

SANE™

# 99 Brain Health Smoothies

HOW TO QUICKLY AND DELICIOUSLY PROTECT  
YOURSELF AGAINST DEMENTIA AND  
ALZHEIMER'S WHILE BALANCING YOUR  
HORMONES AND LOSING WEIGHT



BY NEW YORK TIMES BESTSELLING AUTHOR  
JONATHAN BAILOR

# Medical Reviews for the SANE Brain Boosting Weight Loss Program

“I am often asked when there will be a proven prescription for weight loss. This is that prescription.”

- **Harvard Medical School’s Dr. Theodoros Kelesidis**

“A treasure trove of reliable information...hot, hot hot!”

- **Harvard Medical School’s Dr. JoAnne Manson**

“Reveals the real story of diet, exercise. I heartily recommend this.”

- **Harvard Medical School’s Dr. John J. Ratey**

“Opens the black box of fat loss and makes it simple!” **Dr. Oz’s Trainer** Joel Harper

“I’m a big fan” – **World’s Top Trainer and Creator of P90X** Tony Horton

“Will do more to assist people with their health than all the diet books out there put together. I want to shout, ‘Bravo! Finally someone gets it!’”

- Dr. Christiane Northrup, **New York Times best-selling author** of *Women’s Bodies, Women’s Wisdom* and *The Wisdom of Menopause*

“Provides a powerful set of tools for creating lifelong health!”

- **Cleveland Clinic’s Dr. Mark Hyman**, New York Times best-selling author of *The Blood Sugar Solution* and *The Daniel Plan*

“An easily understood and applied framework that will change the way you live, look, and feel... will end your confusion once and for all.”

- Dr. William Davis, **New York Times best-selling author** of *Wheat Belly*

“Cuts through the noise around weight loss and tells it to us straight.”

- Dr. Sara Gottfried, **New York Times best-selling author** of *The Hormone Cure* and *The Hormone Reset Diet*

“Readers will find that focusing on the kinds of foods they are eating can boost their brain power and help them lose the extra ten pounds.”

- Dr. Daniel G. Amen, **New York Times best-selling author** of *Change Your Brain, Change Your Body*

“Will change the way you look at dieting!”

- JJ Virgin, **New York Times best-selling author** of *The Virgin Diet*

See hundreds more medical reviews and success stories at [SANESeminar.com](http://SANESeminar.com)

# GET STARTED WITH YOUR BRAIN-HEALING SMOOTHIES

The SANE green smoothies you are about to enjoy are radically different from the sugar saturated “healthy” smoothies you will find on grocery store shelves and served to you at smoothie chains. While those smoothies can contain **as much sugar as three cans of Coke**, your SANE brain-boosting green smoothies contain about as much sugar as a cup of fresh blueberries... or less! They also contain no artificial sweeteners, unnatural chemicals or flavorings, are 100% gluten free, never contain any GMOs, and are 100% kid-approved and family friendly. In short, your SANE smoothies are the single most effective, safest, and brain-boosting beverage you and your family could ever enjoy. Simply by adding one to three of these smoothies to your family’s daily routine, within one week you can not only protect your mind, but also:

- Lose weight
- Reverse aging
- Control diabetes
- End overeating
- Boost your ability to concentrate
- Improve heart health
- Lower risk of heart disease
- Enhance athletic performance
- Develop lean muscle
- Reduce risk of Alzheimer's disease
- Boost Mood
- Reduce hunger
- Reduce risk of cancer
- Curb cravings
- Get sick less often
- Sleep better and feel more rested
- Reduce anxiety
- Improve cholesterol and blood pressure
- Enhance bone density
- Boost fertility
- Reduce signs of acne and eczema
- Reduce chronic pain
- Clear away cellulite
- Increase energy
- Boost confidence
- Improve complexion
- Enhance strength and fitness
- Improve libido
- Increase insulin sensitivity
- Improve hormone levels
- Increase regularity
- Enjoy relief from IBS and migraines
- Speed-up metabolism

# TOP 2 WAYS TO USE SANE SMOOTHIES TO PROTECT YOUR BRAIN

## #1 - THE SANE "ALL VEGGIE" SMOOTHIE

**Goal:** Easily increase your veggie intake with the least sugar.

Since the goal of these smoothies is **only** to increase your veggie intake, be sure to **exclude** any protein in the smoothie's ingredients list. These "all veggie" smoothies are the perfect way to add healthy veggies to your diet.

This is probably my favorite way to easily up the intake of green vegetables. Remember, the one thing that all doctors and researchers agree on when it comes to protecting yourself against weight gain and basically ALL diseases is that you want MANY more vegetables into your diet – without adding sugar.

In fact, exciting research from the Journal of Nutrition and Diabetes has found that increased consumption of vegetables was directly connected to decreased risk of weight gain (Whigham et al. 2012).

I especially want to emphasize the glory of green vegetables—especially when it comes to protecting your mind and maximizing health and weight loss. Several years ago, researchers at the University of Leicester reviewed six studies involving more than 220,000 participants. They were searching for a link between eating fruits and vegetables and type 2 diabetes. What they found was that eating more leafy green vegetables, not fruits or higher-carb other vegetables, reduced a person's risk of developing type 2 diabetes by 14 percent (Carter et al. 2010)!

## #2 – THE SANE MEAL REPLACEMENT SMOOTHIE

**Goal:** Quickly prepare a convenient mind-protecting healthy meal.

Complete brain-boosting repairing SANE smoothie meals are perfect for busy people who want to protect themselves against dementia and dangerous fat gain without spending hours in the kitchen.

Simply replace any meal with these complete smoothies and not only will you be lowering your [setpoint](#), you will also save time and money. Who doesn't love that!

Since these smoothies are your entire meal, they should contain 2-3 servings of Non-Starchy Veggies, 1 serving of Nutrient-Dense Protein, and 2-3 servings of Whole-Food Fats ([more about these food groups here](#)).

The most delicious and effective way to add Whole-Food Fats to any smoothie is to add a serving of unsweetened shredded coconut, coconut milk, coconut manna, macadamia nuts, or avocado, and then to blend.

Want to learn more about SANE servings and how you can create the perfect mind-sharpening and body-fat burning-meal? Join us for the [Fat-Loss Masterclass](#) to learn more and use the patented [fat-burning calculator](#) that shows you exactly how much fat you can lose – and how fast – based on your specific goal, age, gender and over 9 other little known factors.

In fact, you can even use the [new weight-loss planner](#) to show you the exact date when you can reach your goal weight...all just by making small, simple changes to your diet and lifestyle!



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**TIP: Not familiar with the SANE Food Group  
or SANE Serving Sizes?**

It's all good! Get everything you need by attending your FREE masterclass at [SANESeminar.com](http://SANESeminar.com) and by downloading your FREE tools at [SANESolution.com/Tools](http://SANESolution.com/Tools).

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**FREE HALF-DAY INTERACTIVE MASTERCLASS WITH NEW YORK TIMES BEST SELLING AUTHOR AND NATURAL WEIGHT-LOSS EXPERT JONATHAN BAILOR**

## **If You Are Ready To Get Off The Yo-Yo Diet Roller-coaster, Then It's Time To Start Your PERSONALIZED WEIGHT LOSS PLAN With Me!**

Live Half-Day Seminar Tickets Cost ~~\$397~~, But For A Limited Time, You Can Attend Online For FREE!

SANE Weight Loss Results Planner

1. What is your current weight? 250  
2. What is your goal weight? 210  
3. What is your gender? Female  
4. Are you over 40? Yes  
5. Have you dieted more than once? No  
6. Are you taking insulin or SSRIs? No  
7. Were your parents heavy? No  
8. Do you perceive your life as high-stress? No  
9. Do you get less than 6 hours of sleep / night? Yes  
10. Will you be inactive while following SANE? No

**Your SANE Results**  
Based on your answers these are the results you can expect from following your customized SANE plan.

Total Weight Lost: 40 lbs  
Weeks Until Goal: 48  
Date Goal Achieved: 9/22/2016

**GET YOUR PERSONALIZED PLAN TODAY**

Daily Servings  
Vegetables: 11 Protein: 5 Fats: 6 inSANEity: 1



### **During Our Time Together You Will...**

**Free yourself from all the confusion and conflicting weight loss information!** See the latest science showing you how to get off the yo-yo diet roller-coaster for good, while you overcome emotional eating and cravings.

**Learn simple ways to jump-start your motivation today!** I'll show you how to effortlessly stick with your new Personalized Weight Loss Plan for lasting results that turn heads and get attention.

**Start creating your own personalized weight loss plan--with my help--** that will show you exactly how many pounds you can lose per week and even give you an exact date when you will reach your goal weight...without ever counting calories, being hungry, or spending endless hours in the gym!

**Discover the one “adjustment” you can make today** to increase your energy and ignite your natural fat-burning metabolism so you jump out of bed every morning with confidence.

