
NUTRIBULLET. LIFE CHANGING RECIPES



NUTRiBULLET.
LIFE CHANGING
RECIPES

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EXTENDED WARRANTY





NUTRIBULLET.
900 SERIES

magic
BULLET

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**
- **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	450g	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 ROOM TEMPERATURE (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. THIS WILL LOOSEN THE STUCK INGREDIENTS, AND WITH A LIGHT SCRUB AND RINSE IN WARM WATER, YOU'LL BE ALL DONE.
- 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: 1-844-900-7760.
- 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



STUBBORN CLEANUP

If ingredients dry inside the **NutriBullet** Cups, make your cleanup a snap by filling the cup about $\frac{2}{3}$ full with room temperature 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 in warm water, 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**

WHAT YOU GET



1 HIGH-TORQUE POWER BASE



1 LIFE CHANGING RECIPES BOOK



1 POCKET NUTRITIONIST



1 TALL CUP WITH 1 HANDLED LIP RING



1 FLIP-TOP TO-GO LID WITH 1 OVERSIZED CUP



1 EXTRACTOR BLADE



1 COMFORT LIP RING

WHAT IS A NUTRIBLAST

The NutriBlast is a nutrient extracted drink designed to feed your system as many servings 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. 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. 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.

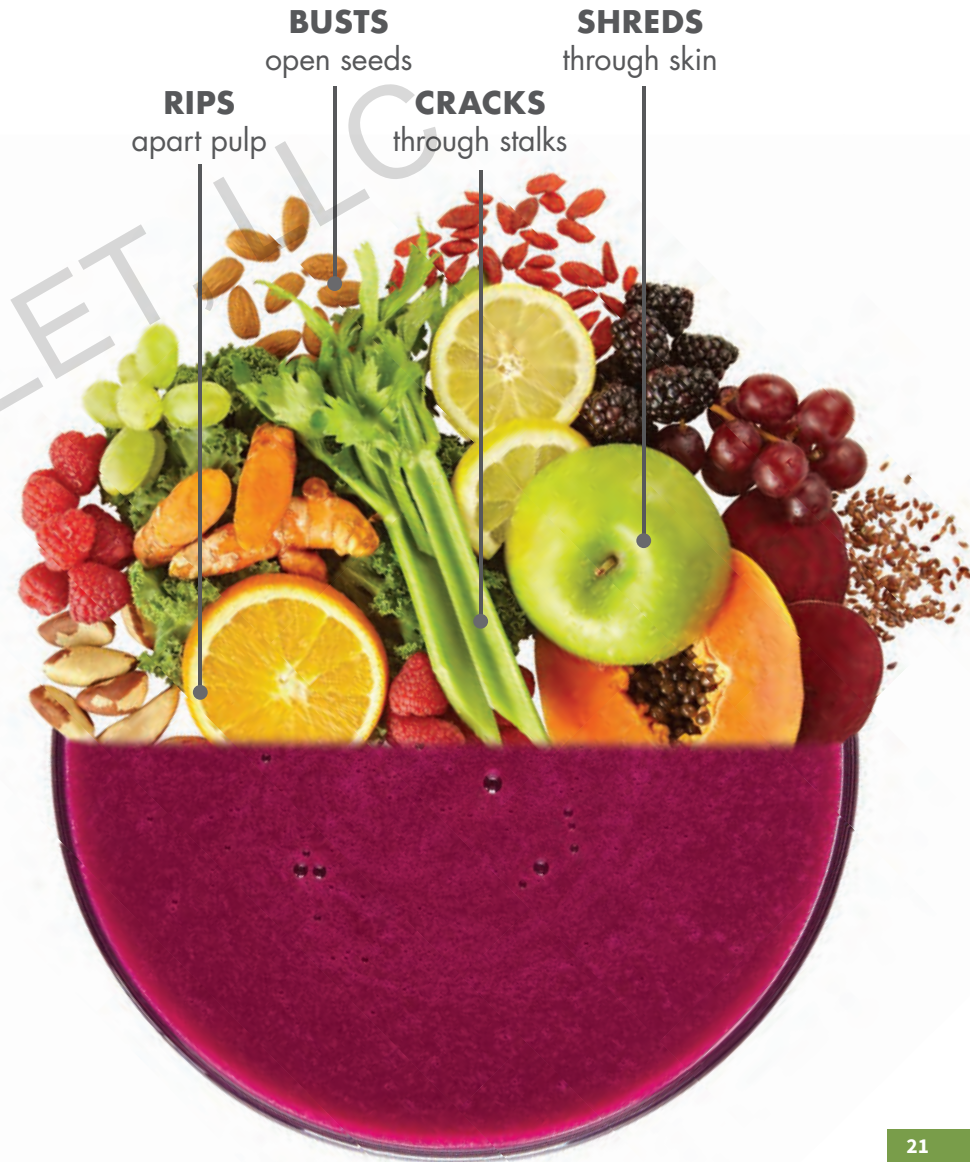
NOTE: The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.

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!



EXTRACTION INSTRUCTIONS

Twist the **Extractor Blade** onto the **Tall Cup** and tighten by hand to make sure the vessel is sealed. Press the vessel blade side-down onto the **Power Base** and 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.

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.

HOW IT WORKS

EXTRACTING



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



2 Twist the **Extractor Blade** onto the **Tall Cup** and tighten by hand to make sure the vessel is sealed.



3 Press the vessel blade side-down onto the **Power Base** and 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.

CAUTION: Friction from the rotating blade when extracting or milling 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.



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.

SHAKE TECHNIQUE

Sometimes, if you over fill the **Cups** with ingredients or don't put 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.**

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.



TAP TECHNIQUE

Use this technique if ingredients are clinging to the sides of the **Cup**.

- 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.



ARE YOU GETTING THE MOST OUT OF YOUR FOOD?

Food is the fuel that powers our lives, the source of nutrients that gives our body energy to carry out its internal and external functions. At least, that's what food should be.

Unfortunately, in this day and age, many of us eat far too many packaged, processed foods that fail to give us the life-sustaining nutrients we need. But even those that eat healthfully still have problems processing the nutrients needed to stay vibrant and energized. While basing our diets on real, unprocessed vegetables, fruits, whole grains, seeds, nuts, and legumes is important for overall health and wellness, it may not be enough to maximize the nutritional potential these foods can offer.

To reach optimum health and take advantage of the disease-fighting compounds within our food, we must not only eat healthfully, but get a variety of fruits and veggies in our diet. This is where the **NUTRIBULLET 900 SERIES** comes in. This powerful machine extracts healthful plant foods into liquid form, breaking them down and giving the body a variety of fruits and vegetables!

SO WHAT ARE YOU WAITING FOR? GRAB YOURSELF SOME FRUITS AND VEGGIES AND START EXTRACTING; YOU'LL BE AMAZED AT WHAT THE NUTRIBULLET CAN DO FOR YOU!





SO HOW DO WE RECLAIM OUR HEALTH?

To avoid the horrible health consequences associated with the consumption of processed, packaged “food,” the answer is simple: don’t eat it. Instead, feed your body fruits, vegetables, whole grains, nuts, seeds, legumes, and small amounts of hormone-free meat prepared as close to their natural state as possible.

Incorporating NutriBullet–extracted drinks—also known as NutriBlasts—into your daily routine is an excellent way to ensure your body receives the nutrition it needs and deserves!

ORDERING NUTRIBULLET SUPERFOODS



NUTRIBULLET SUPERFOOD BLENDS

The NutriBullet SuperFood Blends are pre-packaged mixtures of 100% organic superfoods sourced from around the world. Most blends are formulated to support a particular health focus, containing ingredients whose nutrients are known to be beneficial for specific bodily processes. For example, the SuperFood Fat Burning Boost® is made from foods linked with thermogenic (fat burning), metabolism-boosting, and satiating properties like green tea, cayenne pepper, inulin, chia, and cinnamon. Other blends include the Organic Pea Protein™, SuperFood SuperBoost®, SuperFood Cleansing Greens™, and the Maca Powder, among others. All of the organic, ethically sourced NutriBullet SuperFoods mentioned are available for purchase at WWW.NUTRILIVING.COM.

SUPERFOOD SUPERBOOST

Are you ready to supercharge your NutriBlasts?

Super boost your NutriBlasts with this unique combination of 4 top Superfoods — cacao, chia, maca and goji! Made with premium quality, pure, organic, Superfood ingredients from around the world. Just add a scoop of this easy-to-use formula to your daily NutriBlast for a BURST of extra nutrition.



CACAO NIBS

Boost your energy and your mood!

Chock full of more antioxidants than red wine or green tea, cacao is chocolate in its most natural form! Cacao is David Wolfe's #1 Superfood because it tastes great AND is an amazing source of magnesium, which is vital for healthy heart function and which helps build strong bones, relax muscles, and create a feeling of calmness.

Cacao also contains over 300 compounds including protein, fat, carbohydrates, fiber, iron, zinc, copper, calcium and sulfur, which helps to regulate blood sugar and maintain healthy joints. This is chocolate the way nature intended... so go ahead and add cacao to your daily NutriBlast!

