



BEVERAGES FOR VIBRANT ENERGY

ENERGY RECHARGE COACHING



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Flavored Water

Gut Rejuvenator A.M. Starter

Ingredients:

- 32 ounces water
- 1 lemon, juice of
- 2 drops peppermint oil
- 2 drops lemon oil

Directions:

Sip this to wake up your digestive tract before you start to feed it.

Italian Immune Booster Water

Ingredients:

- 32 ounces water
- 2 drops basil oil
- 1 drop oregano oil
- 1 drop thyme oil

Directions:

Shake or stir well and sip.

Thai Delight Water

Ingredients:

- 32 ounces water
- 1 lime, juice of (optional)
- 1 drop lime oil
- 1 drop basil oil
- 2 drops lemongrass oil

Directions:

Shake or stir well and sip.

Vanilla Chai Water

Ingredients:

- 32 ounces water
- 2 drops cinnamon oil
- 1 drop ginger oil
- 1 drop cardamom oil
- 5 drops pure vanilla extract or 1/2 teaspoon vanilla

Directions:

Shake or stir well and sip.

Energy Drinks

Chia Energy Drink

Ingredients:

- 2 tablespoons chia seed
- a few drops peppermint oil
- 1 lemon or 2 limes, juice of (or combination)
- water, enough to fill a quart sized Mason jar about an inch from the top

Directions:

Shake well and try it. It will be thick and tangy.

Personal Note: You'll find yourself feeling very full after drinking this. You can also combine your greens with the drink or experiment with a variety of flavors. My personal favorite is adding a tablespoon or two of pomegranate powder.

Chia Energy Drink (Vitamin C Variation)

Ingredients:

- 32 ounces water
- 2 tablespoons ***Navitas Naturals Sprouted Chia Seed Powder***
- 2 tablespoons lemon or lime juice
- 2 drops essential oils for flavoring
- 1 tablespoon ***Healthforce Nutritionals Truly Natural Vitamin C Powder***. It's acerola extract and tastes nice and tangy.

Directions:

Combine all ingredients in a container with a sealable lid and shake well.

Chia Gel

Ingredients:

- 1/2 cup chia seed
- 2 1/2 cups water

Directions:

1. Put chia and water into a quart sized Mason jar or a glass bowl that can be covered.
2. Shake or mix well.
3. Allow to stand at room temperature for 8 hours or overnight or for 12 or more hours in the refrigerator. Store up to a week in the refrigerator.

Personal Note: This is the base for several chia dishes and drinks.

Chia Green Drink

Ingredients:

- 32 ounces water
- 1 tablespoon ***Sunwarrior Ormus Greens***
- 1 tablespoon ***Healthforce Nutritionals Vitamineral Green***
- 1 tablespoon maca powder
- 2 tablespoon *Chia Gel*
- 1 tablespoon lemon juice
- 2 - 4 drops mint oil

Directions:

Put all ingredients in a jar and shake well or put in blender and blend until well combined.

Personal Note: You can use any combination of essential oils or flavorings to make your own version of this recipe. Some of my favorites are cinnamon, vanilla, orange, almond, and basil. Add oregano and basil oil for an Italian drink that supports your immune system.

Smoothies with High-Sugar Fruits

Personal Note: These high-sugar fruit smoothie recipes are intended to introduce people who may be coming from a SAD (Standard American Diet) lifestyle to the benefits of greens by offering introductory recipes combining greens with the appealing taste of sweeter fruits. If you already know you have blood sugar issues with fruits, substitute the fruits or select recipes from low-sugar/no-fruit sections.

Grapes and Greens Smoothie

Ingredients:

- 1 cup of grapes
- 1 lemon, juice of
- 3 cups spinach (about 1 bunch)
- 1 cup water
- 1/4 teaspoon cardamom
- 1/4-inch slice of ginger
- 1/4 teaspoon cinnamon

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: Substitute spinach with kale or romaine lettuce for a taste variation.

Green Mango Delight

Ingredients:

- 2 mangoes
- 1 large bunch of kale
- 3 stalks of celery
- 1 bag of frozen strawberries or 1 1/2 cup fresh
- 1/4 cup lime juice
- 1 1/2-inch slice of ginger
- 1 teaspoon dried mint leaves (or 1 handful of fresh mint)
- water to desired consistency

Directions:

1. Put mangoes in blender and blend until smooth.
2. Add kale and blend again.
3. Add celery, ginger, lime juice, and mint.
4. Blend until smooth.
5. Add water if desired.

