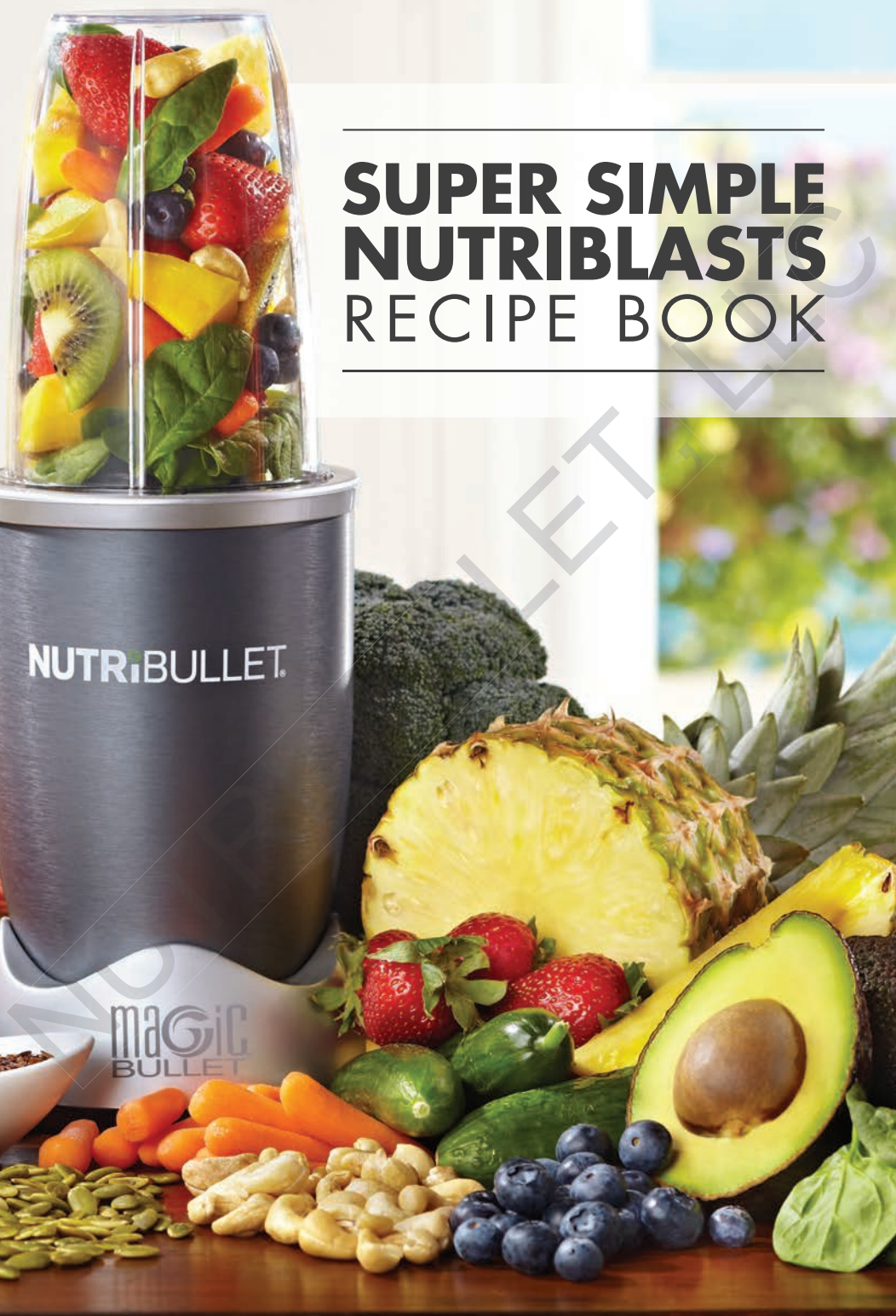


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# **SUPER SIMPLE NUTRIBLASTS RECIPE BOOK**

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# **SUPER SIMPLE NUTRIBLASTS**

## RECIPE BOOK

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# IMPORTANT SAFEGUARDS & CAUTIONARY INFORMATION

## SAVE THESE INSTRUCTIONS

**FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET.**

### MEDICAL WARNING!

- IF YOU ARE TAKING ANY MEDICATION, ESPECIALLY CHOLESTEROL-LOWERING MEDICATION, BLOOD THINNERS, BLOOD PRESSURE DRUGS, TRANQUILIZERS, OR ANTIDEPRESSANTS, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.
- THE FOLLOWING LIST OF SEEDS AND PITS CONTAIN CHEMICALS THAT RELEASE CYANIDE INTO THE BODY WHEN INGESTED. DO NOT USE THE FOLLOWING SEEDS AND PITS IN THE NUTRIBULLET: APPLE SEEDS, APRICOT PITS, CHERRY PITS, PLUM PITS, PEACH PITS.

### ELECTRICAL SAFETY

When using any electrical appliance, basic safety precautions should always be observed, including the following:

- CAUTION! TO AVOID RISK OF ELECTRIC SHOCK, NEVER IMMERSE THE CORD, PLUG, OR POWER BASE OF BLENDER IN WATER OR OTHER LIQUIDS.
- DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTER OR VOLTAGE CONVERTER DEVICE.
- USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH WILL VOID THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.
- THE USE OF ATTACHMENTS, INCLUDING CANNING JARS, NOT RECOMMENDED OR SOLD BY MANUFACTURER MAY CAUSE FIRE, ELECTRIC SHOCK, OR INJURY AND WILL VOID THE WARRANTY.
- UNPLUG THE NUTRIBULLET WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.

- This appliance has important markings on the plug and is not suitable for replacement. If damaged, please call Customer Service for a replacement.
- Do not pull, twist, or damage the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow cord to touch hot surfaces, including the stove.
- Periodically inspect the cord and plug for damage. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions or is dropped or damaged in any manner, discontinue use and contact Customer Service for assistance in obtaining a replacement.
- To clean the inside of the power base, unplug the unit and wipe with a sponge moistened with warm water.

- THIS APPLIANCE CAN BE USED BY CHILDREN AGED 8 YEARS AND ABOVE AND BY PERSONS WITH REDUCED PHYSICAL, SENSORY OR MENTAL CAPABILITIES OR LACK OF EXPERIENCE AND KNOWLEDGE IF THEY HAVE BEEN GIVEN INSTRUCTION OR ARE SUPERVISED CONCERNING THE USE OF THE APPLIANCE IN A SAFE MANNER AND UNDERSTAND THE HAZARDS AND RISKS INVOLVED.
- DISCONNECT FROM POWER SOURCE BEFORE CHANGING ACCESSORIES AND DO NOT ATTEMPT TO HANDLE UNTIL ALL PARTS HAVE STOPPED MOVING.
- THERE IS A POTENTIAL FOR PERSONAL INJURY FROM THE MISUSE OF THE NUTRIBULLET. TAKE CARE WHEN HANDLING THE SHARP PRECISION EXTRACTION BLADES.
- UNPLUG THE UNIT AND USE CAUTION DURING CLEANING.
- THE NUTRIBULLET IS NOT A TOY, AND CHILDREN SHOULD NOT PLAY WITH IT.

### WARNING: VENTILATION CAUTION

Always operate the NUTRIBULLET on a level surface, leaving unobstructed space beneath and around the power base to permit proper air circulation. Slots and openings on the bottom of the product are provided for ventilation to ensure reliable motor operation and to prevent over-heating. **Warning:** To prevent fire hazard, power base openings should be free of dust or lint and never obstructed with flammable materials such as newspapers, tablecloths, napkins, dishtowels, place mats or other similar type materials.

## EXTRACTION SAFETY PRECAUTIONS

Carefully read and follow all safety precautions, particularly when operating the **NutriBullet**.