ORGANIC CHIA SEEDS

Detox and slim down!

Chia is the ancient Mayan word for strength, and these tiny seeds are full of nutrients that help keep your body strong. Packed with omega-3 fatty acids, rich in antioxidants, and known as one of the best sources of complete, plant-based protein, the nutritionally-dense chia seed blends easily into a variety of flavors.

When exposed to liquid, the fibrous coating on the outside of chia seeds swells up and turns into a gel. When consumed, this flavorless chia gel is great for drawing toxins out of the intestines, making you feel full and for keeping things moving in the digestive tract. Add these tiny seeds to your daily NutriBlast to reap some big health rewards!



ORGANIC GOJI BERRIES

Reverse the signs of aging!

Goji Berries are the most nutritionally-dense fruits on Earth. They are loaded with vitamin C, contain 15 times more iron than spinach, and have the highest concentration of protein of any fruit!

This mighty little Superfruit, known in Chinese medicine for increasing strength and longevity, also contains anti-inflammatory, antibacterial and anti-fungal compounds as well as calcium, zinc, selenium and many other important trace minerals.

Include these tiny nutritional powerhouses in your daily NutriBlast!

ORGANIC MACA POWDER

De-stress and re-energize!

Harvested above 12,000 feet in the Andes mountains, maca is one of the only edible plants that grows at such extreme altitudes. To survive in this harsh environment, the maca root developed unique adaptive properties, properties that benefit our bodies as well.

When ingested, maca root powder supports the body's natural stress response, boosts energy, improves performance, and promotes optimal hormone balance. With a malty, nutty flavor, this amazing superfood blends well into creamy NutriBlasts. Enjoy maca a few days per week.



SUPERFOOD PROTEIN BLEND

Optimize your protein intake with the great-tasting SuperFood Protein Blend!

Derived from peas, hemp seeds, sacha inchi, and quinoa, this organic, totally plant-based powder offers high quality plant protein without the added sugars, fillers and preservatives present in most protein blends. Simply add a serving to your NutriBlast smoothies and favorite foods to get a delicious, healthy burst of this important nutrient.

Don't underestimate the power of plants! Boost your body and build your health naturally with the NutriBlast SuperFood Protein Blend.



SUPERFOOD FAT BURNING BOOST

Boost your daily NutriBlast with this blend of premium quality organic Superfood ingredients sourced from around the world!

This delicious mix of exotic thermogenic (fat burning) green tea extracts and spices is designed to help potentiate metabolic targets such as satiety,* thermogenesis* and fat oxidation,* a process which may help facilitate feelings of fullness* and activate the body's fat burning mechanism.* Catechins contained within green tea and the capsaicin in chili peppers may improve energy efficiency in the body.* With this combination of scientifically studied ingredients, the SuperFood Fat Burning Boost makes an excellent companion to your health and wellness goals!

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*

SUPERFOOD CLEANSING GREENS

Help boost your body's natural ability to rid itself of impurities, and support immune health* with NutriBullet SuperFood Cleansing Greens!

The unique Cleansing Greens powder harnesses the power of chlorophyll—the pigment found in green plants—with four of nature's most abundant sources: spirulina, wheatgrass, alfalfa and chlorella.

Not easily found at your local market, the Superfoods contained within the Cleansing Greens formula are sourced from the highest quality organic farms around the world. And with just the right touch of vanilla and cinnamon, greens this powerful have never tasted so good!

** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.*





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



LIVE THE NUTRI-LIFESTYLE ON NUTRILIVING.COM

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

NutriLiving.com 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 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."

--Rickyshe, 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:



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 NutriBullet sold funds the NutriBullet University school program.

CHEERS TO YOUR HEALTH!

BLASTING TO PREVENT AND RELIEVE ILLNESS.

In addition to improving overall health and wellness, the NutriBullet is an excellent tool for those suffering from a wide variety of health problems. This portion of this book focuses on some of the most common ailments facing the American public today, and shares information, recipes, and stories from NutriBullet users who have drastically improved their condition by incorporating NutriBlasts into their diets. Read their inspirational stories, peruse our recipes, and see firsthand how you can benefit from adopting the NutriBullet lifestyle.

**The information presented in this user guide and on our online sites are not intended to take the place of your personal physician's advice and is not intended to diagnose, treat, cure or prevent any disease. Discuss this information with your own physician or healthcare provider to determine what is right for you. All information is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. We cannot and do not give you medical advice. The information contained in this manual and on our online sites or emails is presented in summary form only and intended to provide broad consumer understanding and knowledge. The information should not be considered complete and should not be used in place of a visit, call, consultation or advice of your physician or other health care provider. We do not recommend the self-management of health problems. Information obtained through the this user guide or by using our online sites is not exhaustive and does not cover all diseases, ailments, physical conditions or their treatment. Should you have any health care-related questions, call or see your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of something you have read here.*





BLAST AWAY THE POUNDS!

THE SAFE, HEALTHY WAY TO LOSE WEIGHT, KEEP IT OFF AND IMPROVE YOUR OVERALL HEALTH!

As much as we wish it were so, there's no one magic food to eat or avoid to drop pounds. Losing weight is not an isolated task; it requires an overall lifestyle change that incorporates food choices, portion size, physical activity, and stress reduction. Over time, daily changes in a person's approach to nutrition and exercise will translate into lost inches.

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

THE FOODS IN THE FOLLOWING NUTRIBLASTS, MEALS, AND SNACKS ARE HIGH IN FIBER, WATER, AND NUTRIENTS, AND LOW IN CALORIES.

These foods—mostly vegetables and whole grains—will fill you up, maximize your nutritional intake, stabilize your blood sugar, and boost your metabolism. Low-glycemic fruits like berries and apples also make appearances, as well as small portions of healthy fats and protein, which increase satiety—leaving you more satisfied with your meal and less likely to overeat.

In addition to the aforementioned dietary changes, here are a few other tips and tricks to get you started on your weight loss journey.

SMART START

Skip the snooze button and get a move on! Starting the day with moderate exercise can kickstart your metabolism, increasing the rate at which you burn energy throughout the day. If you want to boost your metabolic rate even further, enjoy one of these beverages at least half an hour before breakfast:

- Cold water with lemon
- Herbal Tea with lemon
- 16 ounces of water mixed with 1 Tbsp apple cider vinegar

TEAM SPIRULINA

Spirulina, a blue-green variety of algae, is full of protein and GLA (gamma-linolenic acid)—a healthy omega-6 fatty acid shown to assist in weight loss. You can find spirulina in capsule or powder form at most health food stores. Add either form to your NutriBlast, or take the capsule as a supplement.

LAB = FLAB

Processed and refined foods provide ample calories with little nutritional value. Relying on them as a substantial part of your diet can lead to weight gain and malnourishment—yes, it is possible to be overweight and malnourished!

Be wary of any packaged foods (even if they claim to be “all-natural” or “organic”), and check out the ingredient label before purchasing. If it contains more than five ingredients, unpronounceable terms, or any other indication that it was compiled in a laboratory instead of grown from the ground, leave it on the shelf.



Please consult a physician or healthcare professional before changing our diet or engaging in any of the aforementioned conditions, specially if you are pregnant, nursing, or undergoing treatment/taking medication for a specific medical condition.

WEIGHT LOSS TESTIMONIALS

After juicing with a regular juicer, wasting pulp and feeling like I was throwing money away, I bought a NutriBullet. I had seen the infomercials late at night and bought one on sale at Kohl's. It has changed my life.

I have fibromyalgia. Since I have been making my NutriBlast drinks I feel so much better. I don't have as much inflammation as I used to and I don't have as much pain. I knew I needed to lose some weight, too, and wasn't sure how much I could lose having NutriBlasts. I lost 16.5 pounds within 3 weeks. I have continued to lose weight and am now down 2.5 sizes in clothes. I feel GREAT! I have a lot more energy now, too!

Karen P.

WOW. I am using the NutriBullet with my favorite fruits and veggies to create very good NUTRIBLASTs, and the concept cannot be simpler: 50% green leafs + 50% fruit and veggies + boost + water.

I was a big eater, weighing a little over 300 pounds at the end of my 30's. I realized that I needed to get in shape before it was too late.

Here I am 2 weeks later, 15 lbs. lighter. For now, my best friend and ally is my NutriBullet system and the NATURAL HEALING FOODS BOOK.

Jonathan B.



WEIGHT LOSS NUTRIBLASTS

IZENNY'S GREEN FOOD LOVER'SBLAST

SERVES: 1

INGREDIENTS:

- ¼ cucumber, sliced
- ¼ zucchini, sliced
- 1 celery stalk
- ½ cup fresh pineapple
- 1 large handful of chopped kale
- 1 large handful of spinach
- 1 large handful of fresh parsley
- 1 Tbsp chia seeds
- 1 tsp maca powder
- 1 cup unsweetened coconut water (optional)
- water to the **MAX LINE**



DIRECTIONS:

Add all ingredients to the **Tall Cup** and **extract** until smooth.

MELON OUT

Melon adds a ton of flavor to your NutriBlasts, but contains less sugar and calories than other sweet fruits. Full of beta-carotene, vitamins A and C and antioxidants, this Blast not only helps you manage your weight, but also contributes to healthy lungs, improved immunity, and overall well-being. This Blast's cool and sweet flavors are especially refreshing on a hot day.

