforts to bring good health to all of us. Whether you read it as someone new to cleansing or an old hand looking for interesting new ideas, you will not be disappointed.

*Welcome to this awesome experience...*

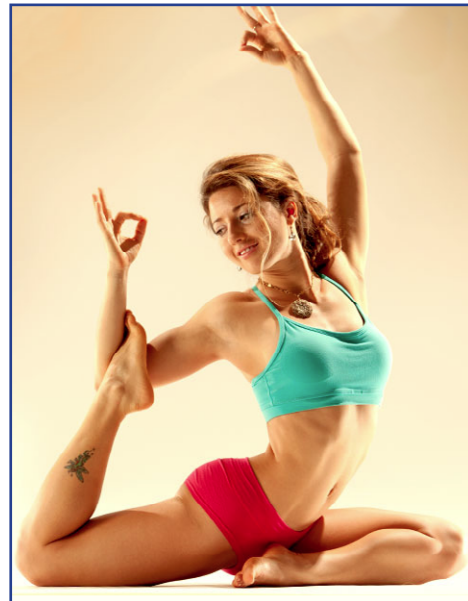
## The Green Smoothie Cleanse

First of all, I want to congratulate you for taking this time to explore one of the most remarkable health regimens I have ever experienced. And let me tell you, I've honestly done it all. Everything from complete fasting (consume nothing but water), the Master Cleanse (only spicy lemonade mixture), herbal cleanses, cabbage soup diet, watermelon cleanse, raw food diet and everything else in between.

Allow me to give you a little background about myself...

I had a very unsettling childhood, with a schizophrenic mother and both my parents had substance abuse issues. I was in and out of foster homes for many years, and as a result of that, I developed several health conditions and addictions that were very unhealthy. For years I was a very heavy drinker, sugar addict and suffered from thyroid disease, acne, poor digestion, eating disorders and many other ailments.

By college I decided to take my health seriously and began studying holistic health remedies and healing practices with a passion to heal myself. This led me around the world to study with the top healers, teachers and the most cutting edge anti-aging philosophers of our time.



In this short book, I will share with you a few simple secrets to excellent health that I have learned along the way. As they say, health is wealth, and I pray that this information serves you for years to come and you experience amazing health in your life as well.

One thing I have discovered is that not everyone has the will power, discipline nor the desire to do those more extreme cleanses. This green smoothie “feast,” as I like to call it, works like the best of them and even better, in my opinion, while being completely satisfying and energizing.

## SO, WHAT DOES IT DO FOR YOU?

Let's start at the top. First of all, a green smoothie cleanse is just that: a way to cleanse the internal system, alkalinize your body and cells and bring great health into your life. You clean your car, you clean your clothing, your home, even your shoes. Isn't it equally (or much more!) important to keep your organs, cells and digestive system cleansed as well? In essence, this is a fat flush and like hitting the reset button on your energy back to what you may have experienced in early childhood. Since fat is one major location where toxins are stored in the body, when we flush the fat, we eliminate massive amounts of toxins, chemicals and disease causing particles from the body.

## HOW CAN YOU EXPECT TO FEEL?

You may feel like a ton of bricks has been lifted off of your body and a cloud lifted from your mind. This is a powerful way to clear the brain fog, overcome addictions, (like caffeine, smoking, drugs, etc.) creating clarity and peace of mind.

You may experience weight and fat loss, clearer skin, radiant eyes and a brightness and glow to yourself that may pleasantly surprise you. Practicing green smoothie cleanses can literally help you to turn back the hands of time and feel at least 10 years younger with the vitality and clarity of a young sparkly kid — all in just 7 days or less.

# PREPARATION

The system is so simple, even a child could do it (and it is safe for kids to do this too). You will need a few things to get started.

## LIST OF WHAT YOU NEED:

**A High Powered Blender** — We love the Vitamix or the Ninja (for 1/4 the price from Walmart) and others with at least a 1-3 horse power engine. That will blend the ingredients to a smooth consistency and can even give you that frothy texture that is reminiscent of lattes or frappachinos ;-)

**Sharp Cutting Knife and Cutting Board**

**Purified Water**

**Ice**

## GROCERY LIST

You can get what is available and local to your area. If anything on this list is not accessible to you, don't worry about it or you can order it online. There are even great resources online for ordering these ingredients at discount bulk prices.