- **NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IN USE!**
- **CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.**
- **NEVER USE THE PRECISION EXTRACTOR BLADE TO BLEND WITHOUT LIQUID AS DOING SO MAY DAMAGE IT.**

- NEVER PUT YOUR HANDS OR UTENSILS NEAR THE MOVING PRECISION EXTRACTOR BLADE AND NEVER USE YOUR HANDS OR UTENSILS TO PRESS THE ACTIVATOR BUTTONS DOWN WHILE THE NUTRIBULLET IS PLUGGED IN.
- THE PRECISION EXTRACTOR BLADE IS SHARP! HANDLE CAREFULLY. USE CARE WHILE HANDLING THE PRECISION EXTRACTOR BLADE. DO NOT TOUCH THE PRECISION EXTRACTOR BLADE EDGES TO AVOID INJURY.
- CHECK GASKET TO MAKE SURE IT IS COMPLETELY SEATED IN THE PRECISION EXTRACTOR BLADE UNIT BEFORE EACH USE. CONTACT CUSTOMER SERVICE FOR ASSISTANCE IF THE GASKET IS NOT COMPLETELY SEATED.
- WE RECOMMEND REPLACING YOUR PRECISION EXTRACTOR BLADE EVERY 6 MONTHS OR AS NEEDED FOR OPTIMAL PERFORMANCE. TO ORDER A REPLACEMENT PRECISION EXTRACTOR BLADE, SIMPLY VISIT: [WWW.NUTRILIVING.COM](http://WWW.NUTRILIVING.COM)
- THE NUTRIBULLET IS NOT INTENDED FOR USE IN MICROWAVE OVENS. DO NOT PLACE THE NUTRIBULLET CUPS, POWER BASE OR ANY NUTRIBULLET ACCESSORY IN A MICROWAVE OVEN AS THIS MAY RESULT IN DAMAGE TO THE ACCESSORY. TO HEAT SOUPS AFTER BLENDING COOL OR ROOM TEMPERATURE INGREDIENTS, TRANSFER MIXTURE TO A MICROWAVE SAFE CONTAINER OR TO A STOVE-TOP POT PRIOR TO HEATING.
- NEVER MICROWAVE ANY UNVENTED, SEALED CONTAINERS AS THEIR CONTENTS MAY EXPAND WITH HEAT PRESSURE AND EXPLODE, RESULTING IN POSSIBLE INJURY OR PROPERTY DAMAGE.
- NEVER BLEND CARBONATED INGREDIENTS OR LIQUIDS. BUILT-UP PRESSURE FROM RELEASED GASES CAN CAUSE CONTAINER TO BURST, RESULTING IN POSSIBLE INJURY.

- **DO NOT PUT HOT INGREDIENTS IN ANY OF THE BLENDING VESSELS BEFORE BLENDING. THE HEAT FROM THE INGREDIENTS CAN CAUSE PRESSURE TO BUILD IN THE SEALED VESSEL CAUSING POSSIBLE EXPULSION OF THE INGREDIENTS AND CAUSING PERSONAL INJURY OR PROPERTY DAMAGE. START WITH COOL OR ROOM TEMPERATURE INGREDIENTS. (21°C/70°F OR LESS).**
- **DO NOT RUN THE NUTRIBULLET WITH EMPTY CUPS AS THIS CAN DAMAGE THE UNIT.**
- **AFTER BLENDING INGREDIENTS, ALLOW THE CONTENTS TO SETTLE AND RELEASE ANY PRESSURE THAT MAY HAVE BUILT UP DURING THE EXTRACTION PROCESS. ALWAYS UNSCREW THE PRECISION EXTRACTOR BLADE ASSEMBLY FROM THE VESSEL SLOWLY AND POINTED AWAY FROM YOU IN CASE THERE IS ANY BUILT UP PRESSURE.**
- **IF YOU WILL NOT CONSUME YOUR BLAST IMMEDIATELY, USE THE STAY FRESH LID TO CLOSE THE CONTAINER. REMEMBER TO UNSCREW THE LID AND RELEASE PRESSURE PERIODICALLY AS THIS WILL RELEASE ANY ADDED PRESSURE THAT MAY HAVE BUILT UP DUE TO FERMENTATION. THE SUGARS IN THE FRUIT AND VEGETABLES CAN FERMENT, CAUSING PRESSURE TO BUILD UP AND EXPAND IN THE VESSEL, WHICH CAN CAUSE INGREDIENTS TO BURST AND SPRAY OUT WHEN MOVED OR OPENED.**
- **NEVER PERMIT ANY BLENDED MIXTURE TO SIT INSIDE A SEALED CUP WITH A PRECISION EXTRACTOR BLADE WITHOUT FIRST RELEASING THE PRESSURE. BY UNSCREWING THE LID AND OPENING THE CUP FOR A FEW MOMENTS, THE PRESSURE WILL DISSIPATE.**

- Avoid contact with moving parts.
- **NEVER STORE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE! NEVER LEAVE THE PRECISION EXTRACTOR BLADE ON THE POWER BASE WITHOUT A CUP OR VESSEL ATTACHED.**
- Keep hands and utensils away from the precision extractor blade while chopping or blending food to reduce the risk of severe personal injury or damage to the device. A scraper may be used, but only when the blender/food chopper is not running and is unplugged.
- Do not use the precision extractor blade for grinding dry materials such as grains, cereal, or coffee.
- Do not use the **NutriBullet** outdoors or in inclement weather.
- **NEVER BLEND HOT LIQUIDS.**

## SAFETY WARNINGS: EXTRACTING FOR NUTRIBLASTS

- TO TURN OFF THE NUTRIBULLET AT ANY TIME DURING BLENDING, LIFT THE CUP OFF THE POWER BASE. ALWAYS ALLOW THE MOTOR TO STOP COMPLETELY BEFORE REMOVING THE CUP/ PRECISION EXTRACTOR BLADE. ALWAYS UNPLUG THE POWER BASE UPON COMPLETION OF USE.
- DO NOT TOUCH COUPLING GEAR DIRECTLY WITH HANDS AFTER USE! THE COUPLING GEAR IN PRECISION EXTRACTOR BLADE BASE AND POWER BASE WILL BE HOT!
- DO NOT RUN FOR MORE THAN 1 MINUTE INTERVALS.
- DO NOT RUN FOR MORE THAN 3 CONSECUTIVE 1 MINUTE INTERVALS WITHOUT ALLOWING THE POWER BASE TO COOL TO PREVENT OVERHEATING AND ALLOW INGREDIENTS TO SETTLE FOR 2-3 MINUTES AFTER THE 3RD EXTRACTION CYCLE.
- POWER BASE IS EQUIPPED WITH AN INTERNAL THERMAL BREAKER THAT SHUTS OFF THE POWER BASE IF THE UNIT OVERHEATS.
- IF THE POWER BASE OVERHEATS AND SHUTS OFF, UNPLUG THE POWER BASE AND LET IT COOL FOR AN HOUR OR MORE BEFORE ATTEMPTING TO USE IT AGAIN. POWER BASE WILL RESET WHEN THE UNIT IS POWERED OFF AND THE THERMAL BREAKER HAS COOLED DOWN SUFFICIENTLY.
- ALLOW THE NUTRIBULLET TO COOL DOWN FOR 10 MIN AFTER 4-5 CYCLES TO PREVENT OVERHEATING AND DAMAGING THE UNIT.

- To prevent leakage, always align and hand-tighten the precision extractor blade to the vessel or cup prior to inverting it and placing the assembly on to the motor base.

## CAPACITIES:

TASK	ITEM	WEIGHT	TIME
Ice Crushing	Ice	100g	10 seconds
Grinding	Coffee Beans	180g	30 seconds
Grinding	Grain	340g	30 seconds
Chopping	Tomatoes, onions, garlic	100g	5-10 seconds

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

## POLARIZED PLUG INFORMATION

This appliance has a polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. Do not modify the plug in any way, as doing so will void the warranty.