**Crush cravings and end emotional eating with just a few small changes** to the types of sweets and fats you are eating. Don't give up what you love, eat more...smarter! Bust the top myths and mistakes that hold you back from losing weight and keeping it off. (You will be relieved when we finally put these lies to rest).

**Plus, just for attending you will receive the entire \$297 Eat More Lose More Quick Start kit,** with videos, cheat sheets, and food guide, for free so you can put this life-changing information to use immediately.

### **Getting Started Is Easy and Free:**

There are many convenient times available

1. Type in this web address: [SANESeminar.com](http://SANESeminar.com)
2. Click the button and select a convenient time
3. Enter your information to reserve your seat!

## PREFACE

Welcome to the SANE family! Jonathan Bailor here and thank you for taking time out of your busy schedule to ensure that eating is a source of joy and wellness, not sadness and sickness.

I sincerely hope that our time together will open your eyes to how easy it can be to reach your weight and fitness goals once you break free from the confusing and conflicting outdated theories and lies that have trapped you for so long.

If you only take one thing away from this let it be: **Any brain and weight problems you may be experiencing is not your fault!** I know that may be hard to accept right now, but it's true. How can you be expected to protect your mind and lose those dangerous pounds when all you've been given is outdated science from the 1960's that has been proven NOT to work.

My mission is to not only help protect your mind and reshape your body, but it's also to reshape the way you think about wellness and weight loss. What that means is I will be here with you every step of the way to provide all the support and tools you need to finally reach your wellness and weight loss goals.

Whether you are suffering with a dementia diagnosis, need to lose a few extra pounds around your midsection, are looking for a **complete mind and body transformation**, want **all-day energy**, or just want to stop feeling overwhelmed or confused about what to eat, you are finally in the right place! There's a reason Dr. Theodoros Kelesidis of **The Harvard Medical School** called this "**a proven prescription for weight loss.**" It works. Always. For everyone. Proven science + practical habits + powerful love = **permanent results (always!)**

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**TIP:** Be sure to send a quick email that says "got it" to [JonathanBailor@SANEsolution.com](mailto:JonathanBailor@SANEsolution.com). This ensures you get all your upcoming SANE bonus recipes, tools, and how-to videos.

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If you are ready to stop counting calories... Ready to stop punishing yourself with exercise you hate... Ready to end your struggle with your mind and body ... and are tired of being hungry and tired... **this is your chance.** This is your time to get off the dieting roller-coaster once and for all.

I urge you to make a commitment to yourself to continue this journey. You are worth it. You took action to get this book so that means you are ready and willing to step up and make positive changes. If you follow the simple and scientifically backed principles [your Certified Treatment Expert \(CTE\)](#) and I teach, **you will improve your brain and lose weight for good... I promise.**

You are part of the SANE family now, and I am so excited to have you here as we bust the myths that have been holding you back... perhaps for years. Remember this...**now is your time**, and these are your proven tools for lasting wellness and weight loss success. Welcome home.

Can't wait to meet you at [SANESeminar.com](http://SANESeminar.com),



Jonathan Bailor, Chief Clinical Director  
SANE North American Wellness Centers  
New York Times Bestselling Author



**P.S.** Over the years I have found that our most successful members, the ones who have completely reversed diabetes and cognitive issues while losing 60, 70, even 100 pounds... and kept it off... are the ones who **personalize their Brain-Boosting Hormonal Treatment Plan at [SANESeminar.com](http://SANESeminar.com).** It's your best opportunity to fall in love with the SANE lifestyle, learn exactly how to start making the simple changes that lead to dramatic body transformations, and get introduced to your new SANE family. **Be sure to personalize your Brain-Protecting Hormonal Treatment Plan now at [SANESeminar.com](http://SANESeminar.com).**

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## ABOUT THE AUTHOR

Jonathan Bailor is the Chief Clinical Director of SANE North American Wellness Centers and the New York Times Bestselling Author of *The Calorie Myth* and *The Setpoint Diet*. He has over 25 patents and together with the top doctors at The Harvard Medical School, founded the field of Wellness Engineering. His wellness, weight-loss, anti-aging, brain-healing, mood-boosting, and energy-increasing protocols are practiced by top medical doctors at Harvard, Johns Hopkins, The Mayo Clinic, The Cleveland Clinic, and UCLA. He has spoken at Fortune 100 companies and TED conferences for over a decade and served as a Senior Program Manager at Microsoft. A summa cum laude and Phi Beta Kappa graduate of DePauw University, Bailor lives outside Seattle with his wife, Angela, and daughter Aavia Gabrielle.



# ABOUT SANE SOLUTION

## PHILOSOPHY

Eating should be enjoyable, simple, make you feel completely satisfied, and ignite your body's natural fat-burning and blood-sugar balancing power.

The [SANE program](#) is rooted in the [modern science](#) that weight gain and diabetes are NOT character flaws. These medical issues are symptoms of an elevated Setpoint Weight caused by inSANE foods and yo-yo dieting.

The SANE solution is the only plan endorsed by top doctors at The Harvard Medical School, Johns Hopkins, the Mayo Clinic, the Cleveland Clinic, and UCLA, and [proven clinically](#) and in over 100,000 success stories to “unclog” your hormones, brain, and digestion. This results in a lower Setpoint Weight and effortless PERMANENT weight loss and diabetes defense.

When you stop fighting your Setpoint and start lowering your Setpoint, you will lose weight and balance your blood sugar PERMANENTLY – Guaranteed.

## PROMISE

You will lose weight and balance blood sugar PERMANENTLY when you live the proven science, practical habits, and powerful love of Going SANE. You will be provided with [everything you need to transform enjoyably](#). You will never feel alone.



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**TIP: Not familiar with the SANE Food Group  
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It's all good! Get everything you need by attending your FREE masterclass at [SANESeminar.com](http://SANESeminar.com) and by downloading your FREE tools at [SANESolution.com/Tools](http://SANESolution.com/Tools).

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# Improve Your Weight Loss, Energy, Mood, and Digestion In Just 17 Seconds A Day!



All-Natural



100% Plant-Based



Gluten Free



No GMO's



No Dairy



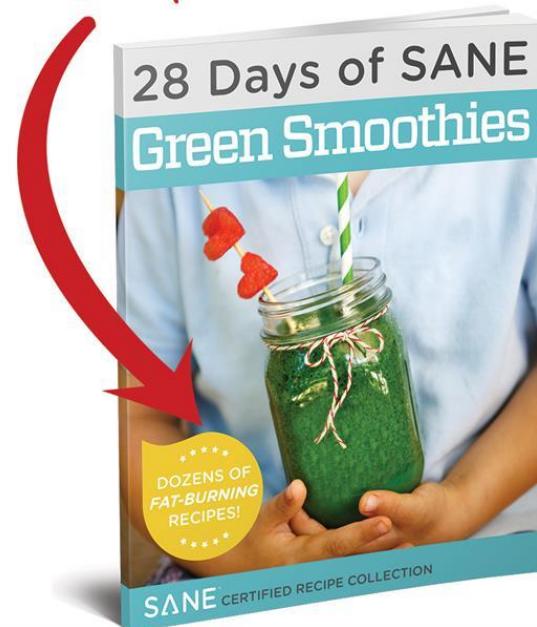
No Soy



**Introducing Garden In My Glass.** The quickest, easiest, and most affordable way to get your family eating their fruits and veggies...and loving it!

When you order today you will also receive our wildly popular '28 Days Of Green Smoothies' recipe collection.

*Plus, Get A Green Smoothie Recipe Book for FREE!*



**LEARN MORE AT: [GardenInMyGlass.com](http://GardenInMyGlass.com)**



*"Learn how you can reverse the 'symptoms' of aging with a new nutritional breakthrough."*

## BRAIN & AGING BREAKTHROUGH REPORTED FROM HARVARD MEDICAL SCHOOL<sup>1</sup>: Now You Can Fix "Neurological Inflammation" While Reversing the Risk of Dementia and Signs of Aging With These 4 Proven Super-Nutrients...

If you are struggling with memory problems, low-energy, anxiety, depression, mood swings, brain fog, trouble focusing, a slowing metabolism, or any other symptom often accepted as "just a part of aging", then it's time to finally learn the truth that many of those symptoms are caused by what doctors call: Neurological Inflammation.

Cutting edge research is proving that Brain Inflammation is the #1 cause of both the mental and physical "symptoms" of aging. Research is showing you do NOT have to "age" just because time is passing.

This hidden Neurological Inflammation epidemic has become so common that doctors even have a nickname for it... "Leaky Brain Syndrome"... or LBS. Now, the good news about Neurological Inflammation and these symptoms of aging is that they're not your fault, and there is something you can do today to reduce this dangerous inflammation and "age in reverse."