**Veggies:** Almost all are acceptable. My favorites to include: cucumber, celery, spinach, sprouts, lemon, avocado, beets and carrots.

**Fruits (low glycemic only):** Green apple, berries (blue, black, raspberry, goji, acai) and watermelon.



**Superfoods:** Maca, cocoa nibs / powder, acai, greens powder, grass powders, wheat grass, blue green algae, spirulina, aloe vera, probiotics, etc.

**Herbs:** Fresh herb like mint, parsley, cilantro and ginger.

**Seeds:** Chia, flax, pumpkin and hemp.

**Oils:** Coconut, hemp, primrose, grapeseed and flax.

**Protein:** Hemp, soy, rice, and vegan sources of sprouted grains, nuts and seeds.

**Stevia and/or Xylitol:** Sweeteners that don't have any effect on blood glucose.

**Misc:** Liquid chlorophyll, aloe vera juice, cayenne pepper, cinnamon, chai spices, hibiscus and other flower teas, yerba mate, green tea, good belly, oregano oil, echinecia, ginseng and chamomile.

# GETTING STARTED

Each day, for 3–7 days, you will blend your delicious recipes and enjoy these hydrating, nourishing, elixir(s) for your cells. You can either do only liquid smoothies for this cleanse, or if that feels too much to begin, you can do one meal and 3 smoothies each day. It usually helps keep your digestion on track to add a magnesium supplement (I recommend the powder/liquids or chewables). Magnesium helps your digestive tract relax and do its job optimally, even when its not being worked much. When we consume mostly liquids, since much of the digestion is done in the blender, the nutrients are absorbed more quickly into our cells and system. This is ideal for cellular functioning. You can think of it like hooking your cells up to an IV of nutrition. So great for you especially if you have been off the health train for a long time (or if you never got on in the first place).

## THE DAILY SCHEDULE

Breakfast: (within 1 hour of waking up and after your glass of lemon water or aloe vera water) Drink Smoothie #1 (12–24 ounces)

Then you have another smoothie every 3 hours or whenever you feel hungry.

## ONE MEAL PER DAY (OPTIONAL)

If you're planning to have a meal each day, I'd make it early in the day, around 3 pm or even for lunch. This meal should not be your traditional American food. Consider vegan protein like tempeh, tofu, or hemp based options. Eat lightly steamed or sautéed veggies with low sodium and great herbs for flavor.

During this program you'll want to eliminate starches, for just a week. These include potatoes, rices, pasta, sugars, root veggies and breads.

# SUPPLEMENTS & ESSENTIALS

When you consume the smoothies/ liquids at night the minerals and phytonutrients will aid in the release of toxins, weight and fat loss, and you'll notice a significant improvement in energy right away. If you feel too much energy and can't sleep (make sure you are only consuming the energizing smoothies early in the day before 3 pm) and you can also try a melatonin supplement. The best are chewable or liquid. Since the body naturally produces the hormone melatonin, it is safe to consume as a supplement, utilizing the minimum amount needed to get optimal rest.

Another vital point is *drinking enough water*. Although it will feel like you are getting ample hydration, the truth is, you need the fresh clean water to flush the fat and toxins out. So, you should still drink at least 64 ounces each day during this cleanse.

*Sweating and exercise* are highly beneficial. You should aim to break a sweat every day if possible. It's the best way the body knows how to eliminate toxins from the system. You can steam, sauna or workout to break a sweat and all are great options. During a smoothie cleanse you may feel more energy than usual, so if that is the case, use the extra energy to exercise and sweat — release the toxins from within through your largest eliminative organ, your skin. Conversely, if you feel less energy, don't panic. Sometimes, if you feel dizzy, tired or nauseous, it is your body releasing toxins and the processing of this release. Be strong, you will make it through and be rewarded with greater health and a clean internal system that will operate more efficiently in every possible way. Also, you should note, if you feel nauseous you may want to drink more water and have some ginger tea to soothe your stomach. You can also try the 'Tummy Soother' recipe (included in the recipes section), which should help. Get a massage, relax and take a hot bath. These should all help. Get a ton of rest while your body is healing and releasing the toxins that may have been stored for many years.