## CLEANING SAFEGUARDS

- THE PRECISION EXTRACTOR BLADE MUST BE CLEANED IMMEDIATELY AFTER EACH USE.
- ALWAYS UNPLUG THE POWER BASE PRIOR TO CLEANING, ASSEMBLING OR DISASSEMBLING.
- NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER. WIPE OFF ANY DEBRIS INSIDE THE POWER BASE IMMEDIATELY WITH WARM WATER TO KEEP IT IN GOOD WORKING ORDER.
- DO NOT WASH THE PRECISION EXTRACTOR BLADE IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKET SEALS.
- THE NUTRIBULLET CUPS AND PRECISION EXTRACTOR BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.
- THE PRECISION EXTRACTOR BLADE IS SHARP! USE CARE WHEN CLEANING THE PRECISION EXTRACTOR BLADES TO AVOID INJURY! RINSE PRECISION EXTRACTOR BLADES IMMEDIATELY AFTER EACH USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO IT. IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS AROUND BLADE, GASKETS AND BLADE HOUSING THREADS WITH CARE. DO NOT USE YOUR FINGERS.
- HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).
- ALLOW TO AIR DRY PRIOR TO PROPER STORAGE.
- FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE PRECISION EXTRACTOR BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.
- WHEN WASHING PRECISION EXTRACTOR BLADE, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE PRECISION EXTRACTOR BLADE IN WARM, MILD SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE PRECISION EXTRACTOR BLADE CONFIGURATION AND CAUSE LEAKAGE. IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET PRECISION EXTRACTOR BLADE HOLDER AT: 1-855-346-8874.
- WE RECOMMEND REPLACING YOUR EXTRACTOR BLADE EVERY 6 MONTHS OR AS NEEDED FOR OPTIMAL PERFORMANCE. TO ORDER A REPLACEMENT BLADE, SIMPLY VISIT: [WWW.NUTRILIVING.COM](http://WWW.NUTRILIVING.COM)



## STUBBORN CLEANUP

If ingredients dry inside the **NutriBullet** Cups, make your cleanup a snap by filling the cup about  $\frac{2}{3}$  full with warm soapy water (not hot) and screw on the **Precision Extractor Blade**. Place the cup assembly on the **NutriBullet** Power Base for about 20-30 seconds. This will loosen the stuck ingredients, and with a light scrub and rinse, you'll be all done.

## CLEANING THE NUTRIBULLET POWER BASE

For the most part, the Power Base doesn't really get dirty, but if you neglect to twist the precision extractor blade on to the cup tightly, liquids can leak out and get into the base and stick to the activator buttons.

### HERE'S HOW TO CLEAN IT UP:

- Step 1:** The most important thing — UNPLUG the Power Base before cleaning!
- Step 2:** Use a damp rag to wipe down the inside and outside of the Power Base.
- **NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.**
  - **BLADES ARE SHARP!** Never put your hands or utensils near the precision extractor blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.

### HEAVY CLEANING:

- Should the inside of the base become sticky due to spillage you may follow these additional cleaning instructions:
- **UNPLUG** the Power Base and make sure the unit is off **BEFORE** cleaning.
- Place the Power Base on a dish towel to catch any liquid or debris.
- Pour a Tablespoon of a diluted solution of distilled vinegar and warm (not hot) water (1 part vinegar to 2 parts water) in to the Power Base where the precision extractor blade assembly would sit during normal use.
- Immediately use a damp dish brush to dislodge any debris and wipe it out with a damp cloth.
- The Power Base is constructed with a drain tube that will drain any liquid debris safely through to the dish towel without damaging the inside components.

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

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# WHAT YOU GET

THE NUTRIBULLET COMES WITH 8 PIECES



**1 HIGH-TORQUE POWER BASE**



**1 TALL CUP**



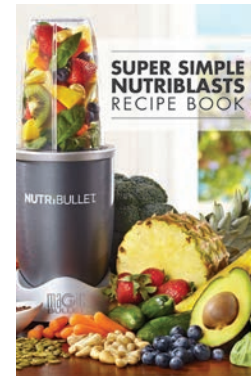
**1 SHORT CUP WITH 1 HANDLED COMFORT LIP RING**



**1 COMFORT LIP RING**



**1 ALL NEW EXTRACTOR BLADE**



**1 SUPER SIMPLE NUTRIBLASTS RECIPE BOOK**



**1 POCKET NUTRITIONIST**

# WHAT IS A NUTRIBLAST?

The **NutriBlast** is a nutrient-extracted drink designed to feed your system as many servings of fruits and vegetables as possible. All variations follow a very simple basic formula: 50% leafy greens, 50% fruit, and ¼ cup of seeds, nuts, or “super boosts.” Add enough water to cover ingredients, twist on the blade, and blend.

The **NutriBlast** makes an ideal breakfast beverage, but you can enjoy extracted nutrition any time of the day! You will be amazed by how energetic and healthy you feel from enjoying this satisfying raw **NUTRITION-EXTRACTED** goodness every day!

Start with one **NutriBlast** a day (see recipe suggestions on page 46). As you begin to feel the amazing rewards that accompany a diet rich in **NUTRITION-EXTRACTED** foods, feel free to enjoy **two NutriBlasts** a day. Boundless energy, restful sleep, mental clarity, and the overall feeling of well being that comes from true nourishment await! The more you blast, the better you’ll feel!

For more information on healthy living, be sure to visit **NutriLiving.com**. Register to talk to our staff dietitians, take our health assessment, sign up for our weekly newsletters, and more. Healthy living is just a click away, so get started today!



**NOTE:** The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.

## WARNING!

**BAD SEEDS:** While nutrition extraction can be amazingly beneficial, not all fruit seeds and rinds are created equal. The following seeds and pits contain a chemical that releases cyanide into the body when ingested. **DO NOT USE** the following seeds and pits in the NutriBullet: **Apple Seeds, Cherry Pits, Plum Pits, Peach Pits and Apricot Pits.**

**NOTE:** The cyclonic action of your **NutriBullet** requires the use of liquids to make NutriBlasts and other nutritious beverages. It is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold **NutriBlast**, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the “MAX” line. **Do not crush ice or other hard items without liquid, as such prolonged use may dull or damage your blades.** Always inspect your blades before each use.

# BUILDING A BLAST

You can't make a Blast without ingredients! NutriBlasts are super simple to assemble, but it is important to incorporate a variety of vegetables, fruits, nuts, seeds, and other superfoods to ensure you're getting a wide array of nutrients, especially if you plan to drink one every day. In general, especially when starting out, we recommend using the following formula to build your Blast:

## LEAFY GREENS - 50%

- Spinach
- Kale
- Swiss Chard
- Collard Greens
- Romaine Lettuce

## 1-2 SERVINGS OF FRUIT

- 1 Banana
- 1 Medium Apple
- 1 Medium Pear
- 1 Medium Peach
- 1 Medium Plum
- 1 Cup Berries
- 1 Cup Mango Chunks
- 1 Cup Pineapple Chunks
- ¾ Cup Pitted Cherries
- 1 Orange
- 2 mandarin or clementine oranges

## LIQUID TO THE MAX LINE

- Water
- Coconut Water
- Unsweetened Almond Milk
- Unsweetened Cashew Milk
- Chilled Unsweetened Tea

## 1 SERVING OF HEALTHY FAT

- 1-2 Tbsp. Nut Butter
- 1-2 Tbsp. Chia Seeds
- 1-2 Tbsp. Flax Seeds
- 1-2 Tbsp. Pumpkin
- 1-2 Tbsp. Sunflower Seeds
- ¼ to ½ Avocado, pitted
- 2 Tbsp. Shredded Coconut
- 1 Tbsp. Coconut Oil
- 1 Tbsp. Flax
- 1 Tbsp. Olive Oil
- ¼ Cup Nuts

## 1-3 SERVINGS OF BOOSTS

- SuperFood SuperBoosts
- Lemon or lime juice
- Herbs and spices (cinnamon, fresh mint, fresh basil, fresh cilantro, ground ginger or turmeric, fresh ginger or turmeric root)
- Other superfood powders like cacao, maca, chlorella, or spirulina
- High quality protein powder



**LIQUID TO THE MAX LINE**

**ADD ICE\***

(Optional — only up to 25% of your total Blast ingredients)

**1-3 SERVINGS OF BOOSTS**

**1 SERVING OF HEALTHY FAT**

**1-2 SERVINGS OF FRUIT**

**LEAFY GREENS - 50%**

(2 cups = 1 serving)

## NOTE!

- 1** You must always add a liquid before you blend a NutriBlast.
- 2** Don't overfill your cup! Make sure your ingredients and liquid reach no higher than the **MAX** line.
- 3** For a cooler blast, you can add ice but **DON'T EXCEED 25% OF YOUR TOTAL BLAST INGREDIENTS.** \*For the most nutritious, frosty blasts we recommend using frozen fruit and/or veggies.

