

## Get Switched On! – Morning/Afternoon Smoothie

Starting the day off right is crucial to maximize your energy for the day. I have consumed this for over 20 years and my weight has not varied at all! It also works great as a meal replacement. Your energy should improve and you will be unbelievable regular ☺. The National Cancer Institute recommends men need 9 servings of fruits/vegetables a day and 7 servings for women. Here is an easy way to knock it out in the morning. I use a *Vitamix* blender that can pulverize almost anything.

Here is what I suggest – you can of course improvise – this is enough for 2 people or a lot for you. There are many varieties! You can also make this the night before and have ready! The amount you make will vary depending on how much of each item you include. Play with it a few times to get it the way you want it, have fun and experiment to keep it interesting.

**Watch the video on how to make the smoothie [HERE](#).**

1 scoop **Organifi** (*my new favorite*) or **Dr. Schulze's Super Food Plus**

1 ½ - 2 cups juice – I like SUJA Mighty Dozen Juice (Costco) maybe with some other juice,

Add some water (depends how much you want to make)

½ teaspoon of Vitamin C Powder

1 tablespoon **Udo's Oil 3-6-9 Blend**

Big handful of spinach (grab some with your fingers – maybe 30 - 40 pieces or so)

Handful of kale (grab some with your fingers – two to three full size leaves)

1 Frozen banana (break into pieces-put in Ziploc bag to freeze in advance)

Frozen **berries** and peaches/mango/pineapple etc. (I buy in bulk at Costco)

A chunk of frozen coconut is really good too

You can add a carrot, some cucumber or tomato if you like it

One to two tablespoons of vanilla yogurt (I use Chobani) to your taste

I like to add fresh **mint** from our garden - about a dozen leaves is perfect!

I put in all the non-frozen items first and liquefy them. Then add the other frozen items, ideally not all at the same time. You will be amazed. I know you are thinking it will taste terrible with that spinach and kale, but surprise! If you have kids, it might help NOT to show them what you are putting in it. This small investment per serving will be a great investment in your health and vitality!

**Bonus Ideas:** If you have some left over, freeze it in a cup and it makes a great desert. Make into frozen pops for the kids. Frozen red and green grapes are an amazing snack too.



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