

The image features three glass cups of smoothies arranged on a light-colored wooden surface. The top-left cup contains a light-colored smoothie with slices of green apple and a cinnamon stick. The top-right cup is filled with a vibrant pink smoothie and topped with several fresh strawberries. The bottom cup contains a yellow smoothie with a slice of passion fruit and some clear gelatinous pieces. A large, semi-transparent white circle is overlaid in the center, containing the text.

3 Easy Smoothie Ideas
for busy people

TELMA FJELLTVEIT
www.plantsfromnowon.com

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Hello!

I'm Telma Fjelltveit, a holistic coach, a specialist in regenerative detoxification, and the founder of Plants From Now On. I teach busy women how to best use their time to transform their lives, through simple healthy choices; for a happier life.

Imagine every morning, you wake-up, knowing what you will prepare for breakfast, and it is going to be healthy and delicious, and you will still have time for stretching and journaling?

I used to feel the same way before I switched to a plant-based diet. My breakfast would always be bread, I thought it was so easy, even though it was boring to me. At that time I didn't have much understanding of what foods are nutritious and honestly didn't find healthy foods to be delicious. In fact, I never thought to be possible to just have a smoothie for breakfast and that would be enough.

That's until I was introduced to a healthy plant-based diet and raw foods. I started learning about the nutritional value of fruits and vegetables. Next thing I knew, I was having smoothies, even green juices and fruits in the morning.

One client once told me how scared she was not to eat bread in the morning. She could not believe she would last until lunchtime. Today, she loves her fruits for breakfast and doesn't even remember the last time she ate bread.

Another client that eats her breakfast at the workplace, told me the first days she started with her detoxification program, her workmates noticed her new food full of bright colors, after tasting some of her smoothies, they asked her to also make some for them.

They say that breakfast is the most important meal of the day, so you should eat like a queen. But I don't think this is entirely true. Breakfast is the meal after our sleep 'fast'. We didn't eat anything for about 8 hours or more and breakfast is the first meal that goes into our system. So it is essential to choose well what we eat in the morning - something that will aid our digestion giving us more energy, rather than steal it from us. This is the key to a bright day and vibrant health.

These three smoothie ideas I'm sharing with you will give you the tools you need to get started on your journey to healthy living. They are not just delicious but super healthy too!

Enjoy it!

Telma Fjelltveit



The background features three glass jars filled with smoothies. The top-left jar contains a light-colored smoothie with green slices of kiwi and banana. The top-right jar contains a pink smoothie with two fresh strawberries. The bottom jar contains a yellow smoothie with a passion fruit half on top. A large, semi-transparent pink circle is overlaid on the left side of the image, containing the text 'Smoothies'.

Smoothies

Strawberry Smoothie Recipe



INGREDIENTS:

250 ml of coconut water

1/8 cup of raw almonds*

2 cm of ginger

1/4 cup of sprouted alfalfa seeds

2 Medjool dates

2 small bananas

250g frozen strawberries

Alfalfa sprouts: fights infections; rich in minerals and vitamins; it is a panacea for almost everything.

INSTRUCTIONS:

Place all the ingredients in this order in your blender (a high-speed blender is best) and blend them until smooth.

Apple Pie Smoothie



INGREDIENTS:

250 ml of coconut water

1/8 cup of raw pecans*

1/2 tsp cinnamon

1/8 tsp nutmeg

2 cm of ginger

2 Medjool dates

2 apples

1 large banana

INSTRUCTIONS:

Place all the ingredients in this order in your blender (a high-speed blender is best) and blend them until smooth.

Ginger: relieves pain, thins the blood and reduces cholesterol;

Mango-Passion Smoothie



INGREDIENTS:

250 ml of coconut water

2 medjool dates

4 passion fruits

1 large banana

250g frozen mango

*Fruits are the highest
energy foods*

INSTRUCTIONS:

Place all the ingredients in this order in your blender (a high-speed blender is best) and blend them until smooth.

SHOPPING LIST

Coconut water
Sprouted alfalfa seeds
Raw pecans
Raw almonds
Cinnamon (not recommended for pregnant women)
Nutmeg
Ginger
Medjool dates
Bananas
Apples
Passion fruits
Frozen strawberries
Frozen mango

Notes: You can repeat these recipes during the week and feel free to adapt some of the ingredients to what you have where you live.

DO'S AND DON'TS

Do use organic ingredients as much you can.

Do wash well your produce especially if not organic.

Do follow the order of the ingredients presented in the recipe - water in the bottom, followed by dry ingredients and frozen ingredients at the end. It is much easier to blend that way.

Do drink what you need to be satisfied. You can also double the recipe.

Don't include the nuts if you are allergic or going through our detoxification program.

This e-book is offered to the readers that sign up my newsletter. In case you received by email or printed through a friend or someone else that wasn't me, I would like to invite you to visit my website, Plants From Now On. There I write about lifestyle transformation and conscious healthy choices for the ones looking for a happy life with more purpose.

On my page, you will also learn about ways you can take your health and to another level and here you find more about the work I do and the people that help me to make this possible.

I invite you to sign up for my newsletter, there I have direct contact with my readers and send exclusive content that is not published on my other media.

Did you like it, feel inspired, learned something new, with this e-book, please share with the world!

I used some hours to prepare this e-book and decided to make it available for free because I truly believe that everyone has the power to be living a healthy life the best they can and this little contribution might change someone's life.

To spread this message further I count on social media, word-of-mouth help, and your love.

Some ways you can help:

Please send me your testimonial about this e-book by email, I might include it on my website. If you like I can have a link to your website or other social media. I would love to have a picture of you I can include on the testimonial.

Mention the e-book on your Facebook with a link to **www.plantsfromnowon.com**.

If you use Instagram or Twitter, please share a picture or something you learned felt inspired by this e-book with the hashtag **#plantsfromnowon**.

Want to contact me, tell me your story? I would love to know. Or have questions, ideas, please feel free to write to me at **info@plantsfromnowon.com**

I'm grateful for you sharing the love!

Telma Fjelltveit