**NOTE:** The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.

# GETTING STARTED

Getting started couldn't be easier! Get your NutriBullet unit out and give the cups and blades a quick rinse with warm soapy water.

## 4 EASY STEPS

### STEP 1: ADD 50% LEAFY GREENS & 50% FRUIT TO THE TALL CUP

Two cups makes up a full serving of leafy greens, so that's the amount you want to work up to in the first few weeks. That's about two good-sized handfuls.

A serving of fruit is generally a cup. We suggest adding a banana or ½ of an avocado to every Blast for the “creamy” factor. Then add three more fruits (or more if you can fit it!) to your Tall Cup.

### STEP 2: FILL ONLY UP TO THE MAX LINE WITH LIQUID

To make a NutriBlast, you must add liquid. We suggest you use a liquid of your choice (such as water, coconut water or almond milk) up to but never beyond the Max Line. For a thicker Blast, use a little bit less liquid. **Add ice if you want, but do not exceed 25% of the total volume of ingredients. For the most nutritious, frosty blasts we recommend using frozen fruit and/or veggies.**

### STEP 3: ADD YOUR BOOST

*(optional, add ⅛ – ¼ nuts and/or seeds, if desired.)*

Add a handful of nuts, seeds or goji berries to pack in some essential fatty acids, fiber and nutrition to every sip. Boosts make for a more nutritious and filling NutriBlast.



**STEP 4: TWIST ON THE NUTRIBULLET BLADE, EXTRACT, ENJOY!** See more detailed instructions on page 22.

**TO TURN OFF THE NUTRIBULLET,** simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the cup. Once the power base stops completely, remove the cup from the power base.

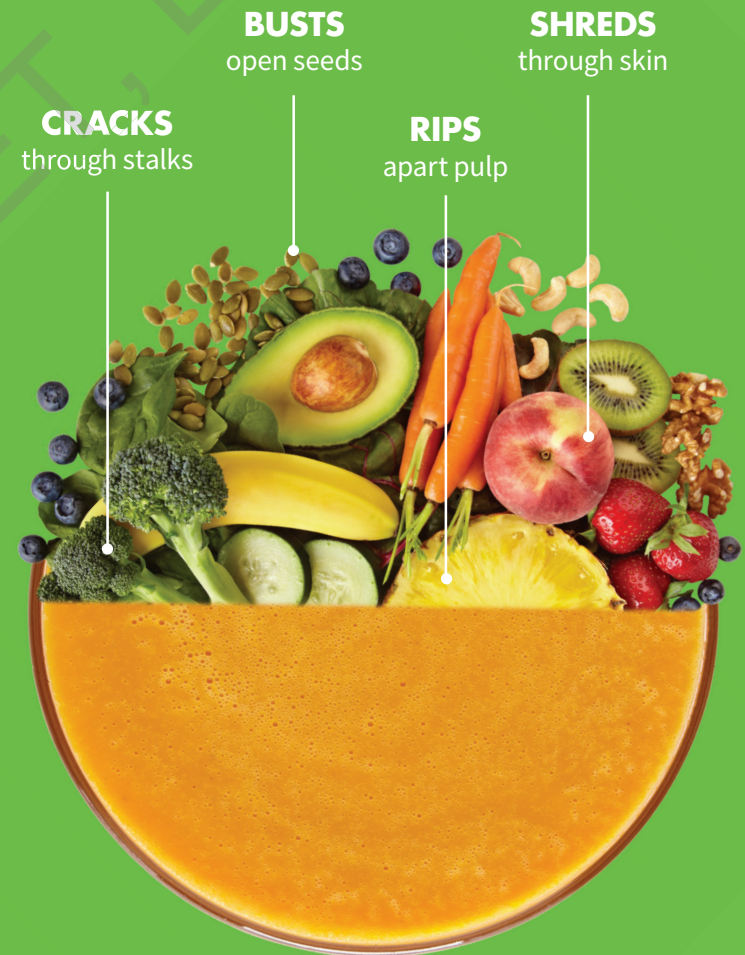
NOW IT'S TIME TO MAKE  
**YOUR FIRST NUTRIBLAST!**

# WHAT IS NUTRIENT EXTRACTION?

Unlike blenders and juicers, **NUTRIBULLET NUTRIENT EXTRACTORS** are specifically engineered to break down the cell walls of food to create the most nutrient-dense smoothies possible. With extraction, you get the health benefits of eating the whole fruit and vegetable — the fiber, the pulp, the seeds and skins — nothing is left behind.



# TRANSFORM WHOLE FOODS INTO A NUTRIBLAST!



# HOW IT WORKS

## EXTRACTING



**1** Fill ingredients into the **Tall** or **Short Cup**.

**2** Add the liquid of your choice up to the MAX line. (Liquid is required!).



**3** Twist the **Extractor Blade** onto the **Tall Cup** and hand tighten to make sure the vessel has been sealed.



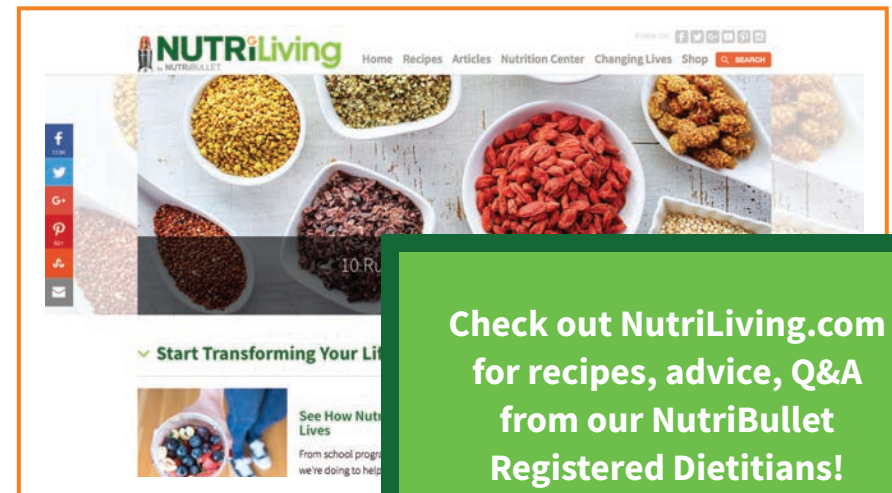
**4** Press the vessel blade side-down onto the **Power Base**. Press down and twist to extract for no longer than 1 minute. If more extraction is needed, wait 1 minute, then repeat the extraction process in 1 minute intervals up to 3 times as needed to achieve the desired consistency. If more than three 1-minute extractions are needed, allow the power base to cool for 2-3 minutes after the third extraction before beginning the next round. You can see the extraction process happening. Keep an eye on the consistency. Your NutriBlast is ready when it looks smooth and creamy!



**5** To turn off the NutriBullet — simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the **Cup**. Once the **Power Base** stops completely, remove the **Cup** from the **Power Base**.

### CAUTION:

- Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.
- Friction from the rotating blade when extracting can cause ingredients to heat and generate internal pressure in the sealed vessel. If the vessel is warm to touch, allow to cool before carefully opening pointed away from your body.



Check out [NutriLiving.com](http://NutriLiving.com) for recipes, advice, Q&A from our NutriBullet Registered Dietitians!