*Yoga* is very helpful. There are many forms of yoga available. Not all are ideal for this cleanse. I would suggest finding a class that focuses on breathing (another powerful eliminative process) and does a good amount of twisting. For this reason, Bikram Yoga and Pranashama Yoga are both great. In my style, Pranashama, I teach a specific detox sequence that includes a good deal of twisting, to wring out the organs and release toxins. The class is formulated to help you speed up the elimination process and can be a perfect exercise program to take up during this cleanse. You can practice along with a DVD at home or go to a studio or gym to take a class. Not only will yoga help you eliminate toxins from within your organs, but perhaps the most detrimental toxin of them all — stress. You can find some of my DVDs in the shop on my website: [www.pranashama.com](http://www.pranashama.com) and over 45 yoga sequences to mix and match in the *30DYC Home Fitness System* at [www.30dyc.com](http://www.30dyc.com).



**Stress** triggers toxic chemicals and causes your body to produce too much of the hormone cortisol, which causes the body to hold onto fat. This will make you gain weight and ultimately will leave you feeling lethargic, unable to feel refreshed no matter how much sleep you get.

I recommend that people take a bio available multi-vitamin supplement each day, which can be blended into the smoothies. Make sure it contains the following:

- Magnesium Citrate (at least 500mg) (nerves and digestion)
- Calcium Citrate (bones)
- Zinc (immune)
- Iron (blood)
- Enzymes (digestion)
- Probiotics (digestion and immune)
- D3 (mood enhancement)
- Biotin (for hair, nails and skin)
- Melatonin (take only 20 minutes before bed, improves sleep)
- Omegas 3 (for brain, skin and heart health — can get from hemp, chia, flax, fish or other oils)

## IN THE EVENT OF CONSTIPATION

Usually constipation is in large part linked to dehydration and lack of magnesium citrate, so try to increase your water intake and take a magnesium supplement. If that doesn't work, then you can try more laxative based methods. If you still have any trouble making a bowel movement, you may want to include a gentle herbal laxative or senna based tea, in small amounts, just before bed. It works while you sleep.

**\*\*Please Note:** All of these shakes can be a meal replacement, as they provide ample nutrients, vitamins, minerals, fiber, protein, and good fats. If you decide to consume one meal a day while following this cleanse then consider a late lunch or dinner your one meal option, no later than 7 pm though. After each smoothie you should feel satisfied for a few hours. Consuming a shake every 3–4 hours is ideal to keep your energy high, fuel your metabolism and to stay hydrated. Each smoothie contains mega nourishment, as well as super food ingredients that aid in rapid detoxification of your cells and organs, so extra hydration is advised. The more water you drink while on this cleanse, the more fat, toxins and excess waste you will flush from our digestive system, cells and organs.

## TIPS & SUGGESTIONS

- Although this cleanse is based upon smoothies, you are welcome to include fresh juiced veggies as well, although I recommend smoothies instead to maintain the fiber, phytonutrients and additional benefit that comes with blending in the extra herbal and super food ingredients.
- For optimum results, blend all of these smoothies in the Vitamix or any high powered blender and enjoy!
- Many of these are single serving recipes and can be made in greater quantity by multiplying the ingredients to make 2–4 servings. That way you can keep it in the fridge and enjoy later or share with your friends. Smoothies are best when consumed within 12–24 hours to preserve the maximum nutrients and freshness.
- Always keep your fruits, veggies and other high powered ingredients in the refrigerator to preserve maximum nutrient and mineral contents.
- Always select organic ingredients when possible, especially when you are cleansing, as your body is highly receptive to chemicals and will respond most favorably when all pesticides and non organic matter is avoided and eliminated.
- For maximum benefits exercise daily and sweat out toxins either through cardiovascular exercise, yoga or steam/saunas.
- Always consult your physician if you are taking any specific prescription drugs that could have contradictions with herbs or specific foods.

**\*\*Please Note:** If you live in a very cold climate, this cleanse is best when practiced during a warm time of year. The reason is to ensure your blood pressure and heart rate respond most favorably to a colder intake of nourishment. If you are the type with low blood pressure, try it out for a day or 2 and see how it makes you feel. If you find yourself unable to tolerate the temperature during winter, save the cleanse for springtime or summer when the weather is warmer for optimum enjoyment and success.

# IMPORTANT CONSIDERATIONS

In my experience, there are a few specific elements that need to be taken into consideration and are variables across 'smoothie lovers' whom I've met.

