

# The Tribal Wellness Smoothie Guide



VITALITY RICH RECIPES FOR EVERY BODY

# Tribal Wellness Smoothie Guide

## WELCOME TO THE TRIBAL WELLNESS MOVEMENT

Our mission is to inspire healthy living around the globe. We have now helped over 8000+ families worldwide to live their healthiest and best life. So we are sending you a huge warm congratulations for being the next special person looking for more for your health and vitality!

The stats of today show that only 2.5% of kids and 5% of adults are getting the daily recommended servings of fruits and vegetables. We are just not ok with this! Our passion is to empower people to conveniently and cost effectively flood their body's every day with nutritious, whole food, mouth watering recipes, smoothies, snacks and raw deserts.

The recipes we share in this guide incorporate the healing power of 17 super plants in our Complete Smoothie Blends. Enjoy these delicious vegan, non GMO, gluten free, dairy free pouches of goodness flooding your body.

If you have just begun our 5 or 10 day trial, congrats! We have some great news!! To continue your delicious health journey our smoothie blends come in packs of 60 and 120 serves and when you purchase these you get FREE access to our entire wellness program. It is like an online health retreat in the comfort of your home with yoga, meditation, recipes, eating guides, workouts, webinars, mindflow, personal and spiritual development.

We can't wait to hear about your favorite recipe for you and the fam :) Time to get blending xxx

# Tribal Wellness Smoothie Guide

## DUTCH CHOCOLATE COMPLETE

### CHOCOLATE SMOOTHIE

#### INGREDIENTS

1 banana, frozen and chopped  
1/2 avocado  
2 tablespoons almond, cashew butter or coconut butter  
1 sachet of chocolate complete  
1 cup coconut water  
1 pinch sea salt  
Handful ice

**METHOD** Combine frozen banana, avocado, nut butter, coconut water, chocolate complete and ice into a good high-speed blender. Blend all the ingredients until creamy and smooth. Add more coconut water if necessary for consistency. Enjoy!



# Tribal Wellness Smoothie Guide

## OTHER EPIC CHOCOLATE SMOOTHIES.....

### **BOUNTY CHOCOLATE SMOOTHIE**

- 1 sachet of Chocolate Complete
- 1 frozen banana
- 3 tbsp desiccated coconut
- 2 medjool dates, pitted and chopped
- 1 tsp chia seeds
- 1/2 cup coconut or almond milk
- 1 tbsp almond butter or coconut butter
- 4 ice cubes
- raw cacao nibs and extra desiccated coconut, to serve

### **DARK CHOCOLATE CHERRY BLAST SMOOTHIE**

- 1 sachet of chocolate complete
- 1 cup rice milk or almond milk
- 10 fresh or frozen cherries (less the pips)
- 1/4 cup oatmeal
- 1 frozen banana
- 1 Handful ice

### **CHOCOLATE NICECREAM**

- 2-3 frozen banana
- 1/2 cup pecans
- 2 sachets of chocolate complete
- A dash or rice milk

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## OTHER EPIC CHOCOLATE SMOOTHIES.....

### **CHOC MINT DREAM SMOOTHIE**

- 1 sachet of Chocolate Complete
- 1 frozen banana
- 3-10 drops of food grade peppermint essential oil (depending on how strong you like it.
- 2 medjool dates, pitted and chopped
- 1 tsp chia seeds
- 1 cup rice milk
- 1 tbsp almond butter or coconut butter
- 1 handful of ice cubes

### **CHOC BLUEBERRY BLAST SMOOTHIE**

- 1/2 c frozen organic blueberries
- 1/2 frozen organic banana
- 1 c (or handful) mixed organic greens (spinach, kale, chard)
- tbsp flax seeds or chia seeds
- 1 sachet of Chocolate Complete
- 1/2 cup Water
- 1/2 cup organic Soy or Almond milk
- 3 ice cubes
- \*add liquid to desired consistency

# Tribal Wellness Smoothie Guide

## VANILLA COMPLETE

### BERRY NICE SMOOTHIE BOWL

#### INGREDIENTS

2 frozen bananas  
1 sachet of Vanilla Complete Powder  
125g fresh or frozen berries  
1/2 cup (140g) coconut yoghurt  
1/4- 1/2 cup Unsweetened Almond or Rice Milk  
Handful of ice cubes  
1/2 cup (50g) shredded coconut, toasted

#### METHOD

Place banana , berries, coconut yoghurt, almond milk, ice and blend until smooth.  
Divide the smoothie mixture evenly between 2 serving bowls. Serve with slices of your fave fresh fruit, nuts, seeds, granola and toasted coconut.



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## OTHER EPIC VANILLA SMOOTHIES.....