## PULSE TECHNIQUE

Because the NutriBullet's motor is so powerful, it emulsifies the ingredients when you extract. That is why when you want to make foods such as chunky salsa, or coarse chopped onions, the **Pulse technique** is key. **Pulsing** takes a tiny bit of getting used to, but once you get a feel for it, you'll be a Pro in no time!

To **Pulse**, you simply press down on the cup very quickly and immediately release. For foods that you want coarsely chopped, a quick tap on the top of the **Cup** is all you need. Then let the **Blades** come to a complete stop and tap again until you get the consistency you desire.

**THE SECRET:** The trick to successful **Pulsing** is to make sure that the machine doesn't accidentally slip into Lock On mode. To avoid this, simply use your other hand to apply counter-clockwise pressure on the **Cup** as you **Pulse**.



**1** To start, hold the cup at the base and **apply counter-clockwise pressure to it, to keep it from locking on.**

**2** With your other hand, **tap the top of the Cup** and immediately release. Continue **Pulsing** until you get the consistency you want.

**CAUTION:** Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.

## SHAKE TECHNIQUE

Sometimes, if you pack down the ingredients in the **Cup** or don't put in enough water, the results can increase the density of the mixture. This makes it hard for the ingredients toward the top of the **Cup** to make it down to the **Blade**. If some of your ingredients are having a hard time making it down to the **Blade**, simply use the **Shake technique**.



**1** Remove the **Cup** and **Blade** assembly from the **Power Base**.

**2** With the **Cup** and **Blade** assembly in hand, shake it like a cocktail shaker. Then put it back on the **Power Base**.

**3** To turn off the NutriBullet — simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the **Cup**. Once the **Power Base** stops completely, remove the **Cup** from the **Power Base**.

## TAP TECHNIQUE

For really stubborn ingredients that are clinging to the side of the **Cup**, simply use the **Tap technique**.



**1** Remove the **Cup** and **Blade** assembly from the **Power Base**.

**2** Tap the **Blade** side of the **Cup/blade** assembly on the counter with enough force to dislodge ingredients from the sides of the **Cup**. Be careful not to tap too hard to avoid damaging the unit.

**3** Return the **Cup** and **Blade** assembly to the **Power Base** and resume blending. Repeat if necessary.

**CAUTION:** Do not run the Power Base in excess of 1 minute per interval. Do not run the Power Base for more than three 1-minute intervals without allowing it to cool for 2-3 minutes after the third extraction. Running the motor for more than 1 minute consecutively in any interval may result in permanent damage to the Power Base.



# LIVE THE NUTRI-LIFESTYLE ON NUTRILIVING.COM



Check out **NutriLiving.com** for recipes, advice, Q&A from our NutriBullet Registered Dietitians, and forums that connect you with fellow **NutriBullet** followers!



NutriLiving.com is a community for NutriBullet owners centered entirely around your personal health needs. Not everyone is the same, after all, and not everyone should get the same advice for healthy living. That's why we've gathered experts on nutrition—Registered Dietitians, Nutritionists, trained community moderators and more—to provide you with the information you can't find anywhere else, all in one place.

We're here to help you learn all you can about your health. From fibromyalgia recovery information to weight loss advice and more, the content featured on this site will help you grow healthier, happier, and more vibrant, all with your NutriBullet in hand! We've got articles, recipes, video information on healing foods, and even a forum and profile page where you can interact with other Blasters and share your stories, experiences, questions and more. It's the support you need right at your fingertips. All you need to get started is your NutriBullet serial number.

**GO TO NUTRILIVING.COM TODAY AND JOIN THE FUN!**

# HOW NUTRILIVING.COM CAN CHANGE YOUR LIFE

## ABOUT ARTICLES

We've got hundreds of informational articles written by our experts, nutritionists, and NutriBullet Registered Dietitians that not only describe the history, symptoms and effects of certain illnesses, but try to help you avoid them altogether.

They're indexed and entirely searchable. Feel free to search by topic or peruse the most recent additions.

## ABOUT HEALING FOODS

NutriLiving.com features the Healing Foods section, a glossary of every fruit, vegetable, nut and seed you can possibly think of! This guide describes the health benefits, selection process, and interesting facts surrounding your favorite blast-able ingredients!

Search by fruit, ailment, vitamin or mineral and see what you find.

## ABOUT SUCCESS STORIES

Don't think Blasting will actually better your health? We've got incredible testimonials in our Success Stories section that would say otherwise! Give them a quick scan and get inspired!

## ABOUT RECIPES

NutriBullet also contains hundreds of never-before-seen recipes! Search an ingredient or ailment to find related recipes, or take your chances, click a random recipe, and get blasting!

## ABOUT THE FORUM

Interact directly with other NutriBullet users to share experiences, stories, recipes, and more! Create a profile, upload your photo and bio, and write on fellow users' feeds. You'll be surprised at the amount of support you'll receive once you start posting.

## ABOUT YOUR NEWS FEED

Consider your news feed your personal NutriLiving command center. Update your status, read how your friends are doing, and catch up on the latest content based on your own specific interests.

*\*The information presented in this user guide and on our online sites is intended only to increase general knowledge about health and wellness. It does not claim to diagnose, treat, cure, or prevent any disease, and should not take the place of advice from a physician or healthcare professional. Discuss any information of interest with your own physician or healthcare provider to determine what is right for you.*

*The information contained in this manual, on our online sites, or in member emails is presented only in summary form and intended to provide broad consumer understanding and knowledge. The NutriBullet does not recommend the self-management of health problems, and any information provided by the NutriBullet brand should not be considered complete. Do not use information provided by the NutriBullet and its affiliated materials in place of a visit, call, or consultation with or advice from your physician or other health care provider. Information obtained through this user guide or affiliated online sites is not exhaustive and does not cover all diseases, ailments, or physical conditions, nor does it cover their treatment. Never disregard or delay in seeking medical advice due to information provided in any of the NutriBullet's affiliated materials. Your physician or other health care provider should always be your first resource for health-related questions.*

# CHANGING LIVES EVERYDAY

The NutriBullet allows people just like you and me to change the way they eat and feel on a daily basis. But don't just take our word for it! These posts from real NutriBullet owners describe the revolutionary impact the NutriBullet has had on their health and overall quality of life.

*"I've only had my NutriBullet one week, but I love it. I am sleeping better and waking up feeling more alert. I don't think I'm losing weight, yet, but hope the pounds will begin to come off. I do know my stomach doesn't feel as puffy and my blood pressure is much better, so much so, I've cut back on the meds. Thank you NutriBullet!!!"*

— **Kay F.**, NutriLiving.com member

*"I am a newbie and got my NutriBullet today. I am so excited. The literature and recipes are excellent. I made two Blasts today and felt awesome. The product really lives up to its name. I love it already."*

— **Rickysho**, NutriLiving.com member

*"Hello! I am a newby and looking for info on juicing and gastric bypass. I had gastric bypass 10 months ago and was having trouble getting my vitamins and nutrition right. I have been using my NutriBullet for about a month and my blood work at my doctor's visit last week came back perfect! I am not following any real recipes (just handfuls of greens and some fruit so far) so I am very excited to be here and hopefully find the best information on what will make me healthy and happy for a long time to come."*

— **Tammy J.**, NutriLiving.com member

*"WOW, I love having my 'Blast' every morning. I finally enjoy having my fruits and veggies thanks to my NutriBullet. It has charged my metabolism back up and is putting that bounce back in my step. Thanks, NutriBullet!"*

— **Ellen**, NutriLiving.com member

*"I have noticed a delightful sense of well being as if small holes in my nutrition are being filled. Very impressed with the device's ability to break down whatever I put into it! It's as good as the ad says. So great to be able to consume raw greens, which are difficult for me to chew and the way flax seeds disappear is truly amazing. I couldn't make myself buy a juicer as the waste of fiber and nutrients was a big negative and blenders just don't cut it."*

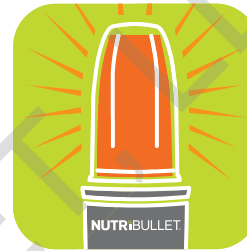
— **gargleblaster**, NutriLiving.com member

*"I bought the NutriBullet one night while we were on the road traveling from work and suffering from 'road-food-itis.' That was 6 months ago. We haven't missed 1 day blending our greens since! Whether we are in a hotel or RV, it goes with us! Greens and all else we put in our Blasts are our LifeSource now...like oxygen! I tell everyone...if I was stranded on a desert island and I could only take 3 items with me...well, you get the picture!"*

— **Michelle C.**



# MORE NUTRIBULLET RESOURCES:



Download on the  
App Store

GET IT ON  
Google Play

## NUTRIBULLET RECIPES APP

DELICIOUS SMOOTHIES  
AT YOUR FINGERTIPS

Make the perfect NutriBlast smoothie every time! With hundreds of recipes featuring your favorite fruits and vegetables, our free recipes app will ensure you have everything you need to achieve your personal health goals.