### What Is The Solution?

Fixing the many symptoms of Neurological Inflammation and increasing memory, focus, mood, energy, and overall brain health can be much easier than you might think, mostly due to the development of 4 proven super-nutrients with clinically-significant brain-boosting and anti-aging properties...

Unfortunately, over 95% of the population is deficient in these important nutrients and suffer from a host of health problems because of it. The latest groundbreaking clinical research is showing that brain fog, low-energy, unwanted weight gain, deadly diseases, and even belly fat can all be tied to a small part of your brain called the hypothalamus... and Neurological Inflammation that steals your vitality.

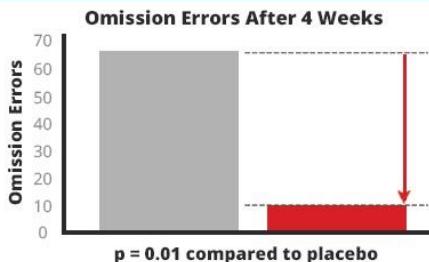
However, there are 4 anti-aging, brain-boosting "fountain of youth" super-nutrients that your brain is missing right now that help to decrease Neurological Inflammation, memory problems, low-energy, anxiety, depression, mood swings, brain fog, trouble focusing, a slowing metabolism, and more. Introducing SANE Vitaae™... the world's first ever, clinically proven, brain-boosting, anti-aging formulation, made to fix the Neurological Inflammation that doctors call a "hidden epidemic."

**Discover The 4 Nutrients On The Next Page...**

**LEARN MORE AND ORDER: STORE.SANESOLUTION.COM**

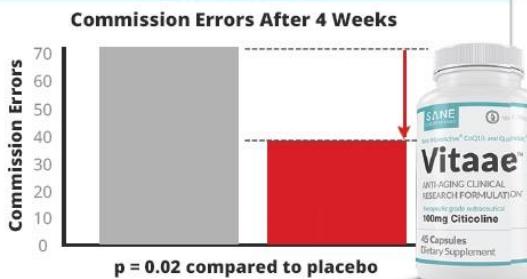


**90% DECREASE IN "MEMORY ERRORS"**



placebo      patented ingredient

**50% INCREASE OF FOCUS + ATTENTION**



Improved Attentional Performance Following Citicoline Administration in Healthy Adult Women. *Food and Nutrition Sciences*. 2012;3:769-773.<sup>2</sup>

### Story Highlights:

- Defend against Dementia and memory loss caused by "leaky brain" that is often the hidden cause of brain fog, depression, anxiety, low-energy, memory loss, and weight gain.
- The only nutrient formulation to help brain function and improve mood due to the action of patented Cognizin® Citicoline that's proven to support cellular brain energy, and focus.
- 90% decrease in focus errors for middle age women in clinical studies... as well as a 13.6% increase in brain energy utilization, and a 26% increase in membrane turnover, which is literally the reversal of aging of your brain.
- Improved mental clarity, deeper concentration, better moods, and improved weight loss thanks to the synergistic power of therapeutic doses of L-Carnitine combined with Acetyl-L-Carnitine.
- Reclaim your youthful energy, and sharp mind from the inside out with new, patented, and clinically proven ingredients that have never been put together into a single, easy-to-take formula before.

<sup>1,2</sup> Full list of scientific references can be found on website.

**1 Year Money Back Guarantee.** If you do not love the results, we will gladly refund your money. No questions asked!



*...Continued From Front Page*

## #1 - Quatrefolic® Folate

King's College Neurologists noted: "It is becoming clear that folic acid affects mood and cognitive function, especially in older people." And further: "With respect to dementia, there is evidence that folate deficiency may contribute to the cognitive impairment of the aging brain... increasing the risk of Alzheimer's disease and vascular dementia." Vitaae contains the specific patented form of folate called Quatrefolic, clinically proven to be up to 7 times more bioavailable than the folate supplements found on store shelves. The body is not good at absorbing folate, and many of our diets are deficient due to modern food processing. That's why it's critical to ensure the folate you choose is actually being absorbed by your body. Quatrefolic is the only folate I trust for my wife and new baby girl because it protects us from and helps to reverse Neurological Inflammation and dementia in a way that nothing else can.

## #3 - MicroActive® CoQ10

Doctors recommend everyone over 30 supplement with CoQ10, but it's shocking that nobody is talking about absorption and bioavailability because if you don't have an absorbable and bioavailable version of CoQ10, YOU ARE NOT GETTING CoQ10 even if you spend hundreds of dollars on supplements. The new patented microactive cyclodextrin complex CoQ10 in Vitaae is the only form available that offers 100% "assured bioavailability" to everyone. That means it is clinically proven to give you superior bioavailability, 24-hour time release benefits, and universally enhanced absorption. It's truly amazing because this clinically studied patented Microactive CoQ10: Is 3 times better absorbed than regular (crystalline) CoQ10... Is 2 times better absorbed than solubilized CoQ10 softgels (the "fancy" CoQ10 sold on store shelves)... and it doubles CoQ10 levels after just 3 weeks.

## #2 - Cognazin® Citicoline

The US Institute of medicine found that..."Choline has a critical role in neurotransmitter function... and studies suggest that Choline supplements increase dopamine receptor densities and can alleviate or improve memory impairment." Citicoline is another brain-boosting and anti-aging powerhouse that 90% of us are deficient in... and suffering silently as a result. I found a new form of Citicoline that goes far beyond what Choline found in any foods can do for your brain and to fend off aging. In fact, in double blind, randomized, placebo-controlled, clinical trials—aka the most powerful form of clinical trials available and the exact kind used to prove the effects of prescription medications—this new patented version of Citicoline shows a 13.6% increase in brain energy utilization and an almost 70% decrease in errors of omission, also known as "memory errors".

## #4 - L-Carnitine & Acetyl-L-Carnitine

A 2007 study out of Italy showed that in people over 100 years old, L-Carnitine supplementation reduced total fat mass, increased lean muscle, decreased fatigue, and improved cognitive function! Now while L-Carnitine works to bring more energy to your cells, it also has an equally important biological helper called Acetyl-L-Carnitine; a brain Cholinergic meaning that it mimics the neurotransmitter acetylcholine which is incredibly important in improving memory and brain health. Also, it stands out amongst other cholinergics because it is a powerful antioxidant and can pass through the blood brain barrier where it also supports healthy blood flow to the brain. This transformative amino acid, Acetyl-L-Carnitine, goes straight into your brain, where it helps improve memory, mood, cognition and learning.

### These Nutrients Show Even Better Anti-Aging Results When Taken Together

**The 4 super-nutrients work even better when taken TOGETHER.** A study from the University of Oslo found that participants with lower blood levels of Choline, the precursor to Citicoline, had poor cognitive performance. The researchers also checked Folate status and found that if BOTH Folate and Choline were low, there was TRIPLE the risk for mental problems such as forgetfulness, trouble focusing, and brain fog. In other words, when BOTH Folate plus Citicoline were BOTH low there was a 300% increase in the risk of mental problems!

And as amazing as the right type of CoQ10 is, just like Folate and Choline come together to synergistically improve brain health, CoQ10 works synergistically with anti-aging nutrient #4 L-Carnitine to supercharge the brain-boosting power of each nutrient. Specifically, while CoQ10 benefits your health by sparking energy WITHIN your cells, L-Carnitine is an amino acid that brings fuel into brain and heart cells to be burned as energy. CoQ10 helps to create energy once Carnitine gets the fuel there. Therefore, it's no surprise that researchers have observed dramatic effects by combining the right kind of CoQ10 with the right kind of L-Carnitine. Just like Folate plus Citicoline has a more powerful therapeutic anti-aging effect when the right kinds are used together, the right kinds of Coq10 and Carnitine should always be taken together for maximum mental health and brain-boosting benefits. Now, for the first time ever they are available for you in one convenient and effective formula to help defend against dementia and improve brain health.

LEARN MORE AND ORDER: [STORE.SANESOLUTION.COM](http://STORE.SANESOLUTION.COM)



\*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.

"End leaky gut, stop digestion issues for good, and lose weight fast. Turn on your 'SLIM GUT SWITCH' with a new patented 'post-biotic' breakthrough."

## What Does It Mean To Have a Healthy Gut? Why Is It **The Key To Weight Loss** & Lasting Disease Defense as You Age?

**A healthy gut means faster weight loss, fewer painful digestion issues, and better defenses against deadly diseases...**

But how do you get a "healthy gut"? And why are fiber and probiotics so popular even when so few people see any benefit from them?