**Flavor:** What do you love, what do you hate, what are you willing to grow to enjoy? Each smoothie recipe can be adapted, altered and manipulated to better suite your taste buds. The flavor should be yummy and delicious! Get ready to put on your chemistry hat :-)

**Texture/Consistency:** Since the smoothie cleanse is a thick (or can be thin) liquid beverage of blended veggies, fruits, herbs, and seeds — the texture can vary depending upon the recipe and it is up to you to decide what you like best and what you don't. I'll give some specific examples and suggestions in this book and you can feel free to stick to my recipes or get wild and creative with your own. It's fun to be involved with what's going into your body!

**Ingredients:** This is an important element of the formulation. It is important for you to consider your intentions and what your desired outcome is before selecting the ingredients. You want to focus on organic ingredients as much as possible since the goal is to eliminate toxins. Non organic foods are often laden with poisons, pesticides and toxic chemicals. To consume those would counter balance your effort.

If you wish to clear out symptoms of candida (skin breakouts, bloating, gas, fatigue, acne, excess mucus, constipation, to name a few) you would not include any sugar (that includes most fruits in this case) and focus on veggies, seeds and herbs. Now that may sound like it may taste bitter, but believe me with a little mint and stevia or cocoa and maca, you can create magical flavors reminiscent of chocolate shakes from your childhood and truly satisfy your pallet while cleansing your cells and flushing out excess toxins and fat.

Below you will find my 10 favorite smoothie recipes. I have developed these over the years and they satisfy me greatly. That being said, please feel free to adapt the recipes to suit the ingredients you have available to you and to your taste buds and preferences. The measurements are merely guidelines and not a strict chemistry formula. Play with it, have fun and most importantly enjoy the process!

Blessings to your great success, health and happiness!

*Love, Light and Namaste*  
*xoxo Dashama*

# SUCCESS STORIES

Each of the success stories have followed the Green Smoothie Cleanse along with the 30DYC Home Fitness System to achieve optimum success. You can learn more about 30DYC 30 Days to fit and fabulous at [www.30dyc.com](http://www.30dyc.com).

## Shannon



Before



After

My name is Shannon Hill and I am a 35 year old mother of 3. My brilliant yet quintessential daughter, Chloe is 11, my sweet 4 year old son John, and my very happy go lucky one year old Baylor, the rest of my family, and I would like to thank you so much for the opportunity of the perfect lifestyle renewal system!

When Baylor was about 5 months old I learned of your website and signed up for the 30 day challenge. At 156 lbs of untuned muscle, slowly recovering from a c-section as my beautiful baby boy did not want to enter the world well into 10 months of pregnancy, my body was tired and worn out. I had suffered from lyme disease several years before, and know what a healthy diet and nutrition are all about, but I could not get back on track and my energy levels were low.

I had headaches, muscles cramps, and joints ached. It was a very hard time physically as well as mentally, emotionally and spiritually!

Upon starting the 30 day challenge I thought of Yoga as an easy way to strengthen the core without high impact cardio. Incredible how wrong I was. Although it is these things I came to realize very quickly it is SO MUCH MORE! In the first month of the program I learned so much about where my body was at, where I wanted it to be, what it could and could not do, what it should be able to do, as well as why I was not feeling well. The pounds shed off of me, every day was an amazing renewal of body, mind, and spirit. I woke up feeling refreshed and excited. My body was sore one week and limber the next! Asanas that I could not conquer one day were becoming more and more a part of my every day actions. My hair began to grow out long and lush. My skin began to clear up and glow. My muscles began to tone and even my self confidence and mental well being heightened! I then began to practice mediation and yoga every day. I learned about breathing, how it starts and ends each and every day, and where it can take and keep you!

### **Patricia**

Patricia practiced the Green Smoothie Cleanse for just 7 days. During that week, she quit smoking and lost 10 pounds, all while attending yoga class each day and hiking for additional exercise and cardio. She felt and looked so great she decided to continue with smoothies, at least once per day thereafter. Especially for chocolate and sugar cravings, she loves the chocolate malt shake, which offers ample energy, curbs sugar and chocolate cravings and tastes delicious! All while being sugar free and very nourishing.