## NUTRIBULLET UNIVERSITY

A HANDS ON EDUCATION AND  
HEALTHY EATING EXPERIENCE  
FOR STUDENTS

See how our 90 day program is transforming the way kids look at whole foods. A portion of every NutriBlast sold funds the NutriBlast University school program.



# THE IMPORTANCE OF HEALTH & VITALITY

## ADD HEALTHY YEARS TO YOUR LIFE

*“If we eat wrongly, no doctor can cure us. If we eat rightly, no doctor is needed.”* — **Victor G. Rocine**

Eating an abundance of nutrient-extracted food can add years to your life. Not just any years, but healthy, vibrant, disease-free years. **Who doesn't want to live a long, happy life?** By embracing a healthy lifestyle and fueling your body with the vital nutrition it deserves, you can expect to see the following changes:

- Balanced internal pH
- Beautiful hair, skin, and nails
- Decreased risk of chronic disease
- Enhanced mood
- Increased energy
- Increased athletic performance
- Improved digestion (decreased constipation, gas, bloating, and IBS)
- Improved sleep
- Lower cholesterol
- Lower blood pressure
- Relieved diabetes and pre-diabetic conditions
- Weight loss
- Younger looking, glowing skin with visibly decreased wrinkles and improved elasticity

# THE **PATH** TO IMPROVED **VITALITY** & **LONGER LIFE!**

## **NUTRIBLASTS: MAKE IN A SNAP**

It only takes seconds to make these nutritional masterpieces! NutriBlasts taste great, they're fun to make, and easy to clean up!

## **REPLACE HEAVY MEALS!**

Most people feel satisfied with one NutriBlast for breakfast, but feel free to have a healthy snack later in the morning if you get hungry. A whole grain granola bar, hardboiled egg, or yogurt should tide you over until lunch. Log on to **NutriLiving.com** for easy and customizable cleanse programs. Detox and energize the easy way — we'll show you how!

## **FEEL THE DIFFERENCE!**

Adding five to nine servings of raw, nutrition-extracted fruits and vegetables to your day will have an amazing effect on how you look and feel. First, you will notice a **burst of energy** you won't believe you had in you! Second, you will attain a feeling of overall **wellness** — **you will continue to feel better and better** as you continue to enjoy nutrition-extracted foods.



## **SEE THE DIFFERENCE!**

Within a few days, you will begin to see the difference — a little extra room in the waistline of your pants, a glow to your skin, shiny hair, a sparkle in your eye. **People will start to comment on how good you look.** Enjoy the compliments — you deserve them! Who knew it would be SO easy to feel and look this much better? Keep up the great progress!

## NOTHING FEELS AS GOOD AS FEELING GOOD

As you get further into your daily NutriBlast program, you may notice improved skin and you may wake up feeling well rested. You may lose a few pounds, and you may even lower your blood pressure and cholesterol levels. Yet no matter what changes arise, you will doubtlessly feel so much better than you do at this moment. This isn't a diet program you'll suffer through, but a lifestyle choice you'll want to stick to. You'll feel so good adding **nutrition-extracted** food into your diet that you won't want to stop! The more you add, the better you'll feel, and nothing feels as good as feeling good!

## ADD YEARS TO YOUR LIFE

By eating this wonderfully nutritious, **nutrition-extracted** food, you very well could be adding years to your life and preventing and even reversing the chronic diseases that plague so many of us — including heart disease, cancer, diabetes, and immune disorders.

Who wants to spend their golden years running back and forth to the doctor's office when they can be chasing their grandchildren around instead? Remember the old adage, "an apple a day keeps the doctor?" Multiply that by five, seven, or even nine servings of nutrient-extracted fruits and vegetables, and you've got a NutriBlast!



## A WONDERFUL SIDE BENEFIT

After incorporating NutriBlasts into your daily routine, you will find your cravings for sweet, salty, and fatty junk food reduced. Once your body realizes how great nutrient-extracted food makes you feel, you will actually begin craving healthy foods. Fantastic — roll with it! We’ve included a chart titled “Eating to Promote Health And Wellness” as well as a sample menu to help you eat for optimum health and vitality outside of the NutriBullet system.

### EATING TO PROMOTE WELLNESS

FOOD TYPE	ENJOY	AVOID
<b>DAIRY</b>	Non-fat cottage cheese, unsweetened yogurt, goat’s milk, raw or skim buttermilk, non-dairy almond milk.	Soft cheese, all pasteurized or artificially colored cheeses and ice cream.
<b>EGGS</b>	Boiled or poached (no more than 4 a week).	Fried or pickled eggs.
<b>FISH</b>	All broiled or baked freshwater white fish, salmon or canned tuna in water.	Fried fish, shell fish, salted fish and all fish canned in oil.
<b>FRUITS</b>	All unsweetened fresh, frozen or dried fruits.	Canned, bottled, or frozen fruits with sweeteners added.
<b>GRAINS</b>	All whole grains and products containing 100% whole grains.	All white flour products, white rice, white pasta, crackers, cereal and instant cereals or oatmeal.

FOOD TYPE	ENJOY	AVOID
<b>MEATS</b>	Skinless turkey, chicken or lamb.	Beef, pork, hot dogs, luncheon meat, all processed meat, duck, goose and organ meat.
<b>NUTS</b>	All fresh, raw nuts (peanuts no more than once a week).	All salted, roasted nuts and peanuts if history of allergy.
<b>OILS (FATS)</b>	All cold-pressed oils including corn, safflower, sesame, olive, flaxseed, soybean, sunflower and canola, margarine made from cold pressed oil and eggless mayonnaise.	All saturated fats, hydrogenated margarine, refined processed oils, shortening and hardening oils.
<b>SEASONINGS</b>	Garlic, onions, all herbs, apple cider vinegar, tamari, miso, seaweed and dulse.	Black pepper, white pepper, salt and all types of vinegar (except pure apple cider vinegar).
<b>SOUPS</b>	Homemade soups: lentil, bean, pea, veggie, barley, brown rice, onion. Low salt organic soups.	Canned soups made with salt, preservatives, stock or MSG.
<b>SPROUTS &amp; SEEDS</b>	All slightly cooked sprouts and all raw seeds.	All seeds cooked in oil or salt.
<b>SWEETS</b>	Small amounts of raw honey, pure maple syrup, stevia and blackstrap molasses.	White, brown or cane sugar. Corn syrup, sugared candies.
<b>VEGETABLES</b>	All raw, fresh, frozen (no salt or additives).	All canned or frozen with salt or additives.

**NOTE:** The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.

# NUTRIBLAST RECIPE IDEAS!

If you've been slight on your fruit and vegetable consumption, it's best to start off a bit slow. Add a good handful of leafy greens and match that same amount with fruit. Start with one NutriBlast a day. You may have a bit of a gassy stomach for the first few days as your body gets used to having so much fiber. Don't worry, this will pass (no pun intended)!