Pineapple Cherry Blueberry Green Smoothie

Ingredients:

- 2 cups of fresh pineapple
- 3/4 cup of frozen cherries (pitted)
- 1 cup of frozen blueberries
- 9-ounce bag of spinach
- water as needed for blending

Directions:

1. Blend the pineapple first until it liquefies. Add water if needed.
2. Add the spinach.
3. Add the cherries and blueberries.
4. Blend until smooth.

Traffic Light Green Smoothie

Ingredients:

- 1 cup strawberries (red)
- 1 - 2 bananas (yellow)
- 1 bunch romaine lettuce (green)
- water as needed to blend

Directions:

1. Blend all ingredients until smooth.
2. Add water or fresh juice to desired consistency.

Personal Note: Use frozen fruit or add ice for a frozen treat. Substitute orange for one of the bananas for a tangy drink. Substitute blueberries for all or part of the strawberries.

Tropical Green Smoothie

Ingredients:

- 2 cups papaya
- 1 mango
- 1/2 of a pineapple
- 3 - 4 cups spinach

Directions:

1. Blend the pineapple until liquefied. Add water if needed.
2. Add the mango and papaya and blend until smooth.
3. Add spinach a handful at a time to desired sweetness.

Smoothies with Low-Sugar Fruits

Apple Cinnamon Green Smoothie

Ingredients:

- 1 head bok choy
- 1 green apple
- 1 cup blueberries
- 1/2 cucumber
- 1 teaspoon cinnamon
- 1 pinch of cardamom

Directions:

1. Blend all ingredients until smooth.
2. Add water or juice to desired consistency.

Personal Note: This was quite green and strong, but pleasant.

Blueberry Arugula Smoothie

Ingredients:

- 4 cups arugula or 2 cups arugula, 2 cups spinach
- 2 cups frozen blueberries
- 1 cup mint fresh, or 1/4 cup dried
- 2 tablespoons lemon juice
- 1 cup water or more to desired consistency
- 1 teaspoon cinnamon
- 1/8 teaspoon cardamom
- 1/2-inch slice ginger, or up to 1-inch slice depending on taste
- 2 tablespoons pomegranate powder (optional)

Directions:

1. Blend all ingredients, except the frozen fruit, in a high speed blender until smooth.
2. Add the frozen fruit and blend until creamy.

Lemony Mint Energy Drink Version 1

Ingredients:

- 1 medium apple
- 1/2 - 1 lemon, juiced
- 2 cups “field greens” mix or 1 head romaine lettuce
- 1 medium avocado (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker soup.
3. Adjust the lemon and mint to taste.

Personal Note: This drink is very refreshing and can be consumed any time of day.

Make up your own version. Use different herbs. Add other green vegetables.

I have made this smoothie without the avocado, without the apple, and without the mint. I always find it refreshing and very energizing. I have made a version of this that is basically a blended salad with lots of lettuce, tomato, cucumber, celery, flax oil, apple cider vinegar and herbs. It is an easy way to eat lots of fresh, raw vegetables.

Parsley Delight

Ingredients:

- 3/4 bunch of parsley with some stems
- 1 green apple, cored
- 1 teaspoon cinnamon
- 2 stalks celery
- enough water to blend

Directions:

Blend and enjoy.

Sunny Delight

Ingredients:

- 2 cups sunflower greens
- 1 cup blueberries, fresh or frozen
- 1 teaspoon cinnamon
- 1 cucumber
- enough water to blend
- stevia if desired to taste

Directions:

Blend and enjoy.

Tangy Blueberry Mint Green Smoothie

Ingredients:

- 1 cup blueberries, fresh or frozen
- 1/2 - 1 lemon, juiced
- 2 cups “field greens” mix or 1 head romaine lettuce
- 1 medium avocado (optional)
- 1 cup fresh mint or 2 tablespoons dried mint
- 2 - 4 cups water

Directions:

1. Blend ingredients in a blender until creamy.
2. Use less water if you prefer a thicker smoothie.
3. Adjust the lemon and mint to taste.

Vanilla Blueberry Green Smoothie

Ingredients:

- 1/2 cup water
- 1 cup romaine lettuce
- 1 cup spinach
- 1 cup sprouts, your choice
- 1 cup frozen blueberries
- 1 teaspoon cinnamon
- 1 teaspoon vanilla flavor
- stevia to taste as needed

Directions:

Blend until smooth.