SERVES: 1

INGREDIENTS:

- 2 handfuls spinach
- ½ cup cantaloupe
- ½ cup honeydew
- ½ cup watermelon
- 1 Tbsp goji berries
- ½ stalk celery
- juice of 1 lime
- water to the **MAX LINE**

DIRECTIONS:

Add all ingredients to the **Tall Cup** and **extract** until smooth. (about 25 seconds).



Please consult a physician or healthcare professional before changing your diet or engaging in any of the aforementioned conditions, specially if you are pregnant, nursing, or undergoing treatment/taking medication for a specific medical condition.

SLIMMING CITRUS

Brimming with low-glycemic citrus and berries, this Blast is juicy and sweet without the blood sugar-spiking qualities of other fruits.



SERVES: 1

INGREDIENTS:

- 2 cups spinach
- ¼ grapefruit
- ½ orange
- 3 strawberries • ½ cup of raspberries
- 1 Tbsp chia seeds
- water to the **MAX LINE**

DIRECTIONS:

Add all ingredients to the **Tall Cup** and **extract** until smooth. (about 45 seconds).

POUNDS DOWN

Don't go out and buy bottled vegetable juice; this fresh and easy recipe is far tastier and far better for you! It's light, but filling, with a touch of spice to boost your metabolism. Plus, these fruits and veggies are low glycemic, making this recipe a perfect companion to your weight loss goals!

SERVES: 1

INGREDIENTS:

- 2 cups spinach
- 1 large tomato
- ½ stalk celery
- ½ carrot
- ½ bell pepper
- ¼ small yellow or white onion
- juice from ½ lime
- 2 sprigs cilantro
- 1 to 2 cups water (to fill **NutriBullet Tall** cup halfway)



DIRECTIONS:

Add all ingredients to the **Tall Cup** and **extract** until smooth. (about 45 seconds).

For more weight loss recipes, please visit

NUTRiLiving.com

WEIGHT LOSS MEALS & SNACKS

GRAINY DAY SALAD

This delicious, filling dish can be made with whatever unprocessed whole grain you happen to have in the pantry—quinoa, brown rice, barley, wheatberries, even steel-cut oats! White beans and artichokes add flavor, depth, fiber, and minerals to nourish and satisfy your shrinking belly!

SERVES: 6-8

INGREDIENTS:

- 4 cups cooked quinoa, brown rice, or other whole grain
- the hearts of 4 steamed artichokes, chopped, or 1 14-oz can organic artichoke hearts, rinsed, drained, and chopped
- 1 ½ cups cooked white beans, such as navy, Great Northern or cannellini (can be home-cooked or canned)—rinsed and drained
- ¾ cup chopped fresh parsley
- ½ small red onion, finely diced
- 1 red bell pepper, diced
- 1 small cucumber, peeled and
- 1 Tbsp fresh dill
- Juice of 2 lemons
- 2 tablespoons extra-virgin olive oil
- ½ tsp sea salt
- ¼ tsp black pepper (preferably fresh ground)
- additional salt and pepper to taste

DIRECTIONS:

Cook grains, as well as artichokes and beans (if not using the canned variety).

Combine cooked grains, artichokes, beans, parsley, onion, pepper, and cucumber in a large bowl.

In the Tall Cup, extract lemon juice, olive oil, salt, and pepper. Pour over the grain mixture and stir ingredients until well combined. Season with extra salt and pepper to taste.

Note: If you are in a rush with no time to chew, divide ingredients by 4, extract in the NutriBullet, and drink this salad as a Blast!



MISO-GLAZED SALMON WITH BROCCOLI SOBA NOODLES

Japanese ingredients put a tasty spin on a classic dinner combination. Most grocery stores now carry ingredients like miso and soba noodles, but if you live in a more rural area, both ingredients can be purchased at health food stores or online. Soba noodles can be prepared in advance, refrigerated, reheated, or served cold for a speedy weeknight dinner.

SERVES: 4

BROCCOLI SOBA NOODLES

Soba noodles cook much faster than Italian pastas. Make sure to pay attention while they boil to avoid overcooking. Soba noodles also contain gluten, so those with gluten allergies/intolerance can substitute brown rice noodles.

INGREDIENTS:

- 8 ounces dried soba noodles
- 2 – 3 cups chopped broccoli florets
- zest of one lemon
- 1 cup fresh cilantro, chopped
- 2 large cloves garlic
- 3 Tbsp toasted sesame oil
- 3 Tbsp organic, unsweetened apple juice
- 1 Tbsp apple cider vinegar
- ¼ tsp cayenne powder
- ½ tsp fine grain sea salt

DIRECTIONS:

Bring a pot of salted water to boil. Add soba noodles and broccoli and cook 3 to 5 minutes. Drain the mixture, but do not rinse it.

Add the lemon zest, cilantro, garlic cloves, sesame oil, apple juice, and apple cider vinegar to the Tall Cup and pulse 4-5 times with the Extractor Blade until the mixture emulsifies.

Transfer noodles and broccoli to a large bowl and toss with the mixture until fully coated.

SALMON

INGREDIENTS:

- ½ cup white miso paste
- 2 Tbsp rice vinegar
- 1 Tbsp brown rice, or pure maple syrup
- One 1 ½ -inch piece of ginger, peeled
- 1 ½ tsp toasted sesame oil
- ½ tsp sesame seeds, plus another tsp to garnish
- 4 5-oz salmon filets of even thickness

DIRECTIONS:

Preheat oven to 400 degrees.

Add miso, vinegar, sweetener, ginger, sesame oil, and ½ tsp sesame seeds to the Tall Cup and extract with the Extractor Blade until fully liquefied.

Arrange salmon in a shallow baking dish. Pour glaze over the salmon and bake for 15-20 minutes, opening the oven every 5 minutes to spoon the glaze over the filets.



ROASTED GRAPEFRUIT WITH PISTACHIO CREAM

Unique flavor, color, and texture combinations give this elegant dessert a decadent quality without any added guilt! It's also full of fiber and antioxidants, and low in calories (provided you don't overdo the pistachio cream)—the perfect nightcap to your day of healthy eating! The pistachio cream requires some time for soaking and refrigeration, so we recommend making it up to 24 hours before serving the dessert.

SERVES: 4

PISTACHIO CREAM

INGREDIENTS:

- 1/3 cup shelled pistachios, soaked for at least 4 hours
- 1 tbsp brown rice or maple syrup OR raw honey
- 1/4 cup water or coconut water
- 1/2 avocado, pit and skin removed
- 1/2 tsp lemon juice
- 1 pinch sea salt
- extra chopped pistachios, to garnish

DIRECTIONS:

Drain the pistachios and add all ingredients to the Tall Cup. Extract for 20-30 seconds until the mixture is smooth and fluffly, with small flecks of pistachios evenly distributed throughout. You may need to unscrew the blade, redistribute the ingredients, and extract again to ensure an even texture. Refrigerate for at least 1 hour before serving.



ROASTED GRAPEFRUIT

INGREDIENTS:

- 2 grapefruits, halved and arranged on a parchment-lined baking sheet
- 1-2 tsp cinnamon

DIRECTIONS:

When ready to prepare, preheat oven to 400 degrees.

Sprinkle cinnamon over grapefruit halves and bake for 15 minutes until just browned (be careful not to burn, as the fruit's sugars will caramelize suddenly).

Allow to cool for 10 minutes, then top with 2 Tbsp pistachio cream each.

For more weight loss recipes, please visit

NUTRiLiving.com



EXTRACT YOUR WAY TO ENERGY!

We all get tired from time to time. In our endlessly on-call, overworked world, it's not unusual for individuals to feel occasionally overwhelmed and exhausted. But when exhaustion, sluggishness, and general low energy become a daily reality, it may be time to implement some basic changes that can have a huge impact on your general energy and wellbeing.

As humans, we get energy from the food we eat, so if we are having issues with our energy levels, we need to examine how we are eating. Processed food, in particular, has been linked with depleted energy. While there are many theories as to why this is the case, it is believed that processed food increases inflammation in the body—leading to fatigue and a variety of other health issues including autoimmune disorders and arthritis.

If stiffness, soreness, or tenderness in the muscles; pain or tenderness in the joints; changes in sleep patterns; and/or depression accompany your low energy level, you may be suffering from a condition known as Fibromyalgia. The direct cause of Fibromyalgia is unknown, but inflammation is also thought to play a large role in its development.

Fortunately, eating a diet based on whole plant foods can significantly reduce inflammation and its negative side effects. The NutriBullet makes an excellent inflammation-fighting, energy-boosting, fibromyalgia-fighting tool because it allows you to increase your fruit and vegetable intake quickly and efficiently. Try incorporating a daily NutriBlast into your diet and see for yourself how much brighter you can feel!



TIPS & TRICKS FOR AN ENERGETIC YOU

CUT IT OUT

Eliminating certain foods from your diet can have a huge impact on your overall health. Common foods that reduce energy and increase symptoms of Fibromyalgia include fake colorings, caffeine, artificial sweeteners and preservatives. Some may notice a change in their pain levels when they stop eating dairy or gluten.