If you are looking to achieve the **best possible results**, start with a NutriBlast for breakfast, then squeeze in another later in the day. NutriBlasts also make a wonderful dessert. Need recipes? Visit our Recipes section on **NutriLiving.com** for tasty breakfast, lunch and dinner ideas — and even dessert — so you can satisfy that sweet tooth with vital nutrition.

Have more questions? Talk to our NutriBullet Registered Dietitians on **NutriLiving.com**, too! They can help you figure out what foods and recipes are right for you with personalized advice and the tips you need to live your most vibrant life.



## WARNING!

- If you are taking any medication, especially cholesterol-lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, please check with your doctor before consuming any of the NutriBlast recipes.
- This program is not intended to replace medical advice or be a substitute for a physician. If you are sick or suspect you are sick, you should see a physician. If you are taking a prescription medication you should never change your diet without first consulting your physician because any dietary change may affect the metabolism of that prescription drug.

# STAGE 1 RECIPES

As you're getting started with your NutriBlasts, we suggest using greens with a mild taste like spinach or spring greens. The fruits you use will easily mask their flavor, making for a tasty, refreshing drink. Experiment with water quantities to find your ideal consistency. The more water you use, the thinner your NutriBlast, and vice versa. Remember to never go beyond the MAX line. Fight any temptation you have to add processed ingredients like fruit juice. Whole, unprocessed foods will give you the best results.

These Stage One recipes are perfect for first time NutriBlasters, but don't be afraid to get creative. Use the guide on page 16 to concoct your own masterpieces. You can even share your favorites with us on Facebook! "Like" us at [facebook.com/theNutriBullet](https://facebook.com/theNutriBullet) and join our wonderful community!

## TOXIN CLEANSING BLAST

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored pear
- 1 banana
- 1 cored apple
- 1 cup of pineapple
- water to the **MAX LINE**



## VITA-BERRY BLAST

Ward off cancer, heart disease, and viruses with this sweet and tasty blast of flavonoids!

- 1-2 handfuls rinsed spinach
- 1 cup of blueberries
- 1 banana
- 1 handful strawberries
- water to the **MAX LINE**

## THE IMMUNE BOOSTER

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 banana
- 1 peeled orange
- 1 cup of pineapple
- 1 handful of blueberries
- water to the **MAX LINE**





## MORNING GLORY

Start your day with boundless energy with this flavorful blend.

- 1-2 handfuls spinach
- 1 avocado
- 1 cup strawberries
- 1 cup mango
- ¼ cup goji berries
- water to the **MAX LINE**

## NUTTY NECTAR

Go nuts with this vitamin rich blast of flavor.

- 1-2 handfuls spinach
- 1 banana
- 1 cup strawberries
- 1 cup honeydew
- ⅛ cup walnuts
- water to the **MAX LINE**



## TROPICAL TONIC

Boost your immune system with this vitamin C rich drink.

- 2 handfuls spring greens
- 1 avocado
- juice of ½ lemon
- 1 cup mango
- 1 cup papaya
- ¼ cup pumpkin seeds
- water to the **MAX LINE**

## PROTEIN POWERHOUSE

Packed full of protein, this super satisfying blend keeps you energized for hours.

- 2 handfuls spring greens
- 1 avocado
- 1 cup raspberries
- 1 orange
- 1 cup mango
- ⅛ cup cashews
- water to the **MAX LINE**

## PEACHY PICK-ME-UP

Healthy fats and flavor abound in this tasty treat.

- 2 handfuls spring greens
- 1 banana
- 1 peach
- 1 cup honeydew
- 1 cup blackberries
- water to the **MAX LINE**



For more recipes, please visit  
**NUTRiLiving.com**

## STAGE 2 RECIPES

Now that you are well on your way to becoming a **nutrition extraction** expert, it's time to mix up those greens and get some new vitamins and minerals down the hatch! As you progress, try not to fall into an ingredient rut. The more you vary the greens, fruits, vegetables, and boosts you add into your NutriBlasts, the more nutritional benefits you will receive.

Some of the Stage Two greens have a more distinct flavor than their Stage One counterparts. You may want to balance the 'green' flavor of ingredients like romaine and butter lettuce with sweeter fruits and boosts. Almonds, cashews, and walnuts balance flavors nicely and add filling protein to your beverage. Keep experimenting, and be sure to post your favorites on our Facebook page!

At this point, it's a great idea to add a second NutriBlast to your daily routine. NutriBlasts make a wonderful afternoon snack or dessert after a light dinner. The more extracted nutrition you include in your diet, the better you are going to feel. Enjoy better sleep, boundless energy, and decreased aches and pains. Here's to a second daily NutriBlast!

### ENERGY ELIXIR

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick me up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup of walnuts
- water to the **MAX LINE**

### FOUNTAIN OF YOUTH

Look and feel years younger by enjoying this age-reversing blend.

- 2 handfuls of rinsed spinach
- 1 cup of red grapes
- 1 banana
- 1 cup of strawberry
- 1/8 cup of almonds
- 1 tsp maca powder
- water to the **MAX LINE**





### LONGEVITY ELIXIR

Feel the years disappear with this light and snappy blend.

- 2 handfuls romaine
- 1 avocado
- 1 cucumber
- 1 cup cantaloupe
- ¼ cup cashews
- 1 mint leaf
- water to the **MAX LINE**

### GET UP & GOJI

Power up with this antioxidant-rich flavor extravaganza.

- 2 cups butterhead lettuce
- 1 cup honeydew
- 1 cup cantaloupe
- 1 cup watermelon
- 1 banana
- ⅛ cup goji berries
- water to the **MAX LINE**

### NATURE'S CANDY

Balance hormones by way of this fantastic tasting treat.

- 2 cups butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup blueberries
- 1 banana
- 1 tsp maca powder
- water to the **MAX LINE**

### ANTIOXIDANT FUSION

Fight off free radicals and add years with this tasty blast.

- 2 handfuls of butterhead lettuce
- 1 banana
- 1 orange
- 1 cup pineapple
- 1 cup mango
- ¼ cup almonds
- water to the **MAX LINE**

For more recipes, please visit  
**NUTRiLiving.com**

# STAGE 3 RECIPES

How are you feeling, NutriBlast master? Join us on [NutriLiving.com](https://www.nutriliving.com) and share all your wonderful stories! We can't wait to hear about (and try) your favorite NutriBlasts!

Congratulations. You've made it to Stage Three! Ready for some hardcore greens? Of course you are!

As we say in the NutriBlast world, "the more bitter, the better!" Bitter greens like kale and Swiss chard contain amazing amounts of calcium and magnesium — minerals that support healthy bones. Additionally, dark, bitter greens are full of cancer-fighting antioxidants beta carotene, vitamin E, and manganese. Considered liver chi stimulants in Chinese medicine, these greens also serve as great detoxifiers.

Are you using your boosts? By Stage Three, every Blast you make should feature a health-pumping boost. In addition to seeds and nuts, you can add some specialty boosts like goji berries, maca powder and açai to super charge your NutriBlast. Goji berries add a wonderful tang to your Blast and are rich in anti-aging, immunity-boosting, vision-protecting, and heart disease-fighting vitamin A. Maca powder adds a smoky, coffee-like flavor to your NutriBlast. A noted adaptogen, this maca increases your body's resistance to external toxins and may strengthen a weakened immune system. Finally, açai berries are known to support immune function and healthy sleep, reduce pain and soreness, and contribute to glowing skin and hair. Not too shabby for a tasty little berry!

## LIFE BOOST BLAST

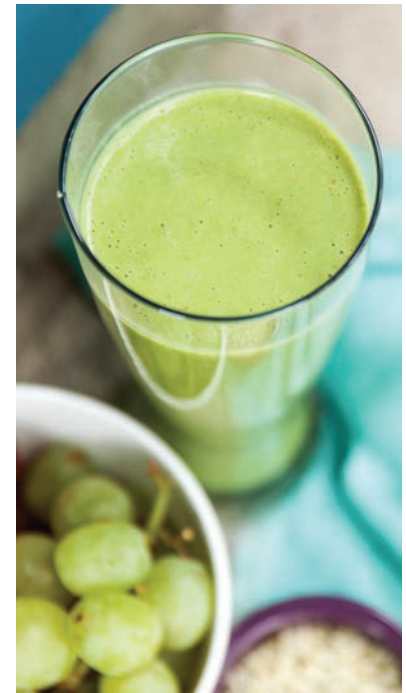
Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handfuls of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- ⅛ cup flax seeds
- ⅛ cup of goji berries
- water to the **MAX LINE**

## DIGESTIVE HEALTH ELIXIR

Rich with enzymes, this pineapple blend helps to get your digestive system running smoothly.