### **Chris**

When Chris came to Bali last summer, he was determined to lose some weight. He was at least 70 pounds over weight and was ready to make some lifestyle changes. In just 2 weeks, following the Energy Detox Diet, he lost 40 pounds and got off 2 medications. He reported high energy levels and felt his flexibility was improving even more rapidly as a result of his new lighter body and less stress. He continues to follow the Energy Diet program and loves smoothies now as well.

### **Dave**

Growing up with a butcher for a father, in the Isle of Man, UK, Dave was raised eating meat and potatoes 3 meals per day. So when he first started the green smoothies, healthy meals and new lifestyle practices, it was a challenge mentally as well as physically. He had to retrain himself to appreciate greens, and that a smoothie can be considered a meal, it didn't need to be a piece of cooked meat and starches. Dave lost 5 pounds of body fat, toned up considerably and increased his energy to the point where he felt at least 10 years younger. He felt like a kid again at the ripe age of 45!

# 10 DELICIOUS SMOOTHIE RECIPES

If you are going to eat one meal per day instead of doing all smoothies, follow Dashama's Detox Diet Recipes. (A few of these are included after the smoothie recipes and more are available in the members area on [www.30dyc.com](http://www.30dyc.com).)

If you wish to experience this smoothie cleanse along with live yoga classes, healing workshops and health training, join us for "Discover the Fountain of Youth" yoga and holistic health training retreat in one of our exotic locations around the world. We offer retreats in Bali, UK, Florida, Croatia, Canada, Egypt and many other locations globally. Check out the website for more information and to register.

If you are interested in becoming a yoga teacher or holistic health coach, you can register for a yoga teacher training certification program at [www.pranashama.com](http://www.pranashama.com).

I wish you excellent health and supreme happiness.

Blessings and Love,  
Namaste  
Dashama

## 10 DELICIOUS SMOOTHIE RECIPES

1. Chocolate Malt
2. Berry-licious
3. Tummy Soother
4. Spa-licious – Cucumber
5. Hawaiian Cooler
6. Spicy V8
7. Chai Spice – Cinnamon
8. Mint Chocolate Chip
9. Green Pina Colada
10. Dashama's Green Goodness

Blend all of these smoothies in the Vitamix  
or any high powered blender and enjoy!

## 1. CHOCOLATE MALT

Energizing chocolate protein health shake.

### Ingredients

1 cup Almond Milk (or hemp or rice milk, low sugar variety unsweetened, organic if possible)  
2 T Chia Seeds (raw, organic, whole or ground)  
2 T Cocoa Powder (raw, organic if possible)  
1 tsp Maca Powder (raw, organic if possible)  
1 tsp Stevia (liquid if possible)  
1–2 cups ice



### Optional to Include:

1 cup water (if you desire less thick consistency)  
1/8 cup fresh Mint Leaves (to taste) OR  
1 T ground Cinnamon (to taste) OR  
1/4 cup Cocoa Nibs (raw, organic if possible) for nutty flavor and texture

## 2. BERRY-LICIOUS

This delicious Fat Flush Smoothie is great for boosting energy and your immune system. It is packed with phytonutrients for cellular health, youth and rejuvenation. Yummy!

### Ingredients

1 Green Apple  
1 Pink Grapefruit  
3 stalks of Celery  
1/2 Cucumber  
1/4 cup Hemp Protein Powder Plain  
1/4 cup Chia (ground or whole)  
1 packet Stevia Sweetened Acai Energy Powder with Green Tea Caffeine  
1 cup Purified (or Coconut) Water  
1/4 cup expeller pressed Pomegranate Aloe (or plain if you can't get flavored)  
1 cup Spinach  
1 peeled Lemon  
1/8 cup fresh Ginger  
1/2 cup frozen Acai



### 3. TUMMY SOOTHER

This yummy Alkalinizing Detox Green Smoothie will soothe your tummy and heal the digestive system. Probiotics boost immune system and relieve digestive issues.

#### Ingredients

- 1/2 green Apple
- 1 medium organic Cucumber
- 1 cup Purified (or Coconut) Water
- 1 thumb sized chunk of fresh Ginger Root
- 1 serving Aloe Juice – expeller pressed is best
- 1 serving Probiotics Liquid (Good Belly is my fav brand)
- 1 organic Lemon, peeled and whole or just the juice

#### Optional to Include:

- 1 scoop or 1 serving CHIA seeds
- 1 scoop Greens Powder (such as Vitamineral Greens or Greens+ or other brands)



### 4. SPA-LICIOUS

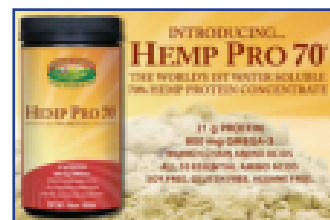
Like a day at the spa, this refreshing smoothie will invigorate and rejuvenate your body and soul.