Until recently, fiber and probiotics were the only supplements that helped your lower colon create incredibly powerful health promoting gut nutrients known as Short Chain Fatty Acids (SCFAs). But the problem with this old fiber plus probiotics method is it's very slow, inefficient, and involves a painful 5-step process (see sidebar >>) that literally requires "in-gut fermentation" that leads to embarrassing bloating and gas. These **SCFA miracle workers** strengthen your gut lining, dramatically improve digestion, and aid in weight loss. They are **the only way to fix a leaky gut, and without them you are at risk of unwanted diseases and weight gain.**

But now, thanks to a patented breakthrough, **YOU can skip that painful 5-step process** and get what Harvard calls the "optimal" Short Chain Fatty Acid<sup>†</sup> – Butyrate – delivered directly where it is the most helpful – your lower colon. This powerful substance provides gut-healing benefits unlike any other substance on the planet. It really is the definition of a healthy gut! **Now you can enjoy this new healthy gut miracle in just 10 seconds.**

**How?** After years of research, scientists have combined 3 Butyrate molecules with a glycerol molecule to create a radically more effective version of this "optimal" Short Chain Fatty Acid. This **TRIbutyrate** is time-released directly into your lower colon (the only place it can provide all these life-changing benefits). That is why it is the main active ingredient in our new one-of-a-kind gut health breakthrough **Viscera-3™**. It is **three times more potent** than the weak short chain fatty acids created by fiber alone. Then we combined TRIbutyrate with our **SLIMGut Earth Minerals Matrix** and the **SLIMGut Garden Blend**. Their synergistic multi-factor effect on gut health leads to less gas, constipation, bloating, and of course faster weight loss!

**LEARN MORE AND ORDER: [STORE.SANESOLUTION.COM](http://STORE.SANESOLUTION.COM)**

## FORGET THE OLD, SLOW, & PAINFUL 5-STEP GUT-SLIMMING PROCESS...

- 1 Choke down tons of fiber.
- 2 Spend lots of money on **probiotics** and take them multiple times every day.
- 3 Wait while the probiotics transfer through **your entire digestive system: stomach, upper colon, and then finally to the lower colon.**
- 4 More waiting while your gut bacteria digests the fiber, **fermenting in your gut**. That is why you often experience **painful bloating and embarrassing gas** when you eat more fiber.
- 5 Excrete the fiber that has been fermenting in your gut. **These gut health super nutrients** are called Short Chain Fatty Acids. But there is an easier way to get their benefits...

## INSTEAD, TURN ON YOUR **SLIM-GUT SWITCH** IN 1-STEP...

- 1 The first and **ONLY step needed** for a truly healthy gut is to take **Viscera-3™ every morning** when you brush your teeth!

That's It! **1-step** to get the **superior form** of Butyrate... **TRIButyrate!**



† - Full list of scientific references can be found on website.

**1 Year Money Back Guarantee.** If you do not love the results, we will gladly refund your money. No questions asked!

\*Please visit [sanesolution.com/faq](http://sanesolution.com/faq) to view details about our 1 year guarantee.



## Turn On Your **Slim Gut Switch** And Enjoy 36-Hour Belly Flattening, ZERO Bloating, and **Perfect Daily Poops...**

It's not a popular subject to talk about the consistency, frequency, and overall look of your poop, but it is CRITICAL if you want to increase your energy levels, reduce pain, and fend off deadly diseases as you age. It can also warn you if a leaky gut microbiome is making weight loss impossible.

A good indicator of leaky gut microbiome is a stool that does not look like a snake—refer to Type 4 on the Bristol Stool Chart. Any of the other stool types and not having a daily BM severely compromise your ability to eliminate toxins, burn fat, stay energized and avoid infection—not to mention all that bloating, gas and bathroom frustration!

Fortunately doctors have created a patented new nutrient that is the fastest, easiest and most effective way to pooping a more normal, healthier stool and enjoying a slimmer waist in just 48 hours. Try Viscera-3 for yourself today to see and feel a dramatic difference now!

Bristol Stool Chart

Type 1		Separate hard lumps (Very constipated)
Type 2		Lumpy and sausage like (Slightly constipated)
Type 3		A sausage shape with cracks in the surface (Normal)
Type 4		Like a smooth, soft sausage or snake (Normal)
Type 5		Soft blobs with clear-cut edges (Lacking fibre)
Type 6		Mushy consistency with ragged edges (Inflammation)
Type 7		Liquid consistency with no solid pieces (Inflammation and diarrhea)

### Benefits of TRIButyrate and VISCERA-3™ when taken daily:

- You get... to break free from the embarrassment and pain of bloating and gas caused by "internal fermentation" and instead take the **ONE-STEP quick, easy, and pleasant VISCERA-3™ shortcut** to a better gut.<sup>†</sup>
- You get... to enjoy a slim gut and drop your diabetes risk thanks to lasting weight loss and a reduction of the dangerous visceral belly fat that expands your gut.<sup>†</sup>
- You get... to experience increased youthful energy and a vibrant life without a deadly leaky gut while the TRIButyrate strengthens your intestine walls and defends against deadly diseases.<sup>†</sup>

### YES, THERE IS A BETTER WAY THAN FIBER & PROBIOTICS!



**PROBIOTICS**



**EXTRA FIBER**

**STOP WASTING MONEY ON FIBER AND PROBIOTICS. TAKE THE 1-STEP GUT SHORTCUT WITH VISCERA-3™**

Dumping more probiotics into an unhealthy gut is like pouring gas in an engine that does not run. It is a waste of money! And yes, stop choking down expensive fiber supplements that cause bloating right now and do this instead...

**Skip the painful & slow 5-step process and take the 1-step Viscera-3™ "Slim Gut Shortcut" to end digestion problems and pain while you heal and shrink your gut for maximum disease defense as you age. Take the shortcut to a healthy gut microbiome in 10-seconds a day and see results in as little as 48 hours without embarrassing gas and bloating.**

LEARN MORE AND ORDER: [STORE.SANESOLUTION.COM](http://STORE.SANESOLUTION.COM)



\*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.

*"Experience and enjoy what it's like to be naturally slim."*

## Discover How To 3X Your Weight Loss Results<sup>1</sup> With One-of-a-Kind Clinical Formulas That Help Lower Your Set-Point and Unclog Your Metabolic Sink So You Burn More Fat Than Ever... Even If Everything You Have Tried Has Failed You...

If diet and exercise are still not getting you the results you want you likely have an elevated set-point weight and a clogged metabolic sink. These can make burning fat and losing weight nearly impossible. Research over the last 70 years shows that if you suffer from an elevated set-point weight, your body will fight to hold on to extra fat for its own survival. The worst part is that once you have an elevated set-point—no matter how few calories you eat or how long you work out—you simply won't lose weight. Put simply: an elevated set-point means your body is fighting to keep you overweight. It's a recipe for frustration, obesity, and devastating health consequences like diabetes, heart disease, and more. When you lower your set-point—instead of struggling to "lose weight"—you physically change how your body works so you can be more like those lucky naturally thin people who burn calories when they eat calories (instead of storing calories as fat). **If you have ever felt like something invisible was holding you back from losing weight... an elevated set-point is it.**

**What's the solution?** Introducing SANE Nutraceuticals: The most effective therapeutic grade formulas ever created to help naturally and safely lower your set-point weight, burn stubborn fat, and promote burning fat for energy instead of storing it around your belly and thighs. If you have ever struggled with your weight please pay close attention to what is on this page because you will never think about losing weight the same way again.

### How Do SANE Nutraceuticals Work to Lower Your Set-Point Weight, Unclog Your Metabolic Sink and Help Burn More Fat Than Diet and Exercise Alone?

**Let's face it.** There is no shortage of worthless and even dangerous fad diet pills out there. Some are simply ineffective while others have been banned by the FDA for actually killing people. So what makes SANE Nutraceuticals different and so incredibly effective to help you burn fat?

SANE Nutraceuticals give you instant access to a new synergistic blend of rare clinically studied ingredients that work in two ways to help lower your set-point weight and create the perfect "metabolic environment" that is optimal for burning stubborn fat...

*Continued on next page*

<sup>1</sup>Full list of scientific references can be found on website.

LEARN MORE AND ORDER NOW: [SANEAAMIA.COM](http://SANEAAMIA.COM)



New Scientific Breakthrough: Taken together, SANE Aamia™ and SANE Luminae™ can help dramatically increase weight loss by lowering your set-point and helping you to lose 3 times more weight<sup>1</sup> than diet and exercise alone.

#### Story Highlights:

- The only product available specifically formulated to lower your set-point and clear your hormonal clog for natural, effective fat-burning and weight loss.
- Therapeutic grade lipotropic formula converts stored fat into energy safely and effectively so you burn more fat without losing muscle tone.
- Helps transport fat cells from the adipose tissue to the liver where it is burned as fuel.
- Clinically studied ingredients at the correct doses for maximum set-point lowering and fat-burning effectiveness.
- Guaranteed safe with multiple levels of quality assurance — Made from the highest quality ingredients in a N.S.F. and FDA G.M.P. certified manufacturing facility based in the USA.