### **PURPLE PASSION SMOOTHIE**

- 1 Tbsp Flax seed
- 2 Tbsp whole oatmeal, dried
- 1/4 cup coconut yoghurt
- Handful of spinach or kale
- 1 cup almond or rice milk
- 1 sachet French Vanilla Complete
- 1/8 tsp cinnamon
- 1 frozen Banana

### **CINNAMONKEY SMOOTHIE**

- 1 Tbsp Flax seed
- 2 Tbsp whole oatmeal, dried
- 1/4 cup Plain Coconut Yogurt
- Handful of spinach or kale
- 1 cup almond or rice milk
- 1 sachet French Vanilla Complete
- 1/8 tsp cinnamon
- 1 frozen Banana

# Tribal Wellness Smoothie Guide

## OTHER EPIC VANILLA SMOOTHIES.....

### TROPICAL VANILLA DELIGHT SMOOTHIE

- 1/2 banana
- 1/4 cup pineapple
- 1/4 cup mango
- 1/4 cup strawberries
- 1/2 cup coconut milk
- 1 sachet French Vanilla Complete (add ice cubes, unless you've used frozen fruit)
- Optional: 1/4 tsp of cinnamon

### MANGO PASSION SMOOTHIE

- 1 cup almond or rice milk
- 1 sachet French Vanilla Complete
- 1 frozen Banana
- 1 fresh passionfruit
- 1/4 cup frozen mango

### GREEN MACHINE SMOOTHIE

- 1 frozen banana
- 1 handful of raw cashews or almonds
- 4-5 dates without seeds
- 3-4 kale or large spinach or silverbeet leaves
- 1-2 cups of cold water or coconut water
- 1 sachet of French Vanilla Complete
- Ice



# Tribal Wellness Smoothie Guide

## OTHER EPIC WAYS OF ENJOYING THE COMPLETE POWDERS.....

There are so many other ways to enjoy our delicious complete powders each day. Here are some of our favorites:

- Put any leftovers from your smoothie into ice block moulds and make some yummy healthy treats for your kids.
- Stir a sachet of either Chocolate or Vanilla Complete into porridge or oatmeal once finished cooking, for a delicious, creamy and extra nutritious breakfast.
- Use a little less liquid for any of the smoothie recipes and create a nicecream or a smoothie bowl and top with some nuts, seeds or fresh fruit.
- Keep it simple and just add rice milk, nut milk, coconut water, ice and a sachet for a quick, easy and nutritious meal on the go.
- Add a sachet of either flavor into your favorite bliss ball recipe for an extra goodness
- Add a sachet in with rice milk and chia seeds to make a delish chia seed pudding

# Tribal Wellness Movement

## OUR AMAZING CLIENTS RESULTS ....

Combined with the principles we teach here is a snapshot of some of the incredible results people create with Tribal Wellness..

### EMMA

Lost 7kg & 23cm from her body in 6 weeks

My diet & nutrition I feel has been the predominant factor in my results. I no longer turn to sugary snacks to make me feel better or to give me that quick pick me up. The changes I've made have happened without really thinking too much about what I was doing which is good as this should mean that they're easier to maintain long term. I have significantly reduced my gluten and dairy intake.

I feel happier and more confident in myself, have more energy. The quality of my sleep has improved even if it's interrupted several times due to the kids.

I'm looking forward to continuing living a healthy life and looking after myself as a priority for a change.



### CHELSEA

Cleared her skin & increased energy & decreased cravings

My transformation was for my skin which was full of breakouts/pimples/redness etc. I would never leave the house without makeup but finally in the last few weeks I have left the house without makeup, and when I do wear makeup you wouldn't even know I have any scarring! o more golden gaytime skin!! On top of that I am trying and eating more healthy foods, and am not craving the unhealthy stuff as much! I have more energy and can focus better in class without my brain falling asleep

I definitely don't get as tired from everything that I do and a shake before a gym workout, footy training or work is an absolute life saver



# Tribal Wellness Movement

## OUR AMAZING CLIENTS RESULTS ....

Combined with the principles we teach here is a snapshot of some of the incredible results people create with Tribal Wellness..

### EMILY

Lost 6.6kg & 6.42% body fat in 6 weeks & 36 cm off her body

Since Tribal Wellness I have so much more energy (as is obvious because I'm at the gym all the time now!) and motivation to do things and be out and about

My overall goal prior to starting was to feel better about myself. To learn to love myself and to think and say positive things about me. I've always worn tights to the gym, even though I want to wear shorts! And now I do! I'm so much more confident and happy in myself!



### IAN

Lost 9.8kg & 7% body fat in 6 weeks & is the lightest he has been in 16 years.

"After seeing the results that the last six weeks has produced, I can confidently and whole heartedly say that Tribal Wellness has been a god send and I'm so grateful for the holistic concepts it incorporates as opposed to just focusing on weight, but also acknowledging your mental state and conditioning it, lifestyle adaptations etc. and backed by an awesome, strong support network / family, and I'm proud to say it's been an awesome investment in myself and my son.