INFLAMMATORY STATEMENT

Certain foods have been shown to fight inflammation. Omega 3 Fatty Acids are powerful anti-inflammatories, so up your intake of hemp seeds, sardines, wild salmon, flax seed, chia seed, and walnuts. Other anti-inflammatory foods include ginger, turmeric, chili pepper, raw cacao and non-GMO soy.

HIGH FREQUENCY

Eating several small meals throughout the day has been shown to balance blood sugar and increase energy levels better than the standard 3-meal-a-day model. Try to eat 4-5 times a day, but be sure to watch your portion size and limit mini meals to 250-400 calories.

SIPPING PRETTY

Blasting with your NutriBullet helps unlock nutrients in your food that chewing alone cannot. This promotes maximum nutrient absorption within your system, which, in turn, supplies you with maximum energy.

Please consult a physician or healthcare professional before changing our diet or engaging in any of the aforementioned conditions, specially if you are pregnant, nursing, or undergoing treatment/taking medication for a specific medical condition.

ENERGY, FIBROMYALGIA, & INFLAMMATION TESTIMONIAL

ISLAND GIRL

It's been 6 weeks today since I bought my NutriBullet, and my life has changed so much for the better! I am extremely grateful for this amazing product, the NutriLiving Blog, and the wealth of health information it offers (I especially love the videos).

I'm almost 50 and have suffered from Chronic Fatigue Syndrome and Fibromyalgia for the past 7 years. After years of doctors' visits and ineffective medications and their negative side effects, I was feeling pretty hopeless and desperate to feel better again. With my extreme exhaustion, brain fog, insomnia, and pain, I was bed-bound 50% of the time. My quality of life was as poor as my nutrition.

When I got my NutriBullet, I started by making small Blasts for the first few days, increasing to one large Blast per day by the end of the week. During week two, I had two large Blasts a day to replace breakfast and lunch. During the third week, I just listened to my body; it was begging for more NutriBlasts!

I decided to go on my own Blast Fast using only raw fruits and veggies, nuts, ground flax seeds, goji berries, maca powder, cacao powder, whey protein powder, and lots of water. I felt so good after one day that I wanted to continue. My Blast Fast lasted four and a half days!!! Holy maca! I thought how I was feeling physically was just TOO good to be true! Losing two lbs during the Fast was an added bonus.

I literally ate/drank more fruits and vegetables in ONE week than I had in the past decade! Fruits and veggies were just never my thing, but they are now!

Here are some of the incredible results I've experienced so far using the NB:

- More Energy!
- Improved mood
- No more junk food cravings! My pantry isn't full of chips, cookies, canned vegetables, and other junk anymore; it's reserved for my healthy NutriBullet boosts.
- No afternoon shakiness, or jitters from skipping breakfast & drinking six cups of coffee! I'm down to just one cup a day-Yay!
- Shinier, stronger hair
- Dry, itchy scalp-gone!
- Less Dry Eye-don't need eye drops everyday
- Patch of eczema on face disappeared!
- Less joint pain
- Normal regular bathroom visits
- Heightened mental clarity
- Libido change-from absolutely zero, none, nada, to- wow, just wow! hahaha!
- Stopped bronchitis and sinusitis dead in its tracks!! I didn't even have to take the antibiotic my doctor gave me!

I just have to say—Thank You, Thank You, Thank You NUTRIBULLET for creating this miraculous lifestyle changer to help people repair & heal themselves with good nutrition.

ENERGY-BOOSTING NUTRIBLASTS

PEP STEP

This fruits and veggies in this bright Blast contain malic acid, magnesium, tryptophan, and anti-inflammatory compounds, all of which have been credited for reducing symptoms of fibromyalgia. Drink up and feel the difference!

SERVES: 1

INGREDIENTS:

- ½ apple, core removed
- ½ cup fresh pineapple, cut into chunks
- 2 big handfuls of chopped collard greens (enough to fill the Tall Cup halfway)
- ½-inch slice of ginger root, peeled
- 1 Tbsp apple cider vinegar
- 1 tsp maca root powder
- water or coconut water to the

MAX LINE



DIRECTIONS:

Add all ingredients to the **Tall Cup** and **extract** until smooth. (about 45 seconds).



OMACA-3

This Blast gets a fibromyalgia-fighting boost from magnesium-filled almonds, omega-3-rich flax seeds, and energy-boosting maca powder.

SERVES: 1

INGREDIENTS:

- 1 pear
- 2 big handfuls of spinach (enough to fill Tall Cup halfway)
- 11 raw almonds
- ½ Tbsp flax seed
- 1 tsp maca root powder
- unsweetened almond milk or water to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 1 minute).

INFLAMMATION TAMER

One of the roughest symptoms of fibromyalgia is chronic inflammation in the body, a condition that can lead to a host of other health problems. This Blast contains a wide variety of anti-inflammatory compounds to soothe your system.

SERVES: 1

INGREDIENTS:

- 2 big handfuls of spinach (enough to fill Tall Cup halfway)
- ½ cup blueberries
- ½ cup pineapple, cut into chunks
- 1 tsp maca root powder
- water to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth, about 40 seconds.

LIMBER JOINT LIBATION

Arthritis pain is often caused by inflammation in the joints, which may be soothed by natural healing foods. Cherries, parsley, and turmeric are widely celebrated for their inflammation-fighting powers, so try this recipe if you suffer from the pains of arthritis and get your joints jumping once more!

SERVES: 1

INGREDIENTS:

- ½ Tall Cup spinach
- ½ cup cherries (pits removed)
- ½ cup pineapple
- ¼ cup parsley
- 1 Tbsp raw cacao (powder, nibs, or beans)
- 1 tsp turmeric
- water to MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth.

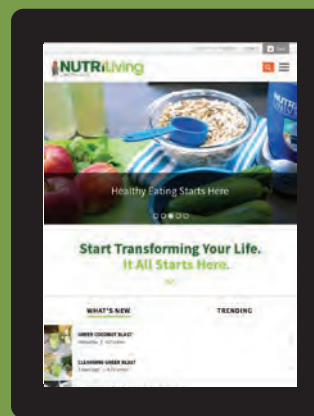
LOOKING FOR MORE?

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.



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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.

ENERGY-BOOSTING MEALS & SNACKS

CURRIED CARROT SOUP

Anti-inflammatory super foods ginger, turmeric, carrots, and lemon meld together to make this powerfully delicious soup!

SERVES: 6-8

INGREDIENTS:

- 2 Tbsp olive or coconut oil
- 1 tsp coriander seeds
- ½ tsp yellow mustard seeds
- ½ tsp cumin seeds
- ½ tsp turmeric
- ¼ tsp red chili powder (or more, depending on your spice preferences)
- 1 1-inch piece of ginger, peeled and minced
- 2 cloves of garlic, minced
- 2 onions, chopped
- 1½ pounds carrots, peeled, thinly sliced into rounds (about 4 cups)
- 1½ tsp lemon zest
- salt and pepper, to taste
- 4 cups low-sodium vegetable stock
- 2 cups coconut water
- 2 tsp fresh lemon juice

DIRECTIONS:

Heat oil in a large pot over medium heat. Add seeds, turmeric, and chili powder and stir for 1 minute to toast the seeds. Add ginger and cook for another minute.

Add garlic, onions, carrots, and lemon zest. Season with salt and pepper, and cook until onions and garlic soften—about 4 minutes.

Add the broth and coconut water and bring to a boil. Reduce heat to medium-low and simmer uncovered until carrots are cooked through, but not mushy—about half an hour.

Allow the soup to cool for an hour, or refrigerate for half an hour until it is room temperature, then stir in the lemon juice.

Add ¼ of the cooled vegetable/broth mixture to the Tall Cup and extract for 1-2 minutes until smooth, pausing every 45 seconds to avoid overheating. Transfer purée to a large bowl, and repeat the extracting process until all of the soup is puréed.

Store in the refrigerator for up to 3 days. Reheat on the stove before serving.



A CRUST ABOVE

Anti-inflammatory pizza is no pie in the sky idea. Get your inflammation-free pizza fix with our quinoa-based crust and dairy-free topping suggestions!



CRUST

INGREDIENTS:

- 1 ½ cups quinoa, soaked overnight and drained
- ½ cup filtered water
- 1 tsp sea salt
- 3 Tbsp olive or cold-pressed virgin coconut oil, divided into two 1 ½ Tbsp portions

DIRECTIONS:

Preheat your oven to 450 degrees.

Add the soaked quinoa, water, and salt to your Tall Cup and extract with the Extractor Blade

until fully combined. Add more water if necessary—the prepared mixture should have the consistency of pancake batter.

Coat the base and sides of two 8-inch cake pans with the divided olive or coconut oil, and heat in the oven until the oil just starts to bubble. Remove from the oven and pour half of the crust batter into each pan. Bake for 20 minutes, then flip the crusts and bake an additional 10 minutes. Add toppings and enjoy!