SANE Aamia™ and SANE Luminae™ should always be taken as part of your personalized SANE diet and exercise program. Take the diagnostic at [MySANEPlan.com](http://MySANEPlan.com) to personalize your program. However, as a general guide, if you have less than 10 pounds to lose: Take 1-2 Aamia with each meal. If you have more than 10 pounds to lose: Take 1-2 Aamia with each meal, AND 1 Luminae daily.

**1 Year Money Back Guarantee.** If you do not love the results, we will gladly refund your money. No questions asked!

*...Continued from front page*

**First, with its revolutionary formulation of lipotropic nutrients it helps your body transport fat from adipose tissue to other tissues like your liver and muscles where it is burned and increases your energy instead of being stored as ugly and dangerous belly fat.** These lipotropic nutrients are a time tested and clinically-proven way to dissolve and metabolize fats. Basically they help free-up the fats stored in tissue and put them into your bloodstream to make them more available for your body to use for energy. Then the L-Carnitine in your SANE Nutraceuticals transports that newly "freed" body fat into the energy producing power plants in your cells called mitochondria. These amazing "cellular power plants" collect the fat and incinerate it to produce energy you can feel all day long. Energy plus increased fat-burning... It doesn't get much better than that!

Next, the Chromium in your SANE Nutraceuticals helps your body to better process carbohydrates while combating insulin resistance, helping to balance hormone levels, and improving blood sugar levels. Besides helping to burn body fat, this has the added benefit of reducing carb cravings... especially sugar, bread, and pasta.

These powerful lipotropic formulas have been clinically studied and proven to optimize your metabolism, hormones, and neurotransmitters while safely reducing cravings, abdominal fat, and dysregulation in the appetite and weight centers of your brain. This results in lowering your set-point, and has been clinically proven to help you to lose 3 times more weight than diet and exercise alone. A lower set-point weight means your body will work with you—instead of against you—to naturally burn fat 24 hours a day. Now you can be just like those lucky naturally thin people who never seem to struggle with their weight because of a low set-point.

## Your Secret Advantage To Lower Your Set-Point and Burn Fat

**SANE Nutraceuticals contain 15 clinically-studied ingredients that improve your body's ability to transport and utilize fat for energy instead of storing it on your belly, thighs or arms.** The bottom line is that SANE Nutraceuticals help to lower your set-point weight and clear your hormonal clog. That means you will burn fat easier than ever before, have more energy, and enjoy improved muscle tone. If you have not seen the results you desire from diet and exercise alone—or if you have ever felt like your body is fighting against your efforts to lose weight—then these one-of-a-kind SANE Nutraceuticals are your secret advantage to get the body you've always wanted. Finally, you can easily experience what it's like to be naturally slim.

## Exclusive Benefits of SANE Fat-Burning Nutraceutical Formulas You Won't Find Anywhere Else...

- Therapeutic grade lipotropic formula converts stored fat into energy safely and effectively so you burn more fat without losing muscle tone.
- Helps transport fat from your adipose tissue to the liver and muscles where it is burned for energy.
- Helps process carbohydrates for energy instead of fat storage by improving hormonal balance, insulin sensitivity, and glucose utilization.
- Increases fat burning by up to 24% with safe, natural nutrients and compounds.
- Virtually stimulant-free formulas so you can burn fat day and night! SANE Aamina™ is stimulant free. SANE Luminae™ has a very small amount of decaffeinated green tea — only 1.5mg of naturally occurring caffeine per serving. (There are 95mg of caffeine in a cup of coffee.)
- Helps prevent your body from burning your lean, calorie-hungry muscle.
- Users of SANE Nutraceuticals often report a reduction in sugar and carb cravings.

## The Fastest and Easiest Way to Look and Feel Your Absolute Best!

A lower set-point weight helps you burn more fat all day long and enjoy dramatically easier weight loss. If you have ever struggled with your weight and are looking for a clinically-proven, safe, and natural fat loss aid that isn't filled with dangerous stimulants, your search is finally over!



LEARN MORE AND ORDER NOW: [SANEAAMIA.COM](http://SANEAAMIA.COM)



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# **SANE BRAIN-BOOSTING SMOOTHIE RECIPES**



# PROTECT YOUR BRAIN DELICIOUSLY

To enjoy the best smoothies and health possible, start this habit:

**Habit:** For every handful of green veggies added to a smoothie, add half a teaspoon of raw, undistilled, unfiltered apple cider vinegar.

In addition to transforming the taste of the leafy greens, **this specific form** of vinegar will help your body digest the veggies and fats so you don't have to worry about any bloating or gas. The only catch is that **not just any vinegar will work**. You must use **raw, undistilled, unfiltered apple cider vinegar (ACV)**. [I get mine on Amazon](#), and it's also in the "healthy" section of most grocery stores. It is not generally shelved by the other vinegars.

## Fast Facts: ACV, Weight, and You

Studies suggest that the habit of adding ACV to your green smoothies can:

- ✓ Improve insulin sensitivity by up to 19-34% when eating a high-carb meal while significantly lowering blood glucose and insulin responses.
- ✓ **Reduce blood sugar by up to 34% when eating bread.**
- ✓ Increase insulin sensitivity and lower blood sugar responses all day.
- ✓ **Help you to unconsciously avoid overeating (up to 275 calories daily).**
- ✓ Correlate with reduced belly fat, slimmer waist circumference, lower blood triglycerides and weight loss.

Better taste, digestion, blood sugar, heart health, and weight loss... **keep that teaspoon handy** because adding this to your green smoothies is a belly-fat-blasting no-brainer!



# INSIDER SECRET: BLEND LIKE A PROFESSIONAL

The difference between a convention blender and a Vitamix (what professionals use) is like the difference between a car and an airplane: *One is much faster, and more importantly, gets you places the other just can't.*

If you plan on making smoothies a daily habit, then you need to treat yourself to a Vitamix. I'm not here to be a salesperson, so let me just say that I've used my Vitamix every day at home for the past 10 years and I love it. It's not a blender. It's a Vitamix, and you will see, taste, hear, and feel the difference.

Because these are professional machines, you may have seen them with a steep \$700 price tag. You deserve better, so here's what I did... we worked with Vitamix on a deal where you can get the same model I use for around [\\$299 with free shipping](#) and a no-strings 5-year warranty. That's less than \$60 per year...shipped free of charge. To put what we've done for you here in perspective, the "special deal" Costco offered last week was a Vitamix for \$499.

Is \$299 still a lot of money? Yes. Is your health worth \$299? No. It's worth more. If you could wave a magic wand and make eating a lot of veggies fast, easy, and tasty, would you do it? I would. And I consider my Vitamix my magic wand.

Invest in yourself. If it doesn't work out, call Vitamix at 800.848.2649 and they'll make it work out. You can redeem this [special SANE deal here.](#)



## BLACKBERRY BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLACKBERRY ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLACKBERRY GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Blackberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLUEBERRY BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLUEBERRY DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# BLUEBERRY RASPBERRY BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLUEBERRY RASPBERRY BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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# BLUEBERRY RASPBERRY DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# BLUEBERRY RASPBERRY MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# BLUEBERRY RASPBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/3 Cup Blueberries (frozen or fresh)
- 3/4 Cup Raspberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLUEBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## BLUEBERRY WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Blueberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CHERRY BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CHERRY CRANBERRY BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CHERRY CRANBERRY BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CHERRY CRANBERRY ESCAPE

1 Serving   Prep: 1 min   Blend: 2 min   Total: 3 min

4 Non-Starchy Vegetables   1 Nutrient-Dense Protein   1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CHERRY CRANBERRY GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CHERRY CRANBERRY MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Pitted Cherries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CHERRY ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CHERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Pitted Cherries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY BLUEBERRY BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY BLUEBERRY DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY BLUEBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY GRAPEFRUIT BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY GRAPEFRUIT DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY GRAPEFRUIT ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY GRAPEFRUIT SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY ORANGE BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY ORANGE DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY ORANGE ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Medium Orange
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY PEACH BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY PEACH DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY PEACH GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY PEACH SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY PEACH WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Peach Slices (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY STRAWBERRY BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY STRAWBERRY DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# CRANBERRY STRAWBERRY MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Pitted Cranberries (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## CRANBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 1/2 Cups Pitted Cranberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## GRAPEFRUIT BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## GRAPEFRUIT GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## MIXED BERRY BREEZE

1 Serving   Prep: 1 min   Blend: 2 min   Total: 3 min

4 Non-Starchy Vegetables   1 Nutrient-Dense Protein   1 Low-Fructose Fruit

- 1 Cup Mixed Berries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## MIXED BERRY WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Mixed Berries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## NECTARINE BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# NECTARINE BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## NECTARINE BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# NECTARINE CRANBERRY BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# NECTARINE CRANBERRY BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## NECTARINE CRANBERRY ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Nectarine Slices (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# NECTARINE DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## NECTARINE DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## NECTARINE ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# NECTARINE SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Nectarine Slices (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## ORANGE DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## ORANGE SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## ORANGE WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# PEACH GRAPEFRUIT DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH GRAPEFRUIT GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# PEACH GRAPEFRUIT MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH GRAPEFRUIT WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# PEACH NECTARINE DELIGHT

