

21-DAY RAINBOW RESET CHALLENGE

LIST OF INGREDIENTS

The exact amount of each item will be given in the recipe guide, which will be sent out on 10 January 2021.

All of these recipes require a dash of plant-based milk (i.e. almond milk), ice cubes and still water.

RED SMOOTHIE

- Cherries
- Frozen Strawberries
- Cocoa Powder
- Vanilla Extract / Essence

ORANGE SMOOTHIE

- Carrots
- Ginger
- Cinnamon
- Orange / Grapefruit

YELLOW SMOOTHIE

- Pineapple
- Banana
- Turmeric
- Frozen Mango

GREEN SMOOTHIE

- Lemon Juice / Apple Cider Vinegar
- Baby Spinach / Spinach
- Cucumber
- Celery
- Frozen Blue Berries
- Spirulina (Optional)

WHITE SMOOTHIE

- Frozen Banana
- Coconut / Desiccated Coconut
- Vanilla Extract
- Oats
- Cauliflower

PURPLE SMOOTHIE

- Chia Seeds
- Frozen Blue Berries / Mixed Berries
- Frozen Banana
- Grapes (Optional)

PINK SMOOTHIE

- Frozen Strawberries
- Watermelon
- Beetroot

#RAINBOWRESET

#TEAMFITBEST

#FITBESTTRAINING