

# The CANIS Shift Morning Intervention

Shift your morning routine with our health-supportive smoothies and accessible rituals. We'll start each day with lemon water and (optional) celery juice. Please pick 2-3 smoothie recipes to nourish and energize you as you begin your day.

## ***How to join:***

Follow @thecanisshift for daily journal prompts and inspiration.

Post on Instagram and tag your mornings with #thecanisshift.

One lucky participant will win a FREE spot in our spring cleanse!



# Tropical Protein Smoothie

Serves 1

## Ingredients:

- 1 banana
- 1/2 cup frozen mango
- 3 large strawberries
- 1 cup coconut water
- 1 Tbsp white chia seeds
- 1 Tbsp hemp seeds
- 1 Tbsp local honey (optional)
- A small handful of organic spinach (optional)

## Directions:

1. Blend all ingredients in a high-speed blender and serve.

# Blueberry Brainpower Smoothie



Serves 1

## Ingredients:

- 1 banana (I like to freeze them to make them creamier)
- 1 cup fresh or frozen blueberries
- 2 Medjool dates, pitted
- 1 cup spinach
- 1-2 teaspoon almond butter
- 1 cup coconut water

## Directions:

1. Blend all ingredients in a high-speed blender and serve.



# Chocolate Cherry Smoothie

Serves 1

## Ingredients:

- 1 banana, peeled (freeze, optional)
- 1/2 cup cherries, frozen
- 1/2 cup strawberries
- 1 teaspoon cacao powder
- 1/3 cup zucchini, peeled
- 1 teaspoon almond butter
- 1-2 teaspoon chia seeds
- 1 cup water

## Directions:

1. Blend all ingredients in a high-speed blender and serve.







# Super Soul Smoothie

Serves 1

## Ingredients:

- 1 banana
- 2 cups fresh or frozen wild blueberries
- 1/4 bunch organic cilantro
- 1/2 cup organic strawberries
- 1 cup filtered water or coconut water
- 1-3 teaspoons CANIS Superfood Blend
- Optional: 1-2 teaspoons local honey

## Directions:

1. Blend all ingredients in a high-speed blender and serve.



# Sweet Potato Harvest Smoothie

Serves 1

## Ingredients:

- 1/2 cup baked sweet potato, frozen
- 1 cup fresh apple, sliced
- 1/2 teaspoon cinnamon
- 2 teaspoons almond butter
- 2 teaspoons maple syrup
- 1/4 teaspoon sea salt
- 1.5 cups water or almond milk, unsweetened
- Optional: 1/2 teaspoon pumpkin spice

## Directions:

1. Blend all ingredients in a high-speed blender and serve.

# Liver Rescue Smoothie by Medical Medium

Serves 1

## Ingredients:

- 1 banana or 1/2 Maradol papaya, cubed
- 1/2 cup fresh, 1 packet frozen, or 2 tablespoons powdered red pitaya (dragon fruit)
- 2 cups fresh or frozen blueberries
- 1 cup filtered water

## Directions:

1. Blend all ingredients in a high speed blender and serve.



A vertical strip on the left side of the page shows several slices of lemons arranged on a dark, grey marble surface. The slices are cut into thin rounds, showing the internal structure of the fruit, including the pulp and seeds. The background of the rest of the page is a solid dark green color.

# 16 oz Lemon Water

## Ingredients:

- 16 oz filtered water, this is my preferred filter
- 1/2 lemon, juiced

## Directions:

1. Squeeze half a lemon in 16 oz of water.

# 16 oz Celery Juice



## **Ingredients:**

- 1-2 head celery (depending on size of head), washed

## **Directions:**

1. Cut bottom of celery off and wash.
2. Juice one stalk at a time.
3. Drink immediately
4. Wait 30 minutes to eat or drink anything else.