

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 NO in the blood, so make sure to use it sometimes.