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Nectarine Slices (frozen or fresh)
- 2 Cups Kale
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH NECTARINE DREAM

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Nectarine Slices (frozen or fresh)
- 3 Cups Mixed Greens
- 3 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

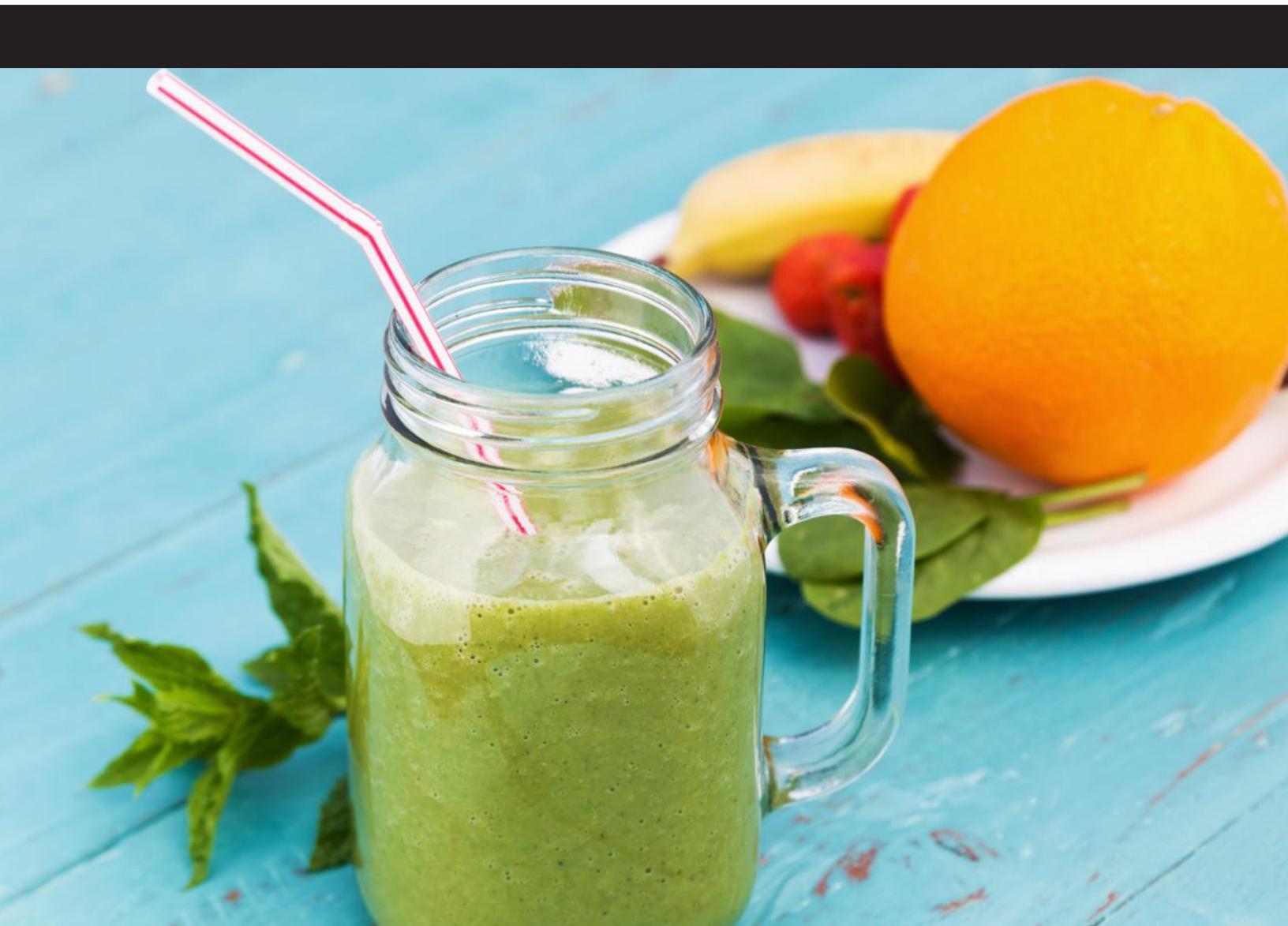
\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH ORANGE BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH ORANGE BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH ORANGE SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# PEACH STRAWBERRY MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# PEACH STRAWBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Peach Slices (frozen or fresh)
- 1/2 Cup Strawberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## PEACH WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Peach Slices (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY CRANBERRY BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY CRANBERRY ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY CRANBERRY WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1 Cup Pitted Cranberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

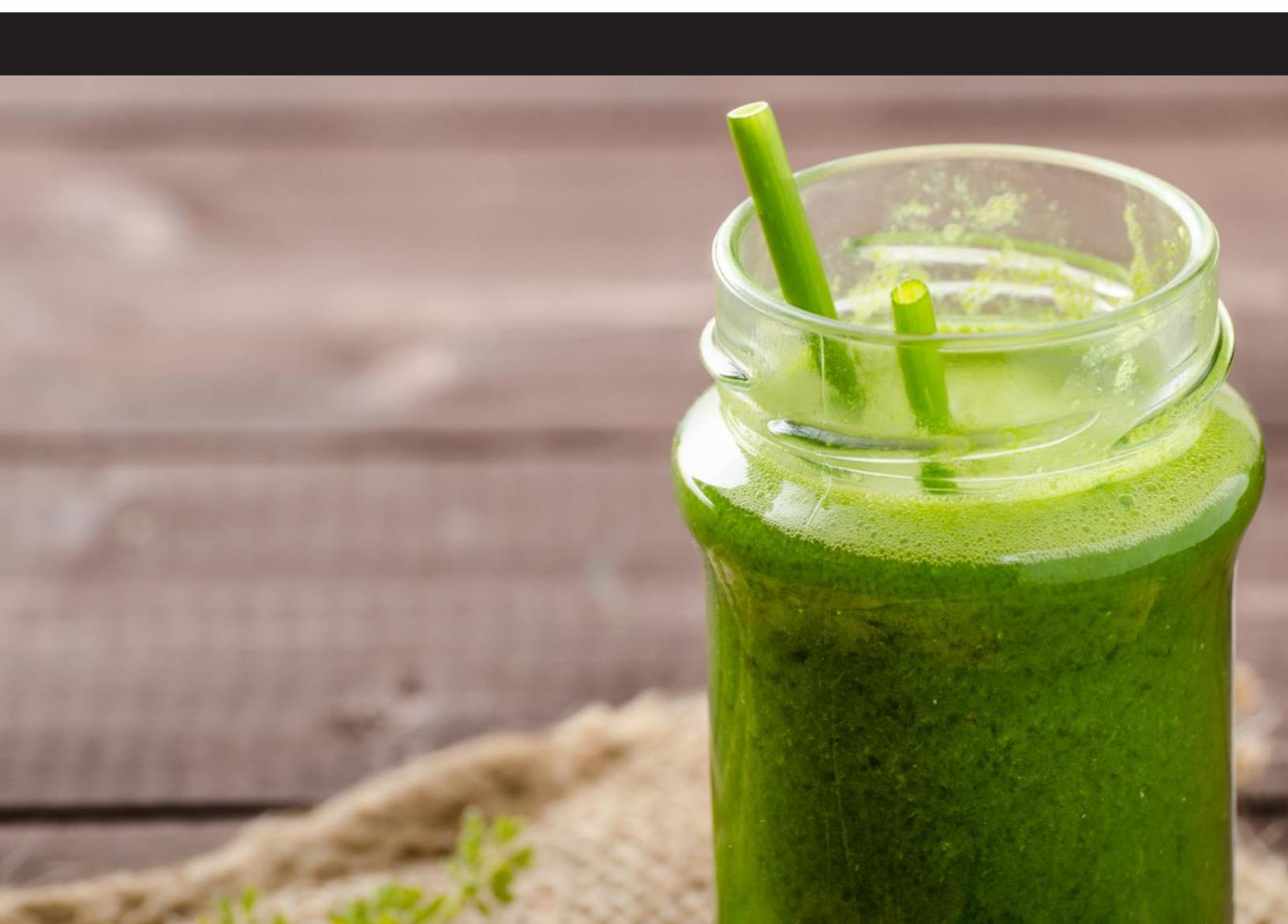
\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY ORANGE BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY ORANGE GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY ORANGE MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY ORANGE WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 3/4 Cup Raspberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# RASPBERRY WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Raspberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY BLUEBERRY BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY BLUEBERRY ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY BLUEBERRY MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY BLUEBERRY WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/3 Cup Blueberries (frozen or fresh)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## STRAWBERRY BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

## STRAWBERRY GLEE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Chard
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY GRAPEFRUIT BREEZE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Kale
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

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## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY GRAPEFRUIT MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Grapefruit (peeled)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

\*You can add two additional serving of Non-Starchy Vegetables in place of the two tablespoons of [Garden in My Glass](#). If you do not add more veggies and you do not add Garden in My Glass, track only two servings of Non-Starchy Vegetables per smoothie (instead of four servings).