- 1-2 handfuls of rinsed swiss chard
- 1 banana
- 1 cup of cored pineapple
- 1 apple
- 1 cup of blueberries
- ¼ cup of soaked goji berries
- water to the **MAX LINE**



## LIVER & COLON TONIC

Detox away with this tasty treat.

- 1-2 handfuls of rinsed collard greens
- 1 banana
- 1 cup of pineapple
- 1 cup of red grapes
- ¼ cup of hemp seeds
- water to the **MAX LINE**

## BANANA BERRY VITALITY BLEND

Grab a quick energy boost with our Banana Berry Blend!

- 2 handfuls kale
- 1 banana
- 2 figs
- 1 cored apple
- 1 handful blueberries
- 1/8 cup walnuts
- 1/4 cup acai berries
- water to the **MAX LINE**

## KALEACADO BLAST

Unleash your libido with a luscious Kaleacado Blast!

- 2 handfuls kale
- 1 avocado
- 1 cup watermelon
- red grapes
- 1 tsp maca powder
- 1/4 cup strawberries
- water to the **MAX LINE**

## MELON BLAST

Maximize your fiber and melt away pounds with a mouthwatering Melon Blast!

- 2 handfuls kale
- 1 banana
- 1 cup green grapes
- 1 cup cantaloupe
- 1 handful strawberries
- 1/8 cup cashews
- water to the **MAX LINE**

## POWER BOOSTER

Pick up your pace with a delicious, nutritious Power Booster.

- 2 handfuls Swiss chard
- 1 banana
- 1 nectarine
- 1 cup blueberries
- 1/4 cup goji berries
- water to the **MAX LINE**

## SWISS MIX

Mix it up with this flavor-packed, nutrient-rich blend.

- 2 handfuls Swiss chard
- 1 banana
- 1 plum
- 1 cup green grapes
- 1/8 cup pumpkin seeds
- water to the **MAX LINE**

## FREE RADICAL FIGHTER

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls Swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup blackberries
- 1 fig
- 1/2 cup blueberries
- 1/8 cup flax seeds
- water to the **MAX LINE**



For more recipes, please visit  
**NUTRiLiving.com**

# NUTRIBLAST FOR LIFE!

Take it to the limit! You are surely feeling the incredible benefits of nutrient-extracted foods. Get as many fruits and greens in your drink as you can! Down that tall cup and have a second NutriBlast as an evening snack. Add those boosts! The more goodness you ingest, the better you'll feel!

Stay motivated by visiting **NutriLiving.com** and learning about all the boosts your Blasts have been missing — from maca to spirulina to sacha inchi and more. Learn about their benefits, save your favorite articles, search hundreds of recipes and get on track with the everyday health tools you've always needed and never had. Now, they're all in one place.

**We'll see you there!**

**NOTE:** *The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.*

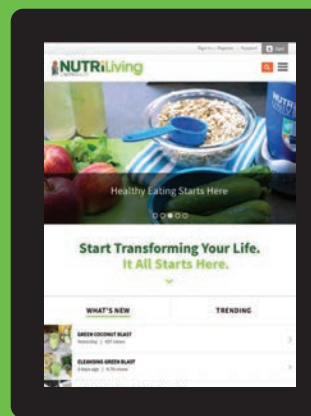
# LOOKING FOR MORE?

**NutriLiving.com** has **hundreds of Blast recipes**, as well as articles, professional advice from a team of registered dietitians, NutriBullet success stories, and NutriBullet's online store. Register as a NutriLiving member and get 10% off all online orders, plus direct access to dietitians, saved recipes, health assessments, and more!



## NUTRIBULLET RECIPES APP

Get answers to your health-related questions from our NutriBullet Registered Dietitians.



## 24/7 ACCESS TO NUTRILIVING.COM

**PROFESSIONAL SUPPORT WHEN YOU NEED IT MOST.**

Make the perfect NutriBlast smoothie every time! With hundreds of recipes featuring your favorite fruits and vegetables, our health and wellness site will ensure you have every resource you need to achieve your personal health goals.

# NUTRIBULLET'S ONE-YEAR LIMITED WARRANTY

## LIMITED WARRANTY FOR NUTRIBULLET

NutriBullet's limited warranty obligations are confined to the terms set forth below:

NutriBullet, LLC, ("NutriBullet") warrants our NutriBullet against defects in materials and workmanship for a period of one year from the date of original retail purchase. This limited warranty is valid only in the country in which the product is purchased and comes with the product at no extra charge (an additional four year extended warranty can be purchased separately, please see details below), however shipping and processing fees will be incurred for returns, replacements and or refunds.

If a defect exists, and NutriBullet is obligated under this limited warranty, at its option NutriBullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining warranty of the original product. A repaired product has a one-year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes NutriBullet's property. When a refund is given, your product becomes NutriBullet's property.

## OBTAINING WARRANTY SERVICE

For limited warranty service, simply call our customer service department @1-855-346-8874 or contact us via email from our website at [www.NutriLiving.com](http://www.NutriLiving.com), simply click the Contact Us link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate NutriBullet bar code(s). Before you send your product for limited warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the one-year limited warranty.

## EXCLUSIONS AND LIMITATIONS

This NutriBullet One-Year Limited Warranty applies only to NutriBullet products distributed by or for NutriBullet that can be identified by the "NutriBullet" trademark, trade name, logo affixed to it and bar code. NutriBullet's One-Year Limited Warranty does not apply to any other products that may appear to be authentic, but were not distributed/sold by [www.NutriLiving.com](http://www.NutriLiving.com).

Normal wear and tear is not covered by this limited warranty. This limited warranty applies to consumer use only, and is void when the product is used in a commercial or institutional setting.

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# NUTRIBULLET'S FOUR (4) YEAR EXTENDED WARRANTY

## EXTENDED WARRANTY FOR NUTRIBULLET

NutriBullet's extended warranty obligations are limited to the terms set forth below:

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If a defect exists, and NutriBullet is obligated under this extended warranty, at its option NutriBullet will (1) repair the product at no charge, using new or refurbished replacement parts, (2) exchange the product with a product that is new or that has been manufactured from new or serviceable used parts and is at least functionally equivalent to the original product, or (3) refund the purchase price of the product. A replacement product assumes the remaining extended warranty of the original product. A repaired product has

a two (2) year warranty from the date of repair. When a product or part is exchanged, any replacement item becomes your property and the replaced item becomes NutriBullet's property. When a refund is given, your product becomes NutriBullet's property.

## OBTAINING WARRANTY SERVICE

For extended warranty service, you must first register with NutriBullet at [MyNutriLiving.com](http://MyNutriLiving.com). Then, if you experience any issue with your NutriBullet, simply call our customer service department @1-855-346-8874 or contact us via email from our website at [www.NutriLiving.com](http://www.NutriLiving.com), click the Contact Us link, fill out and submit the customer contact form and we will be glad to help you. When you contact our customer service department you will be asked to furnish your name, address, telephone number and to provide proof of the original purchase (receipt) containing a description of the product(s), purchase date, and the appropriate NutriBullet bar code(s). Before you send your product for extended warranty service please make sure to keep a copy of all relevant documents for your files (receipt, etc.). It is always recommended to purchase product insurance and tracking services when sending your product for service. Remember, shipping and processing fees will be incurred and are not covered by the four year extended warranty.

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**2** | EXTRACT



**3** | TWIST



**4** | NOURISH