Blended Green Drinks without Fruit

For those who are currently not tolerating even the low-sugar fruits, here's a collection of blended greens that use lemon and herbs for flavor. Stevia, essential oils, and spices can be added for additional flavor. Use these as a spring board and adjust the flavor to your liking. Use the flavor balancing e-book for suggestions. A trick to make non-sweet smoothies delicious is to use enough lemon or lime to balance the bitter and add a strong herb. Ginger, cayenne, curry, and cinnamon are all good choices.

Green Ginger Lemonade

Ingredients:

- 2 lemons, juice of
- 1-inch piece of ginger
- 1 handful of sunflower sprouts (or other green of your choice)

Directions:

1. Blend everything.
2. Add water to fill the blender and sweeten to taste with stevia.

Power Packed Creamy Green Drink

Ingredients:

- 1 8-ounce box baby arugula
- 1 12-ounce box *Power Greens* (or tub of mixed greens)
- 1 8-ounce box baby kale
- 1 box sunflower sprouts
- 1 box broccoli sprouts
- 1 teaspoon powdered kelp
- 1-inch piece of ginger
- 2 lemons, juice of
- 1 avocado
- 2 tomatoes or 1 red bell pepper (optional for those who can tolerate night shades)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Personal Note: This is packed with nutrition and is very thick. Feel free to add water. It's made with boxes of prewashed baby greens and is perfect for when you're in a hurry.

Savory Smoothie

Ingredients:

- 2 cups kale
- 2 cups spinach
- 1 celery
- 1 cucumber
- 1 red bell pepper
- 1 orange bell pepper
- 1 clove garlic
- 1 sliver of jalapeño
- 1/2 teaspoon kelp powder
- 1/2 cup cilantro

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Simple Sunny Surprise

Ingredients:

- 2 cups sunflower greens
- 1 handful broccoli sprouts
- 2 tablespoons lemon juice
- 1 - 2 cups water
- 1 sliver of ginger

Directions:

Blend all ingredients and add seasonings and lemon to taste if desired.

Spicy Green Drink

Ingredients:

- 1 stalk mustard green
- 1 garlic scallion
- 3 tomatoes
- 1 small head of bok choy
- 1/2 cup fresh basil
- 2 collard leaves
- 2 cups mixed spring greens
- 1 red bell pepper
- 1 carrot, if tolerated

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Spicy Kale Drink

Ingredients:

- 1 bunch of kale
- 2 cups of water
- 1 clove garlic
- 1-inch slice of ginger
- 1 pinch of cayenne or a piece of jalapeño pepper
- 1 - 2 lemons or limes, juice of

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Tomato Pepper Green Drink

Ingredients:

- 1 yellow pepper
- 2 or 3 tomatoes
- 5 celery stalks
- 7 romaine leaves
- 1/2 teaspoon kelp powder
- 1 pinch garlic powder, cumin, and other seasonings desired to taste (optional)

Directions:

Blend all ingredients and adjust seasonings and lemon to taste.

Tomato Sauce in a Glass

Contributed by Marianne

Ingredients:

- 7 purple cherry tomatoes
- 1 hothouse red tomato
- 4 stalks of celery with leaves
- 3 large handfuls (about 3 cups) of mixed spring greens
- 1 large stalk of green scallion
- 1 clove garlic
- 1 pinch of dried oregano
- 1 pinch of dried turmeric
- 1 lemon wedge, juice of
- 1/2 - 1 cup water

Directions:

Blend and add seasonings as desired.

About Dr. Ritamarie Loscalzo



Dr. Ritamarie Loscalzo is a leading authority on nutrition and health. She's an author, speaker, and health practitioner with over 2 decades of experience who empowers clients to health through education, inspiration, and loving care. She's a doctor of chiropractic with certification in acupuncture, a certified clinical nutritionist, a Diplomat of the American Clinical Board of Nutrition, and a medical herbalist.

Dr. Ritamarie's passion for creating delicious foods that support optimum health led her to develop recipes that not only taste great, they energize and

heal as well. She's been teaching the power of raw and living foods for over 2 decades and she lives the vibrant life that eating this way creates.

Because most people bite off more than they can chew when they embark on a new health regimen, Dr. Ritamarie focuses on simple, effective ways to change your diet to achieve optimal good health. She dishes out simple steps with a dash of fun to motivate you to achieve your health goals.

Dr. Ritamarie resides in Austin, Texas with her husband and sons. She can be reached at www.DrRitamarie.com.

For a free packet of recipes and information on creating optimum health through good nutrition, visit www.JumpstartYourEnergy.com.

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Energy Recharge Coaching: Beverages for Vibrant Energy – Recipe Collection

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