\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY MAGIC

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 2 Cups Arugula
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

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# STRAWBERRY ORANGE BLAST

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 6 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*Only add protein if the smoothie is your entire meal. Vegetarians can use 6 TBSP of [Clean Pea Protein](#) (instead of [Clean Whey Protein](#)).

\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY ORANGE BLISS

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Arugula
- 4 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY ORANGE ESCAPE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min

4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 2 Cups Chard
- 4 Cups Spinach
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

## NOTES

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\*\*\*To minimize sugar content, reduce fruit (other than lemon) and increase [Slimming Sugar Substitute](#). If fruit is reduced by half or more, no Low-Fructose Fruit servings should be tracked. Due to their extremely low sugar content, lemons should not be reduced and do not need to be tracked.

# STRAWBERRY ORANGE WHIRL

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1/2 Cup Strawberries (frozen or fresh)
- 1/2 Medium Orange (peeled)
- 3 Cups Spinach
- 3 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

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# STRAWBERRY SUNRISE

1 Serving    Prep: 1 min    Blend: 2 min    Total: 3 min  
4 Non-Starchy Vegetables    1 Nutrient-Dense Protein    1 Low-Fructose Fruit

- 1 Cup Strawberries (frozen or fresh)
- 6 Cups Romaine Lettuce
- 1 Medium Lemon (peeled)
- 1/2 TSP Cinnamon
- 2 TBSP Garden in My Glass\*
- 4 TBSP Clean Whey Protein\*\*
- 1 TSP Hormone Healing Green Tea (optional)
- 2 TBSP Slimming Sugar Substitute (optional)\*\*\*



## DIRECTIONS

- Add all ingredients to a high-powered blender with 8 oz. cold water and a handful of ice.
- Blend for 2 minutes or until completely blended (i.e. no pieces of veggies or fruit are visible).
- Adjust the amount of water and ice for desired consistency and desired temperature.

**TIP:** Can't find some of these ingredients at your local grocery store? Have them delivered quickly and easily by visiting your SANE Superfoods Store at <http://store.SANESolution.com>.

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# Appendix: Bonus SANE Special Report

**THEY IGNORED  
CONVENTIONAL DIET  
ADVICE AND LOOK WHAT  
IT DID FOR THEIR BODIES  
AND LIVES...**

**THINK THEY'RE ALONE?**

**THINK AGAIN.**

**THERE ARE DOZENS MORE  
IN THIS REPORT AND  
THOUSANDS NATIONWIDE!**

The people featured in this report were highly successful in losing weight following the SANE Plan. Although no one can guarantee results, multiple medical and university studies have shown the link between foods and their ability to help alleviate various conditions and diseases. A typical person should expect a safe and healthy weight loss rate of 1 to 2 pounds per week following the SANE Plan. The breakthrough info in this report offers new healing hope for millions.



**They went from flab  
to FAB!**

"We couldn't be happier with the results! We knew eating less worked short term, but we didn't know another option was available for the long term."  
- Jenn & Jay Jacobs



**Patti Lost 20 Lbs.  
Without Diets  
or Hunger!**

"I've lost 20 pounds and have dropped 3 sizes. Nothing fits anymore! I have definitely dropped my LDL numbers!"  
- Patti Skogg



**Cristina Lost 45 Lbs.  
by Eating More Food!**

She was also battling diabetes and poor cholesterol but no more. She's healthier than ever. Best of all, she said... "After five years of trying, I finally got pregnant!" - Cristina Hangau-Bresch

# FINALLY, THE DUMBEST DIET MYTHS HAVE BEEN REPLACED BY MODERN SCIENCE.

In this report, you'll see how every last "rule" you know for losing weight can be completely blown away by cutting-edge science and the cold, hard facts. You are about to discover the knowledge for losing weight that has been hidden away for nearly 40 years. It's time you knew the TRUTH **about how to lose weight**. And it starts with eating MORE of the right foods...and exercising much LESS.

THE OLD RULES FOR WEIGHT LOSS DON'T WORK!	SEE THE NEW RULES PROVEN BY MODERN RESEARCH!
<b>Count Calories.</b> You can focus on calorie quantity and ignore calorie quality...WRONG	<b>IGNORE Calories.</b> Research demonstrates that IGNORING calories makes you THINNER.
<b>Eat LESS Food.</b> You need to reduce the amount of food you consume at every meal...WRONG	<b>Eat MORE Food.</b> You need to EAT MORE high-quality food to lose weight
<b>All calories are EQUAL.</b> Your body treats all the calories you eat the same way...WRONG	<b>Calorie Type Matters.</b> Some calories trigger fat production; others STOP it!
<b>Exercise MORE.</b> You need to exercise at least 45 minutes a day. More is better...WRONG	<b>Exercise LESS.</b> Scientific research shows that all you need is 20 minutes a week.
<b>Fatty foods are bad.</b> You need to cut back on both saturated and unsaturated fats...WRONG	<b>Fatty foods are VITAL.</b> Both saturated and unsaturated fats help raise GOOD cholesterol.

# The World's Top Doctors “Weigh In” on the New Science of SANE Eating



“I am often asked if there is a proven prescription for weight loss. Providing a captivating explanation of the science of permanent fat loss, this is that prescription.”

**HARVARD & UCLA  
MEDICAL SCHOOL'S**

Dr. Theodoros Kelesidis  
[National Institutes of Health](#)



“A treasure trove of reliable information... challenges the diet dogma & offers a sensible path to good health... smart, health promoting, and deserves to be hot, hot, hot!”

**HARVARD MEDICAL  
SCHOOL'S**

Dr. JoAnn E. Manson  
[National Institutes of Health](#)



“Sheds light on the discrepancy between the way nutrition has been presented to the public & the science that underlies it...An important work.”

**JOHNS HOPKINS'**

Dr. Anthony Accurso  
[National Institutes of Health](#)



“Reveals some of the latest and best scientific research on the real story of diet, exercise, & their effects on us. I heartily recommend this.”

**HARVARD MEDICAL  
SCHOOL'S**

Dr. John J. Ratey  
[National Institutes of Health](#)

# DO YOU SINCERELY WANT TO *LOSE WEIGHT?* A LOT OF WEIGHT? Say, 30, 50, or even 100 pounds?

Good. For the next 5 minutes, I'm going to ask you to ignore EVERYTHING you've been told about losing weight. Like counting calories. Exercising every day. And avoiding fatty food.

These "rules," it turns out, are COMPLETELY in REVERSE. You must eat MORE food and exercise only 20 minutes a week to lose weight. That's not hype...it's SCIENCE.

Hard to believe? Of course it is. But please hear me out...

Because once you learn the truth about why every diet you've ever tried has failed...

You'll discover how to erase as much as 20 to 100 pounds or more by...

**1. Eating MORE delicious food.** And that includes many formerly "forbidden" foods—even if they are packed with saturated fat. Yes...saturated fat.

**2. Exercising about 20 minutes a WEEK.**

Yeah...that's not a misprint. It turns out the old "no pain, no gain" philosophy is really bad for you.

I'll tell you all about this seemingly upside-down weight loss discovery in just a moment. First, I want you to remember *this* date...

**FRIDAY, Jan. 14, 1977...the day America got fatter.**

Let me introduce myself. My name is Nichole Cameron, and I'm one of the Directors of Coaching here at SANE. Just like you, I've seen every fad diet out there. Soup diets, Juice diets, High carb, Low carb, High fat, Low fat,



High protein, Low protein. Sure, they all sounded so good...so *amazing*. But with all the hype, all the hoopla—how did they work?

## **The FAILURE RATE for dieting is a shocking 95.4%.**

95.4 percent failure. Yet here we are, ready to try the “next great breakthrough” with a hopeful heart...and a heavy belly.

That’s why, here at SANE we are incredibly picky. Being “evidence based” isn’t even enough. It’s got to be comprehensive and best-in-class evidenced based to be worth your time or our time. Observations and anecdotes don’t cut it for us and haven’t cut it for you. We insist on the best. This means (note: geek-speak to follow, so feel free to skip ahead) systematic scientific reviews, meta-analyses, and randomized controlled trials with definitive results.

**You see, we’ve got this crazy idea that a weight loss plan must actually help you LOSE WEIGHT.** So when I first learned about the details for the weight loss and wellness plan you will learn all about in these pages, I honestly had my mental “lie detector” powered up and ready to go. I took a deep breath...and listened in.