TOPPING SUGGESTIONS:

1. PESTO

INGREDIENTS:

- 2 cups chopped kale leaves, spine removed
- 1 cup basil leaves
- ½ cup dry roasted almonds
- 4 large cloves of garlic
- ½ cup extra-virgin olive oil
- salt and pepper to taste

DIRECTIONS:

Add kale, basil, garlic and almonds to the Tall Cup

Pulse mixture several times, unscrewing the top to scrape the sides of the cup, until all ingredients are finely minced.

Unscrew the blade, add half of the olive oil and pulse until oil is integrated. Add the remaining olive oil, salt and pepper, and extract until you reach desired consistency.

You can either spread this pesto on the fully cooked quinoa crust, or spread on top of the crust when you flip it over before baking an additional 10 minutes.



2. TOMATO BASIL WITH CASHEW “MOZARELLA”

INGREDIENTS:

- 1 cup cashews, soaked overnight in water
- 2 garlic cloves
- juice from 1 lemon
- ½ tsp dijon mustard
- salt and pepper, to taste
- 2 Tbsp to ¼ cup Organic jarred tomato sauce (to taste)
- ½ tomato, thinly sliced
- 5-8 fresh basil leaves, rinsed

DIRECTIONS:

Preheat Broiler.

Add cashews, garlic, lemon juice, and mustard to the Tall Cup and extract in 50-second increments, pausing for 30 seconds in between each, until the mixture is smooth.

Spread tomato sauce on fully cooked quinoa crust, then spoon several dollops of cashew cheese on top to mimic the shape of mozzarella rounds. Top with tomato slices and basil leaves and heat under the broiler for 5 minutes, until the basil starts to shrivel and the other toppings are warm. Be sure to watch closely, as the herbs can burn quickly.



3. WALNUT, CHERRY, & APPLE CRISP

- 2 medium apples
- 1 cup frozen organic pitted cherries (you can also use fresh cherries, just be sure to remove the pits!)
- ¼ cup maple syrup
- 1 Tbsp oat flour, plus ¼ cup for the topping
- 1 tsp lemon juice
- ½ tsp cinnamon
- 1 pinch of nutmeg
- ½ cup rolled oats
- ¼ cup palm or date sugar
- 3 Tbsp cold-pressed virgin coconut oil, plus an additional Tbsp to grease the pan
- ½ tsp vanilla extract

Preheat oven to 350 degrees. Grease a small baking dish with 1 Tbsp of coconut oil.

Remove apple cores and cut the fruit into ¼-inch slices. In a mixing bowl, combine the apples with cherries, maple syrup, 1 Tbsp oat flour, lemon juice, cinnamon and nutmeg. Mix thoroughly and transfer to the baking dish.

In another bowl add oats, 1/4 cup oat flour, sugar, 3 Tbsp coconut oil and vanilla.

Knead by hand until the mixture forms a crumbly consistency. Spread the topping evenly over the fruit layer.

Bake for 25-35 minutes, until the top is golden brown.

For more energy-boosing recipes, please visit

NUTRiLiving.com

NUTRITION FOR MOOD IMPROVEMENT BLASTING AWAY THE BLUES

We all know a person's state of mind, or mood, can be greatly affected by external factors. Looming deadlines cause stress, issues in relationships cause anger or sadness, hearing good news can brighten a day; even the weather has an impact on how we feel! But how we feel is also dependent on internal factors—how our body is functioning, how we feel from the inside out.

It's no secret that what we eat can greatly impact our overall health and wellness. When we eat well, we help our body function efficiently, fueling us with the energy we need to take on the day. On the other hand, when we fail to give our bodies the nutrition it needs, we become sluggish and/or edgy. When we continuously function in a nutritionally devoid state, this sluggish and/or edgy feeling persists.

While chronic depression, anxiety, and other mood-related issues may stem from a wide variety of causes, diet has been shown to play a role in the severity of symptoms. Like with many health issues, eating a diet rich in plant-based vitamins and minerals can improve one's mood, while downing highly-processed, nutritionally-void "foods" can leave you feeling less than vibrant.

The following NutriBlast recipes highlight fruits, vegetables, and other plant-based foods that have been linked with improved mood. Some ingredients even contain chemical compounds that have been shown to trigger the release of good-mood neurotransmitters in the brain. But don't just take our word for it, find out for yourself!



It is imperative that those suffering from any type of mood disorder not discontinue any medication without full knowledge of a doctor or mental healthcare professional. Discontinuing the use of many mood stabilizers, anti-depressants and other psycho-pharmaceutical medications requires gradual tapering down to avoid rebound effects or side effects. Discontinuing such medications can have fatal results.

Please note that people suffering from mood disorders may be more sensitive to dietary changes, so any modifications should be gradual. Certain medications may react negatively when mixed with certain foods, so consult your doctor or mental healthcare professional before incorporating any new food or supplement into your diet, especially if you are taking medication for a mental condition or any other physical ailment.

MOOD IMPROVEMENT TESTIMONIALS



Hi, my name is Justin, and WOW!!! I am AMAZED by this machine!

Five years ago, I was diagnosed with chronic fatigue and panic disorders. I've been to countless doctors and tried supplements and medication. I even ended up in rehab for overdosing on Xanax because my anxiety was so bad.

I bought the NutriBullet system 3 months ago and it's like I'm a whole new person! I feel brand new. I have minimal to no anxiety, and I just feel more at peace. I feel like a kid again; I can do everything I couldn't do before.

Buying the NutriBullet was the best thing I ever did!! My friends and family ask me how I did it and I just tell them I bought the NutriBullet and drink two NutriBlasts a day. My friends Sammy and Carl bought the NutriBullet too, and they say they feel more energized and sleep better. It's great!

I'm really looking forward to the future now. Thank you so much for giving me my life back!

Justin M.

I received my NutriBullet in the mail at the beginning of March 2013. At that time, I was pretty much at the end of my rope and didn't want to live anymore. I had suffered from severe depression for over 25 years. I tried every single antidepressant known to mankind. I had also tried direct current stimulation, transcranial magnetic stimulation, and ECT (shock therapy). Nothing ever worked. I was even considering having deep brain stimulation surgery!!

After seeing the NutriBullet infomercial on TV approximately 3 months ago, I decided to order one and give it a try. I thought I had nothing to lose.

At first I thought I was just imagining it, but I continued to have my NutriBlasts every day since then and have never felt better! The NutriBullet has completely changed my life! I've also lost a lot of weight and have so much energy now. Everyone has noticed my complete transformation!! I'm so thankful for your product; it's given me a new chance at life!!!

THANK YOU!!!

Jim W.

MOOD IMPROVING NUTRIBLASTS

DAVID WOLFE'S BEST DAY EVER BLAST

NutriBullet super food expert and all-around happy dude David Wolfe shares his recipe for the Best Day Ever!

SERVES: 1

INGREDIENTS:

- 1 banana
- 1 Tbsp raw cacao powder
- 1 small handful of goji berries
- 2 dollops of raw honey
- small chunk of aloe vera (outer skin removed)
- coconut water to the **MAX LINE**

DIRECTIONS:

Add all ingredients to the Tall Cup and extract for 45 seconds.



JIM W'S BRIGHTER DAYS BLAST

Inspired by Jim W.'s first NutriBlast, this recipe is loaded with Omega-3 fatty acids. Research suggests that increasing your Omega-3 intake may be one of the safest, easiest ways to combat depression.

SERVES: 1

INGREDIENTS:

- ¼ Tall Cup kale
- ¼ Tall Cup spinach
- ¼ cup blueberries
- 4 medium strawberries
- ½ banana
- ½ Tbsp flaxseed
- small handful of walnuts
- coconut water to the **MAX LINE**

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 40 seconds).

LAURA'S HERBACEOUS ELATION

This NutriBlast, adapted from NutriBullet Facebook fan Laura L., contains several mood-boosting ingredients: Swiss chard contains magnesium, a natural stress reliever, while basil contains eugenol and rosmarinic acid, compounds that boost the brain's production of dopamine and serotonin. Cinnamon and avocado are also happy ingredients; both help slow the release of glucose into the blood stream, calming blood sugar fluctuations that can often lead to agitation and irritability.

SERVES: 1

INGREDIENTS:

- 1/3 Tall Cup Swiss chard
- Handful of fresh basil (about 6 large leaves)
- 4 leaves fresh mint
- 1 fresh scallion, white part removed
- 1 cup strawberries
- 1 carrot, washed, peeled, and cut into rounds
- ½ avocado
- 2 tsp cinnamon
- unsweetened almond milk to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 1 minute).

For more mood boosting recipes, please visit

NUTRiLiving.com



MOOD IMPROVING MEALS & SNACKS

ARTICHOKE AND BARLEY BOOST BOWL WITH ARUGULA PESTO

Both the magnesium found in artichokes and the amino acid tryptophan found in barley help the brain manufacture serotonin—a neurotransmitter known for its mood-stabilizing and anxiety-soothing effects.

