

Get Switched On! – Morning/Afternoon Smoothie

Starting the day off right is critical to maximize your energy for the day. I have consumed this for over 20 years and my weight has not varied more than a few pounds. It also works great as a meal replacement and *makes you regular as heck!* ☺. The National Cancer Institute recommends men need 9 servings of fruits/vegetables a day and 7 servings for women. Here is an easy way to knock it out in the morning. I use a **Vitamix** blender that can pulverize almost anything. This recipe makes about 52 oz. **You can of course improvise on this recipe** – this is enough for 2 people or a lot for you. You can also make this the night before and have ready for the am – keep in the blender and mix up again.

2 cups **SUJA Uber Greens** (Cold pressed green juice). 70 Calories

1 cup of water – If you want a little sweeter - add some **POM** juice and/or **coconut water**.

1 tablespoon - **Dr. Schulze's Super Food Plus** - 19 calories **or Organifi Product**

3 large leaves of Organic **Kale** – 27 calories

2 cups of **Organic Power Greens** mix – 25 calories

1 medium **Carrot** – 25 calories

1 cup **Cucumber** slices – 15 calories

½ cup frozen **Pineapple** – 37 calories

½ cup **Strawberries** – 24 calories

½ cup frozen **Mango** – 45 calories

½ cup frozen **Banana** – 67 calories

½ cup Frozen **Cherries** – 36 calories

½ cup frozen **Blueberries**

Tbsp Organic Vanilla **yogurt** – 16 calories

Lemon slice 2 calories

Frozen fruit - bananas, berries, peaches, mango, pineapple etc. (I buy in bulk at Costco) – GET bananas AT STORE IN BAG BULK, CUT AND FREEZE ZIP LOCK. Fresh Mint is also great to add.

You can of course simply this recipe and only add a few frozen fruits if you wish. I add fresh fruits in season like peaches or watermelon. You can easily make it as GREEN as you wish.

This **small investment per serving** will be a great investment in your health and vitality long term!

TOTAL 446 CALORIES – 52 OUNCES - = 8.5 CAL PER OUNCE
– OR 111 CALORIES PER 13 OZ SERVING

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