#### Ingredients

- 1 medium organic Cucumber
- 1 stalk of Celery
- 1 medium Green Apple
- 1 cup Purified (or Coconut) Water
- 1 cup Ice
- 1 T Stevia for no impact sweetener
- 1 tsp Sea Salt
- 1 T fresh Mint
- 1/2 medium Lemon
- 1 scoop Super Greens Powder (like Vitamineral Greens or Greens+)

#### Optional to Include:

- 1 scoop Hemp Protein (can make it a little grainy, but adds significant protein & fiber) OR 1 scoop other Protein Powder (vegan is best for detox and cleanse)
- 1-2 peeled Kiwi for taste





## 5. HAWAIIAN COOLER — HIBISCUS LEMON

This refreshing beverage can be created as a drink or smoothie. It is light, cleansing and packed with minerals. The aloe is healing for digestive system and ideally this should be consumed on an empty stomach for maximum absorption of the aloe to your digestive organs and cell walls.

### Ingredients

1 cup Purified (or Coconut) Water  
2 tea bags of Hibiscus Tea or fresh Hibiscus (dried flowers) soaked in the water for 1 hour minimum  
1 tsp Stevia (or sweeten to taste)  
1 whole medium Lemon squeezed in  
1/8 cup Aloe Vera Juice (pomegranate flavor low sugar)  
1–2 cups Ice

### Optional to Include:

1/4 cup Chia Seeds  
1 small Green Apple (cored, not peeled)  
1/2 cup Blueberries or Goji Berries  
1 tsp liquid or powdered Echinacea Golden Seal



## 6. SPICY V8 — CELERY, PARSLEY, BEETS, TOMATO, SEA SALT AND CAYENNE

This spicy blend will satisfy your salty cravings and nourish you from the inside out. The cayenne and beets are great to increase body heat, metabolism and blood circulation during the winter.

### Ingredients

1 cup Purified Water  
1 cup Celery  
1 tsp Parsley  
1/8 cup fresh Beets  
1/2 organic Tomato  
1/2 tsp Sea Salt (or to taste)  
1/2 tsp Cayenne (or to taste)  
1 cup Ice

### Optional to Include:

1/8 cup Chia Seeds and/or 1/4 cup Hemp Seeds



## 7. CHAI SPICE

This tasty treat is packed with nutrients to soothe your digestion, stabilize blood sugar and improve blood circulation. Packed with fiber, good fats and protein, this will satisfy you for hours.

### Ingredients

- 1 cup Almond Milk (or coconut, hemp or rice milk low sugar variety unsweetened, organic if possible)
- 2 T Chia Seeds (raw, organic, whole or ground)
- 2 T Cinnamon or Chai Spice mix powder (to taste)
- 2 T fresh Ginger (or ground organic)
- 1/4 cup Cocoa Nibs (raw, organic if possible) for nutty flavor and texture
- 1 tsp Stevia (liquid if possible)
- 1–2 cups ice

### Optional to Include:

- 1/4 cup Hemp Protein Powder or other vegan source
- 1/4 cup organic Coconut Flakes or Baby Thai Coconut Meat for texture



## 8. MINT CHOCOLATE CHIP

This delicious smoothie will delight your senses and quench your sugar and chocolate cravings. Each ingredient is packed with wonderful health properties to improve skin, lungs, digestion, nerves and much more.

### Ingredients

- 1 cup Almond Milk (or hemp or rice milk low sugar variety unsweetened, organic if possible)
- 2 T Chia Seeds (raw, organic, whole or ground)
- 2 T Cocoa Powder (raw, organic if possible)
- 1/8 cup fresh Mint leaves (to taste)
- 1/4 cup Cocoa Nibs (raw, organic if possible) for nutty flavor and texture
- 1 tsp Stevia (liquid if possible)
- 1–2 cups Ice

### Optional to Include:

- 1 cup Water (if you desire less thick consistency)



## 9. GREEN PINA COLADA

Sipping this you'll feel like you're on an island vacation!