SERVES: 4-8

BARLEY & TOMATO SAUCE

INGREDIENTS:

- 1 cup uncooked pearl barley, rinsed and drained
- 2 cups vegetable broth
- 1-2 Tbsp olive oil
- 2 cloves of garlic, thinly sliced
- 1 can water-packed organic artichoke hearts, rinsed and thoroughly drained
- 1 cup cherry tomatoes
- pinch of cayenne pepper to taste
- salt and pepper



PESTO

INGREDIENTS:

- 2 cups fresh arugula
- ¼ cup fresh basil
- 1 clove garlic
- Juice from 1 lemon
- 1 Tbsp olive oil
- salt and pepper, to taste



DIRECTIONS:

In a medium-sized pot, add 2 cups vegetable broth to the barley and bring to a boil. Reduce heat and simmer for 30-40 minutes, until broth is absorbed and barley is fluffy and tender.

Add 1 Tbsp olive oil to a large saucepan over medium heat. Add sliced garlic and sauté until translucent—about 3 minutes. Add the artichokes and cook until both the garlic and artichokes are slightly browned—about 2-3 more minutes. Add tomatoes to the pan, toss in the oil/garlic/artichoke mixture and reduce heat to medium-low. Stir occasionally until tomatoes burst open, about 20-30 minutes. Add cayenne pepper, salt, and black pepper to taste and break tomatoes down further until they reach a saucy consistency.

Add all of the pesto ingredients to the Tall Cup and pulse with the Extractor Blade until ingredients form a thick paste. You may need to unscrew the blade and scrape the sides of the cup for an even consistency.

Top desired amount of barley with the tomato sauce, and spoon 1-2 Tbsp of pesto per serving on top. Enjoy!

SWEET POTATO HASH & SALMON SCRAMBLE WITH DILL PESTO

This dish can be eaten for lunch or dinner, or for breakfast alongside a lighter veggie-filled NutriBlast. It's simple to make, and contains Omega-3 rich salmon, vitamin D-filled eggs, magnesium-rich chard, and blood-sugar stabilizing sweet potatoes—all of which have been linked to improved mood and reduced depression. If smoked salmon seems a bit too decadent for your budget, you can substitute half a can of wild-caught water-packed salmon.

SERVES: Makes 2 servings of eggs, 2-4 servings of potatoes

HASH

INGREDIENTS:

- 1 Tbsp virgin cold-pressed coconut oil or extra-virgin olive oil
- 1 shallot, minced
- 1 ½ teaspoons smoked paprika
- 1 cup chopped Swiss chard
- 1 medium baked sweet potato*, cut into ½-inch cubes
- 1 Tbsp apple cider vinegar
- salt and pepper to taste

DIRECTIONS:

Heat oil in a heavy-bottomed skillet over medium heat.

Add all ingredients at once, stirring to coat evenly with oil.

Cook for 5-10 minutes to allow the bottom side to develop a crust, then flip to brown the other side, pressing down with a spatula to flatten the mixture, for another 5-10 minutes

*To bake a sweet potato, preheat oven to 400 degrees. Prong the potato several times with a fork and bake on a parchment-lined sheet for 45 minutes.

DILL PESTO

INGREDIENTS:

- ¼ cup almonds
- 3 fresh chives
- 1 bunch fresh dill, roughly chopped
- Zest of 1 lemon
- ½ cup Extra Virgin olive oil
- ½ tsp salt
- pepper to taste

DIRECTIONS:

Add all ingredients to the Tall Cup and pulse until roughly puréed. Top each scramble serving with 1–2 tbs of pesto.

SCRAMBLE

INGREDIENTS:

- ½ Tbsp olive oil or cold-pressed virgin coconut oil
- 6 eggs—four egg whites and two whole eggs
- salt, to taste
- 1 scallion, thinly chopped
- 1 Tbsp fresh dill
- 4 ounces (about 4-5 slices) smoked salmon, cut into bite-sized pieces
- fresh ground pepper

DIRECTIONS:

Heat oil in a nonstick pan over low heat.

In a medium bowl, thoroughly whisk together the 4 egg whites, 2 whole eggs, scallion, salt, and pepper.

Add the eggs to the pan and let sit for one minute without stirring, until the bottom sets. Gently turn the runny eggs over until all of the pan's contents are firm (do not over-stir—you want the eggs to stay light and fluffy). Add the dill and smoked salmon and gently fold the eggs for another minute until ingredients are fully mixed and warmed. Enjoy!

For more mood improving recipes, please visit [NUTRI[®]Living.com](https://www.nutriliving.com)

MOOD IMPROVING MEALS & TREATS

PACKED SNACK CHOCOLATE PUDDING

As a kid, there were few brown-bag lunch surprises better than a cup of chocolate Snack Pack pudding. Unpeeling the foil top, licking its underside, then digging in to the uniquely creamy, slightly wiggly chocolate-flavored goop was the crème de la crème (or gelatin) of cafeteria experiences.

Unfortunately, indulging in the artificially flavored, sweetened, and preserved “chocolate” treat spells more sorrow than joy at any age. Studies have linked processed food-laden diets to increased anxiety in both men and women.

But pudding lovers need not worry! This wholesome chocolate dessert tastes every bit as delicious as the old standard, but replaces high fructose corn syrup and gelatin with all-natural mood-boosting ingredients such as raw cacao, avocado, and banana. And while this version doesn't come in a sealed package, no one will judge you for pressing some tinfoil to the surface for personal licking purposes.

SERVES: 2

INGREDIENTS:

- 1 very ripe medium-sized banana, peeled and broken into chunks
- 1 ripe avocado, peeled and pit removed
- 4 Tbsp raw cacao powder
- 1 tsp vanilla extract
- ½ teaspoon almond extract
- ½ tsp cinnamon
- ½ cup almond milk
- Chopped toasted walnuts, cacao nibs, berries, etc for toppings (optional)

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth, about 40 seconds. The mixture should be the consistency of a brownie batter: thick, but still pourable. If the mixture seems too gloppy, add 1 to 2 more Tbsp of almond milk and extract once more.

Cover and refrigerate for 3-4 hours. Enjoy as is, or top with cacao nibs, walnuts, fresh berries, or any other complimentary whole food.



DATE-ME TRUFFLES

These tasty morsels are high in fiber and choc-full of happy nutrients like magnesium and omega-3 fatty acids. When enjoyed in moderation, these treats make an excellent mood-boosting dessert. They are, however, quite energy dense, so it's best to limit your indulgence to 1-2 truffles daily.

SERVES: 12-16

INGREDIENTS:

- 12 medjool dates, pits removed and soaked in water for 4-8 hours
- 1 cup toasted walnuts
- 3-4 Tbsp raw cacao powder
- 1 Tbsp cold-pressed coconut oil
- ¼ cup unsweetened shredded coconut, plus another ¼ cup for coating
- ½ tsp pure vanilla extract
- ½ tsp walnut extract
- ½ tsp cinnamon

DIRECTIONS:

Add all ingredients to the Tall Cup and pulse with the Extractor Blade until the dates form a thick paste with the walnuts and coconut evenly distributed throughout. You may need to unscrew the blade in between pulses and stir by hand to ensure an even mix.

Add reserved coconut to a small bowl. Form tablespoon-sized portions of the paste into balls and roll in shredded coconut to coat.

Arrange the truffles in layers between sheets of waxed paper in a food storage container, leaving a centimeter or two between each piece to avoid sticking. Cover and refrigerate for 2-3 hours before eating.

For more mood improving recipes, please visit

NUTRiLiving.com



HORMONAL ISSUES

HELP IS JUST A BLAST AWAY!

Both men and women experience changes in sex hormone levels throughout their lives. An imbalance of these hormones can have negative effects on the body, ranging from mood swings to increased cancer risks.

Fortunately, a lot of the negative consequences of hormonal imbalance can be significantly reduced through nutrition. In women, including certain nutrients in the diet and eliminating other types of food from the diet can help to balance hormones, soothing the symptoms of PMS and/or menopause as a result. In men, proper nutrition can assist in boosting testosterone levels and prostate health.

The NutriBullet is the ideal tool for feeding the reproductive system the nutrients it needs to function properly. Drinking NutriBlasts full of nutrient-extracted plant foods ensures that your body absorbs all of the enzymes needed to set off the hormone manufacturing process. With healthy hormone functioning, your body, outlook, and life will be more balanced!

In addition to the NutriBlasts and recipes featured on the following pages, here's

Please consult a physician or healthcare professional before changing our diet or engaging in any of the aforementioned conditions, specially if you are pregnant, nursing, or undergoing treatment/taking medication for a specific medical condition.

THE AGE OF **UNSOYTAINTY**

While soy is a bit of a controversial food, especially in regards to hormonal issues, studies show that a moderate intake (1-2x per week) of non-GMO, organic soy may help balance hormones.

GREEN **WARRIORS**

Dark green vegetables such as kale, collards, wheat and barley grass, seaweeds, and microalgae all inhibit the production of prostaglandin mE2, a precursor to inflammation that can upset the female hormone balance.

MEAT YOUR **MAKER**

A diet high in animal protein, especially red meat, creates an acidic environment in the body, which leaches calcium from the bones. Studies link calcium loss with decreased hormone regulation in both men and women.



HORMONAL ISSUES TESTIMONIALS

Hi. I'm a 53 years-young woman who began Menopause last year.

