

Summer Detox Smoothies

Make and enjoy one smoothie each day to replace a meal or as a snack. Use these exciting new recipes or create your own – but remember each smoothie should have a serving of the Élancé Frappé protein shake, Élancé Fiber and Élancé Detox Oil. Take a second serving of Élancé Fiber mixed with water at bedtime.

Citrus Cooler

2 scoops vanilla Elance Protein
One scoop Elance fiber
One Tbsp Elance detox oil
One orange (peeled, seeded and cut into chunks) or ½ cup orange juice
½ cup pineapple chunks (fresh, frozen or canned), or ½ cup pineapple juice
1-2 cups low-fat milk or dairy free milk of your choice* (use lower volume if you are using orange or pineapple juice)
Blend until smooth

Note: if you use juice not fruit, you may want to add some ice for a thicker shake

Tropical Greens

2 scoops vanilla Elance Protein
One scoop Elance fiber
One Tbsp Elance detox oil
½ cup pineapple chunks (fresh, frozen or canned), or ½ cup pineapple juice
½ cup mango chunks (fresh or frozen)
One generous handful of greens (spinach, kale, chard or mixed)
1-1.5 cups water
Blend until smooth

Banana Refresher

2 scoops vanilla Elance Protein
One scoop Elance fiber
One Tbsp Elance detox oil
1- 2 cups unsweetened almond milk
1 tablespoon almond butter
1 banana (fresh or frozen)
Blend until smooth

Power Greens Plus

2 scoops vanilla Elance Protein
One scoop Elance fiber
One Tbsp Elance detox oil
1-2 cups low-fat milk or dairy free milk of your choice*
One generous handful of greens
2 small or one large celery stalk, cut in chunks
½ small avocado (you can sub ½ banana if you can't get avocado)
Optional – add 1 tsp unsweetened matcha (green tea) powder
Blend until smooth

Green Apple Detox

2 scoops vanilla Elance Protein
One scoop Elance fiber
One Tbsp Elance detox oil
One apple (peeled, cored and cut into chunks)
Two cups of greens (spinach, kale, chard or mixed)
1-2 cups water
Blend until smooth

Matcha Energizer

2 scoops vanilla Elance Protein
One scoop Elance fiber
One Tbsp Elance detox oil
1 cup low-fat milk or dairy free milk of your choice*
1 TBSP good quality unsweetened matcha (green tea) powder
One small banana or one cup mango (fresh or frozen)
Blend until smooth



Gut Check

- 2 scoops vanilla Elance Protein
- One scoop Elance fiber
- One Tbsp Elance detox oil
- ½ cup of unsweetened unflavored yogurt (regular or Greek-style)
- ½ banana
- ½ apple (peeled and cut into chunks)
- 1-2 cups water
- Optional – add a small amount of ginger, turmeric or cardamom*
- Blend until smooth



Summer Detox Smoothie Kit

Élancé Frappe Protein Shake, (chocolate or vanilla),
Élancé Detox Oil, Élancé Fiber

Nuts and Berries

- 2 scoops vanilla Elance Protein
- One scoop Elance fiber
- One Tbsp Elance detox oil
- 1- 2 cups unsweetened almond milk
- 1-2 tablespoon unsweetened almond butter (or peanut, cashew, etc)
- One cup berries – blueberry, raspberry, black-berry, strawberry, or mixed (fresh or frozen)
- Optional – add one Tbsp flax seeds or hemp seeds*
- Blend until smooth



Weight Loss Kit

2 Élancé Frappe Protein Shakes (chocolate or vanilla),
Élancé Detox Oil, Élancé Fiber, Weight Loss Guide

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