### Ingredients

- 1 cup Coconut Water (organic)
- 1 cup Coconut Milk (low or no sugar)
- 1/2 cup fresh Pineapple chopped
- 1 scoop Super Greens Powder and/or a few drops of Liquid Chlorophyll
- 1 tsp Stevia Liquid (or sweeten to taste)
- Magnesium Citrate powder (calms nerves and improves color cleansing)
- 1 cup Ice



## 10. DASHAMA'S GREEN GOODNESS

With enough healing ingredients to restore health to a small country, this smoothie is a wonderful remedy for many ailments from digestive upset, acne breakouts, fatigue, lethargy, sluggish immune and much more. This recipe makes at least 2-4 servings, so keep it in the fridge and enjoy later, or share with your friends.

### Ingredients

- 1 medium Green Apple
- 1 oz fresh Ginger
- 1 tsp Stevia Liquid (or equivalent powder)
- 1-2 cups fresh organic Spinach
- 1/2 organic Cucumber
- 1-2 cups Filtered Water
- 4 large Carrots, chopped
- 4 oz Kombucha Juice, any flavor
- 1/2 large organic Lemon
- 3 T Chia Seeds
- 1 scoop Alive Apple Cinnamon protein powder or your fav protein powder
- 1 cup Ice (optional) (I like mine room temp for easier digestion)



### Optional to Include:

- 1 oz expeller pressed Aloe Juice
- 1 tsp MSM Powder
- 1 tsp Colloidal Silver
- 1 tsp Lysine Liquid with Echinacea and Shiitake Extracts
- 1 T Omega Oil with Primrose, Flax, or any other you like



# DASHAMA'S DETOX DIET RECIPES

## RAW OR LOW CARB MEDITERRANEAN WRAPS

Use a large leaf of swiss chard or kale as the wrap (make 2-3 per person).

In the middle combine:

1/2 medium Avocado in each wrap

1/2 Cucumber

1/2 medium Tomato

1/2 cup Sprouts

1/2 cup Red Peppers or Sun Dried Tomatoes

Tahini Goddess Dressing



**Optional to Include:**

Add tuna, salmon or light fish, can be in a sprouted grain tortilla as a second alternative or add hummus to taste

## FAT FLUSH & HEALING VEGGIE SEAWEED STEW

**Ingredients**

1 head Cauliflower

3 cups chopped Kale

1 cup chopped or shredded Carrots

1/2 cup Dried Seaweed (Wakame is my favorite)

2-3 cups Water

1 T pink Sea Salt or Braggs Liquid Aminos to flavor

1/2 Elephant ear of Garlic, peeled and chopped

1/4 cup Ginger chopped and peeled

Feel free to add your favorite veggies in there (broccoli, tomatoes, shiitake mushrooms, etc)



**Optional to Include:**

1 cup Red or White cooked Quinoa (in soup or serve on the side)

## KALE, SPINACH, ARUGULA SALAD WITH HEMP SEEDS

### Ingredients

1 cup Kale, cut in bite sized pieces  
1/2 cup organic Baby Spinach  
1/2 organic Arugula  
1/2 cup Broccoli Sprouts (or sprouts of your choice)  
1/2 small Tomato cut bite sized  
1/2 small Cucumber, but into bite sized pieces  
1/2 medium ripe Avocado  
1/4 cup raw organic Hemp Seeds  
1 T raw Pumpkin seeds  
1 T raw Pine Nuts  
1 T organic expeller pressed Olive or Help Oil  
1/4 cup Apple Cider, Balsamic or Red Wine Vinegar  
1 T Pink Hymalayan Sea Salt  
Tumeric or flavor with your favorite spices to taste



### Optional to Include:

Boiled Eggs (2 just the whites or 1/2 cup tuna fish or salmon)

## RAW COCONUT HEMP PUDDING SNACK

### Ingredients

1/2 cup raw Coconut Flakes  
1 scoop Hemp Protein Powder  
1/2 cup Almond Milk or vegan milk option of choice  
1 T Stevia for sweetener  
1 T Cinnamon



### Optional to Include:

1/2 cup Chia Seeds (makes like rice pudding consistency)  
Top with 1/4 cup goji berries

Stir and enjoy! This is a filling snack that tastes great and is very quick and simple to prepare.