The NutriBullet has helped me eliminate my hot flashes by helping me get my daily requirement of vitamin E.

I discovered this by accident when I found that drinking one Blast per day kept the hot flashes at bay; if I went 7 days without a Blast, the hot flashes came back.

While Vitamin E may not help all women, it has worked for me. I am hoping to make it all the way through menopause without taking hormones and I know that the NutriBullet can help me make this hope a reality.

Lori W.



I finally purchased the NutriBullet after watching the infomercial for almost 6 months and it has been the best investment I have ever made. I am 44 years old and ever since I started my cycle at the ripe old age of 13, I have always had extremely painful periods with heavy bleeding. Over the past few years, my period has been so unbearable that I was considering having surgery because I thought that I had fibroids. My symptoms consisted of not only of heavy bleeding, but also of terrible cramping, nausea, headaches, lower back pain, and horrible mood swings. I felt like the exorcist the five days!

All of that changed when I received my NutriBullet. The first day of my cycle was normal with the usual pains and discomfort, but on the third day, I realized that my cycle was not very heavy at all. The real kicker was waking up at my usual 3 am ready to take a pain reliever, but I felt no cramping, no pain, nothing! I actually forgot that I was still on my period during the last two days because my mood was great! No headaches, no back pain, and no staying in the house. I felt great!

The next month, I had no cramping, back pain, or any of the painful symptoms I'd gotten used to over the past 30 years! I was actually able to go out and enjoy myself.

This month, I noticed that I was in serious pain the day my cycle was to start. The difference this month? I had gone a week without my NutriBullet drinks! But the good thing about the NutriBullet program is that once I felt that pain, I dragged myself to the store for my ingredients and made a batch to drink throughout the day. Within a day, I had no more cramping or back pain, and I was able to function as I had the previous months while drinking my NutriBullet green drinks religiously.

I was so excited about those results that I forgot to tell you that some of the other improvements I've seen! I have also lost 10 lbs and five inches in my stomach without exercising or even dieting. My joint pain from an old injury is also completely gone!

I hope this helps you as it continues to help me!

- JENNIFER J.



HORMONE BALANCING NUTRIBLASTS FOR HER

FEMME FATALE

The phrase 'femme fatale' can take on an entirely new meaning when describing a woman suffering from PMS! But not to worry – delicious B-vitamins, iron, and magnesium join forces in this Blast to give you the relief you need, letting you take on the world like the positive force you are!

SERVES: 1

INGREDIENTS:

- 1 cup spinach
- ¼ cup cooked garbanzo beans (Chickpeas)
- ½ cup strawberries
- 2 leaves mint
- ½ banana
- 1 tsp cinnamon
- Almond milk to MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 30 seconds).



GIRL'S BEST FRIEND

Ladies, sometimes our hormones get out of whack. Sometimes our bodies don't feel as good as we need. Sometimes outside stresses get the better of us and we just don't feel up to par. If that's the case, pal around with this NutriBlast. Its magnesium content boosts dopamine levels and helps your body process estrogen, Blasting those blahs and getting you pumped for your day!

SERVES: 1

INGREDIENTS:

- ½ Tall Cup Swiss Chard
- 1 banana
- 1 Tbsp Tahini (sesame seed paste)
- 6 almonds
- 6 cashews
- water to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 30 seconds).





NATURE'S CANDY

Got serious sweet cravings? Forget the sour sugared gummies and chocolate bars, and blend up the real thing with this delicious, fruit-filled Blast! Mild butter lettuce melds with juicy apples, pears, and blueberries for a decadent drink that's also loaded with antioxidants, fiber, and energizing minerals.

SERVES: 1

INGREDIENTS:

- 2 cups butter lettuce
- 1 pear
- 1 apple
- 1 cup blueberries
- 1 banana
- 1 Tbsp raw cacao powder
- water to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 30 seconds).

FEMALE HORMONE BALANCER

This nutrient-filled NutriBlast may help keep your body in check by assisting in the absorption of the nutrients it needs to balance out hormones.

SERVES: 1

INGREDIENTS:

- ½ Tall Cup butter lettuce
- ½ peach, pit removed
- ½ cup blueberries
- 3 brazil nuts
- 1 tsp maca powder
- water to MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 30 seconds).

HOT FLASH COOLER

Rich in antioxidants, vitamin K, and vitamin C, this special women's health concoction may help ease symptoms of menopause, including those dreaded hot flashes.

SERVES: 1

INGREDIENTS:

- ½ Tall Cup spinach
- ½ cup blueberries
- ½ cup tofu (organic)
- 1 Tbsp cacao (raw, powder, nibs, or beans)
- 1 tsp sesame seeds
- 10 cashews
- coconut milk beverage to MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 30 seconds).

For more hormone
balancing recipes,
please visit

[NUTRiLiving.com](https://www.nutriliving.com)

HORMONE BALANCING MEALS & SNACKS FOR HER

ANTI-BLOAT BOWL

This delicious brothy mix of vegetables contains diuretic properties to deflate a hormonally-bloated belly. The wide range of vegetables in this soup also play host to a smorgasbord of vitamins and minerals that help balance your system.

SERVES: 6-12

INGREDIENTS:

- 1 Tbsp cold pressed virgin coconut oil or extra virgin olive oil
- 1 onion, chopped
- 3 leeks, chopped
- 3 quarts (12 cups) filtered water
- 1/3 cup white miso OR 3 Tbsp low-sodium vegetable soup concentrate
- 1 Tbsp fennel seed
- 1 Tbsp caraway seed
- 1/2 Tbsp dried tarragon
- 5 carrots, chopped
- 6 celery stalks, chopped
- 1/2 head of green cabbage, thinly sliced or shredded
- 1 fennel bulb, thinly sliced
- 2 zucchinis, chopped into half-moon pieces
- 1/4 cup cilantro or parsley, chopped

DIRECTIONS:

Heat oil in the base of an extra-large soup pot over medium heat. Add onion and chopped leeks and cook until browned and fragrant (about 4 minutes).

Reduce heat to low, and add water, miso, fennel seed, caraway seed, and tarragon. Stir until miso dissolves, then add carrots and celery and cook for 10 minutes. Add cabbage, fennel, and zucchini and cook for an additional 5-10 minutes, until all vegetables are tender, but not overcooked.

Enjoy right away or store in glass containers in the refrigerator for up to 5 days. The longer the soup sits, the more flavorful it will get. You can also divide the soup into batches and extract in the Tall Cup for a delicious puréed version.





ROASTED BEET AND WALNUT SOUP

Hormones have you feeling blue? A big bowl of this fuchsia soup might be all you need to lift that mood! Bright beets are loaded with B-vitamins—nutritional compounds lauded for their mood and energy-enhancing qualities. Pair them with Omega-3-rich walnuts, and you'll get a hefty dose of happy nutrients.

SERVES: 2-3

INGREDIENTS:

- 3 medium roasted beets*
- 1 Tbsp extra virgin olive oil, cold-pressed virgin coconut oil, or walnut oil
- ½ orange, peeled
- ½ medium onion, chopped
- 1 clove of garlic or ½ medium shallot, peeled
- 3 Tbsp raw walnuts
- 2 ½ cups organic vegetable broth
- sea salt to taste

DIRECTIONS:

Add all ingredients to the Tall Cup and Extract with the Extractor Blade until fully blended; about 45 seconds.

You can enjoy the soup chilled, or heat in a soup pot over medium heat for 5-10 minutes.

*To roast beets, preheat oven to 375 degrees. Cut off beet greens (save for your morning NutriBlast—they're LOADED with nutrients) and the long tapered end of the root so your beets are roughly spherical. Scrub beets to remove any excess dirt, then dry them thoroughly. Wrap each beet individually in parchment paper, then wrap in foil so the packet holds its shape. Roast until tender—about 1-1.5 hours. Allow beets to cool before making the soup. You can roast the beets a day or two before preparing the soup to save time. They will keep in the refrigerator for up to 5 days.

SALMON AVOCADO SALAD

INGREDIENTS:

- 2 6-oz salmon filets
- 1 Tbsp olive oil, plus an additional Tbsp for salad dressing
- 2-4 cups bibb lettuce, torn into bite-sized pieces
- ½ ripe avocado, peeled and cubed
- ½ red onion, thinly sliced
- 10 cherry tomatoes, halved
- 1 Tbsp capers
- 2 Tbsp balsamic vinegar
- ½ Tbsp Dijon mustard



DIRECTIONS:

Preheat oven to 400 degrees. Arrange salmon on a parchment-lined baking sheet. Drizzle with olive oil, season with salt and pepper, and roast for 15-20 minutes until tender. Remove from oven and set aside

Add lettuce to two separate bowls. Divide avocado, onions, tomatoes, and capers over the two servings. Top each with 1 filet of salmon, skin removed.

Mix vinegar, mustard, and remaining Tbsp of olive oil in the Tall Cup with the Extractor Blade until emulsified. Pour dressing evenly over two salads. You can also multiply the recipe by four and save remaining salad dressing for later use. It will keep up to a month in the refrigerator.

BLACK BEAN DIP

Enjoy this tasty dip with whole grain crackers or crispy raw veggies!

