

# Nutri Blast

**[Do not eat meat with Nutri Blast]**

## Ingredients to always include:

### Solids

- **Greens** (a lot) or super food green powder – \*spinach, \*kale, \*arugula, cilantro, parsley – generally, combine spinach and kale
- **Celery**
- **Berries** (1/2 cup) –\*blueberries, \*raspberries, \*blackberries, goji, strawberries
- **Creamy fruit** (a little) – \*papaya, \*mango, banana
- **Sprouted seeds, especially broccoli seeds [frozen is best], but not alfalfa**
- **Ground & soaked flax seeds (+chia seeds if possible)**
- **Nuts/Seeds** – \*almonds, \*walnuts, macadamia, Brazil nuts, pumpkin seeds, sesame seeds
- **Coconut oil** (extra virgin olive oil if coconut oil not available)

### Liquids

- **[MCT oil]**, if not in bulletproof coffee
- **[Flax oil]**, if not using flax seeds
- Water/Ice – amount to produce a desired viscosity (usually just top off the ingredients)

**No whey protein because of the sugar in the fruit**

## Optional ingredients:

- Apple or pear
- Collagen powder, if not taken in capsules
- Super-food green powder
- Chlorella
- Spirulina
- **Cayenne**
- **Vegetable** – cucumber, beets, sweet red pepper
- Raw cream
- Cacao powder

*\*Most healthy options – boost immune system, dense nutrition, immune system boosters, fight cancer, etc.*

Notes: **Spinach** and **kale** are high potassium, which is necessary for sugar metabolism.

**Kale** is high in Vitamin A, which is difficult to obtain.

**Arugula** produces a large amount of NQ in the blood, so make sure to use it sometimes.