INGREDIENTS:

- 3 cups (or 2 cans organic, rinsed and drained) cooked black beans
- ½ onion, chopped
- 1/3 cup chopped cilantro
- 1 clove garlic, minced
- 1 small de-seeded jalapeno pepper, diced
- 4 cherry tomatoes, rinsed
- ¼ red bell pepper, chopped
- juice from 1 lime
- ¼ tsp ground cumin
- ¼ tsp chili powder
- salt and pepper to taste

DIRECTIONS:

Add all ingredients to the Tall Cup and Extract with the Extractor Blade, pulsing and pausing to scrape the sides of the cup until ingredients form a thick paste.

Store in the refrigerator for up to 5 days.





CHOCO-BANANA BACCHANAL

Sometimes things are clichés because they're true. Whether premenstrual, menopausal, pregnant, or suffering any other hormonal issue, every girl at some point has to have chocolate. This recipe makes a frosty, delicious, über-chocolatey treat using the natural sweetness of frozen bananas and the deep cocoa bite of raw cacao. If you're feeling really wild, rage with your hormones and top a bowl of this frosty delight with some toasted almonds or walnuts. Who knew being hormonal could be such a NutriBlast!

INGREDIENTS:

- 2 bananas, frozen in chunks
- 2-3 Tbsp raw cacao
- 2-4 Tbsp unsweetened vanilla almond milk
- 1 Tbsp chopped toasted almonds or walnuts (optional)

DIRECTIONS:

Allow frozen bananas to thaw for 2-3 minutes

Add bananas, cacao, and almond milk to the Tall Cup and pulse with the Extractor Blade until the mixture is fully blended. You may need to shake the cup in between pulses to ensure even blending.

Pour into a bowl, top with nuts, and enjoy!



For more hormone balancing recipes, please visit

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HORMONE BALANCING NUTRIBLASTS FOR HIM

DUDE DEFENDER

This dude-defending Blast contains lots of lycopene—an antioxidant known to protect against prostate cancer. Add pumpkin or sunflower seeds for an extra boost of zinc, which is great for boosting immunity and testosterone levels (not to mention libido).

SERVES: 1

INGREDIENTS:

- ½ Tall Cup spinach
- 1 cup(s) watermelon
- ½ grapefruit
- 2 Tbsp pumpkin or sunflower seeds
- water to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 30 seconds).



MALE HORMONE BALANCER

Though hormonal imbalance tends to be viewed as a female concern, men also suffer from hormone-related issues. Whip this one up when you're feeling less than your normal wood-chopping, cattle roping, mammoth-hunting self.

SERVES: 1

INGREDIENTS:

- ¼ small beets
- 10 grapes
- 2 floret(s) broccoli
- 15 blueberries
- ¼ cup(s) pumpkin seeds
- 1 Tbsp olive oil
- water to the MAX LINE

DIRECTIONS:

Add all ingredients to the Tall Cup and extract until smooth (about 45 seconds).

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balancing recipes,
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HORMONE BALANCING MEALS & SNACKS FOR HIM

TOMATO-MUSHROOM TARTINE

You might not think there's anything manly about the word tartine, but this open-faced sandwich contains zinc-filled mushrooms and eggs, plus lycopene-rich stewed tomatoes, giving you double dose of testosterone-boosting and prostate cancer-fighting minerals. Get over your prejudices and eat this tartine like a man.

SERVES: 2

INGREDIENTS:

- 1-2 Tbsp olive oil or cold-pressed virgin coconut oil
- ½ onion, thinly sliced
- 2 cloves of garlic, minced
- 1 cup shiitake mushrooms, washed, dried, and sliced
- 8 organic canned plum tomatoes, roughly chopped
- ½ teaspoon fresh thyme
- ¼ tsp salt
- pepper to taste
- 2 organic eggs
- 2 1-inch slices of crusty, fresh-baked whole grain bread, toasted*

DIRECTIONS:

Heat oil in a medium saucepan over medium heat. Add the onions and sauté until translucent, then add garlic and mushrooms and cook for another 5 minutes until mushrooms soften and onions and garlic are soft and golden brown (you may need to add more oil at this point, as mushrooms tend to soak up a lot).

Stir in the tomatoes, thyme and salt and pepper. Increase heat to high and cook until the tomatoes break down into a saucy consistency, about 5 minutes. Reduce heat to low and make two divots in the vegetable mixture. Crack eggs into the divots, cover pan, and cook for 5-10 minutes, flipping halfway through until eggs reach desired consistency. 5 minutes yields a runny yolk, while 10 minutes will cook the yolk all the way through.

Spoon half of the tomato-mushroom mixture over half of toasted bread and top with egg. Dig in.

*To toast bread in oven, place on a parchment-lined baking sheet and bake at 350 degrees for 10 minutes, flipping halfway through to ensure even crispness. Bread should be crisp on the outside and soft and chewy inside.



TILAPIA TACOS WITH FRESH SLAW AND MANGO SALSA

This delicious, refreshing meal is loaded with male endocrine enhancers! The tacos' tilapia contains testosterone-boosting B-vitamins, while the slaw's cabbage content promotes beneficial estrogen metabolism and helps restore a healthy hormonal balance in the body. This slaw also contains zinc-filled pumpkin and sesame seeds.

NOTE: The tilapia cooks quickly. To avoid overcooking (and general mealtime chaos), we suggest preparing your slaw before you broil the fish. Multitask by chopping slaw ingredients while the broiler preheats, or make the side dish a day or two ahead of time—it will keep in the refrigerator for up to five days.

FRESH SLAW

SERVES: 6

INGREDIENTS:

- 1 head of purple cabbage, shredded
- 1 small yellow pepper
- 1 green apple, cored and sliced into matchsticks
- 1 ripe avocado, diced
- 2 scallions, thinly sliced
- Juice of 2 limes
- ¼ cup toasted pumpkin seeds
- 2 Tbsp black sesame seeds
- ¼ cup chopped cilantro or

- parsley
- ¼ teaspoon sea salt
- Fresh ground black pepper, to taste

DIRECTIONS:

Add all ingredients to a large salad bowl, squeeze lime juice on top, and toss until ingredients are fully mixed.



MANGO SALSA

INGREDIENTS:

- Flesh of 1 ripe mango, peeled and pitted
- ½ cucumber
- 1 jalapeno pepper, halved with seeds removed
- ¼ avocado
- ¼ cup fresh lime juice
- ½ tsp dried cumin
- 5 sprigs fresh cilantro, stems trimmed

DIRECTIONS:

Add all ingredients to the Tall Cup and pulse with the Extractor Blade until puréed. Pour 2 tablespoons over each taco.

TILAPIA TACOS

SERVES: 2 (2 Tacos per serving)

INGREDIENTS:

- ½ tablespoon olive oil
- Two six-ounce tilapia filets
- ½ tsp ground coriander
- ½ tsp ground cumin
- salt and fresh ground pepper to taste
- 4 organic, non-GMO corn tortillas
- Garnishes (all optional): Thinly sliced radishes, organic salsa, fresh guacamole, avocado slices, chopped tomato, cilantro sprigs
- 2 limes, cut into wedges



DIRECTIONS:

Preheat oven broiler to low (allow to heat for at least 20 minutes).

Rinse tilapia filets and pat dry. Place on a foil-lined baking sheet or broiler pan. Drizzle with olive oil and season with coriander, cumin, salt, and pepper. Broil on low roughly 8 inches from the heat source for 6-8 minutes, until fish is cooked through but tender.

Prepare garnishes as the fish cooks. Wrap tortillas in a damp cloth towel and microwave for 30 seconds.

Break fish into pieces and divide among the four tortillas. Garnish as desired and squeeze lime over the tacos.

Serve alongside Fresh Slaw.

SPICED SEEDS

Get your snack on with this satisfying mix of zinc-filled seeds. While you don't want to go crazy with sweeteners, the boron found in honey has been linked to heightened testosterone.

SERVES: 8

INGREDIENTS:

- 1 cup raw sunflower seeds
- 1 cup raw pumpkin seeds
- 1 ½ Tbsp cold-pressed virgin coconut oil
- 1 Tbsp raw honey
- 1 tsp sea salt
- ¼ tsp cayenne pepper
- 1 tsp ground cumin
- ½ tsp cinnamon

DIRECTIONS:

Preheat the oven to 350 degrees.

Add all ingredients to a large bowl and knead with fingers until the seeds are evenly coated with the oil/honey/spice mixture.

Spread mixture evenly on a lightly greased parchment-lined baking sheet and bake for 7 minutes. Flip with a spatula and bake for another 5 minutes until seeds are crisp and golden-brown.



FRUITFUL SALAD

The fruits in this medley contain nutrients linked to increased libido and heartier sperm. Enough said.

SERVES: 2

INGREDIENTS:

- 1 cup of grapes
- 6 Figs, quartered
- ½ cup pomegranate Seeds
- ½ Tbsp raw honey
- 1 Tbsp fresh lemon or lime juice

DIRECTIONS:

Combine fruit in a medium bowl.

Combine honey and lemon juice in the Tall Cup and extract until fully mixed. Pour over fruit and enjoy!



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