**For the NEXT 2 hours, I ignored all my calls (even from my husband) and sat dumbfounded at my desk...Honestly, I didn’t move a muscle.**

Why? Because I realized...This is NOT another phony “breakthrough” or fat-burning “discovery.” It’s a revelation that’s backed by OVER 1,300 STUDIES and almost 40 years of science. Some of these studies date as far back as 1977 & they reveal that almost everything you’ve been told about losing weight is **WRONG**.

Yep, we’re back to that date again, Friday, January, 14, 1977. And here’s why it’s so darn important.

That's the landmark when the first "Dietary Goals" for the American public were released. These guidelines were immediately spread by big media outlets—including TV, radio, newspapers, magazines, you name it. Doctors and health care providers adopted it like the road map for healthy living. The message? It seemed totally clear, and my goodness, it seemed to make sense:

1. Cut saturated and total fat.
2. Eat more "healthy" whole grains.
3. Watch CALORIES. (That's all that matters.)
4. Exercise more. (It doesn't matter what type.)

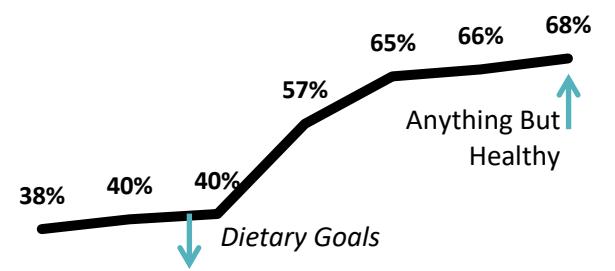
We were also told weight gain was a simple matter of "calories in, calories out." It didn't matter if those calories were carbs, fat, or protein.

As long as you limit your calories and exercise every day, you'll be fine they told us. So we took this advice on good faith & did our best to eat fewer calories and fat and exercise more. How'd that work out?

- ✓ **Obesity SOARED.**
- ✓ **Heart disease SOARED.**
- ✓ **Heart attacks SOARED.**
- ✓ **Diabetes SOARED.**

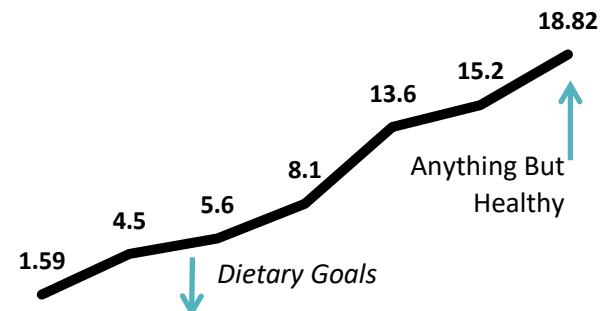
Consider this: The number of people overweight today equals the *total world population* a century ago. But how did we get here? How did so many smart people get weight loss so VERY wrong?

### Percent of Americans at Least Overweight



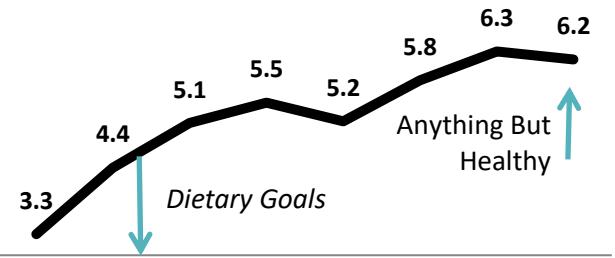
'60-'62 '71-'74 '76-'80 '88-'94 '99-'02 '03-'04 '07-'08

### Millions of Americans with Diabetes



'60-'62 '71-'74 '76-'80 '88-'94 '99-'02 '03-'04 '07-'08

### Millions of Hospital Discharges for Cardiovascular Diseases



1970 1975 1980 1985 1990 1995 2000 2006

## There were FAR too many cooks in the “kitchen”!

The first thing that will shock you is that these “dietary guidelines” were NOT drawn up entirely by nutrition scholars. *Far from it.*

In an attempt to include ALL voices, the final guidelines were drawn up with input from many activists who had almost ZERO knowledge of nutrition.

They THOUGHT they were doing a good thing by helping:

1. Increase the public’s consumption of carbohydrates to up to 60 percent of total intake.
2. Reduce overall fat consumption to about 30 percent of total intake.

When this document was first released, the scientific community was shocked. The document, they explained, was more speculative than scientific. And they weren’t shy about saying that.

The most telling protest came from the president of the National Academy of Sciences in his testimony to the Senate in regard to Dietary Goals:

“What right has the federal government to propose that the American people conduct a vast nutritional experiment, with themselves as subjects, on the strength of so very little evidence that it will do them any good?”



## Even the American Medical Association was worried...

When Dietary Goals were released, the AMA went on record concerning the potentially harm effects of such a radical, long-term dietary change.

Perhaps the most telling objection came from the president of the National Academy of Sciences (NAS) in his testimony to the Senate in regard to Dietary Goals: **The president of NAS felt that it was a bad idea to issue dietary guidelines “...on the strength of so very little evidence that it will do [Americans] any good...”**

What was the response to all the objection back in 1977? *Nothing.*

**The guidelines were written in stone and that was that.**

Since that day, Americans have become progressively fatter and sicker. Sales of “low-fat” foods skyrocketed. Artificial sweeteners became a billion-dollar business. And we have all been wondering why it’s so darn hard to lose weight—and then blaming ourselves!

**Well, the time for blaming yourself is officially OVER.**

**I KNOW IT SOUNDS  
IMPOSSIBLE, BUT *MODERN*  
SCIENCE SAYS...**

**“You must eat **MORE** food like  
this to lose weight”**

It's true. A landmark study conducted at the University of Pennsylvania found that people who ate much more delicious foods lost 200% more weight. **That's triple the weight loss of the group that followed a traditional “eat less diet.”**



The SANE Plan combines this stunning science (plus 40 more years of similar research) into a single, delicious way to lose weight.

But it doesn't' stop there. New research into the real, long-term results of heavy aerobic exercise has revealed it's not only a waste of time but may even be bad for you and your heart.

**20 Minutes of exercise a week is all you need.  
Science now says 20 minutes per week is the **BEST** way to lose weight.**

Your SANE Plan helps put all these breakthroughs to work for you in a single, easy-to-follow plan. You'll read all about it in the pages that follow.

**NOTE:** Yes...the cake pictured above and everything you see in this report is “SANE”...aka will help you burn fat and will improve your health (the cake is made with SANE coconut flour and SANE natural sweeteners).

**It has taken nearly 40 years of disastrous health results and a 95% diet failure rate for the truth to finally come out!**

Yes, you'll be shocked when you see the FULL exposé on the dietary disaster the Dietary Goals sparked.

*But more important:* You can discover how to lose a lot of weight. In the pages that follow, we have crammed in many true stories of how the SANE Plan has worked wonders where everything else has failed.

**Discover how to lose 20, 40, 60, even 100 lbs of fat.**

**Plus vibrant, good health and vitality can be RESTORED.** But most important of all, these results can be achieved by defiantly IGNORING the old rules for losing weight.

## **SANE SECRET #1: You MUST eat more food... and foods with more fat.**

You'll discover how the quality of your food, NOT the calorie count, actually controls how much (or how little) gets converted into fat.

How is this possible? It's really quite simple. Have you ever known someone who can eat all they want and never gain weight?

Of course you have. What's their secret?

Simple. They have a much lower metabolic "set-point" weight. That means their bodies will do whatever it takes to keep them naturally thin.

Unfortunately, it works in reverse, too. If your set-point is too high, your body will work overtime to



**Dr. Oz's  
Personal  
Trainer**

**Joel Harper**

"Opens the black box of fat loss and makes it simple!"



**SANE Mint Chocolate Chip Ice Cream**

stay fat—no matter how few calories you consume or how hard you exercise.

## Finally, you can discover how to have the same metabolism as a naturally thin person who eats all they want.

The remarkable SANE Plan reveals *how to lower your body's set-point to the level you want*. Suddenly, you're not fighting your body anymore...it becomes an ally in the war for your waistline.



**NEW YORK TIMES  
BESTSELLING  
AUTHOR**  
**Dr. Christiane  
Northrup OB/GYN  
Physician**

"Will do more to assist people with their health than all the diets out there put together. I want to shout, 'Bravo! Finally someone gets it!'"

In short, you can learn how to *finally* have the metabolism of a naturally thin person. Your blood sugar and hunger hormones can be in harmony, and you can enjoy more food than ever.

## **Your SANE Plan will open your eyes and forever improve your relationship with food.**

- ✓ You'll discover which foods help *lower* your set-point with every bite.
- ✓ You'll learn how to prepare spectacular meals your whole family will love as you lose weight at the same time.
- ✓ You'll discover that second helpings are *no problem* because you will be eating *quality* foods that keep your fat-burning dial set on *high*.

OK, so I know what you're thinking: *What about exercise?*

Please remember, the SANE Plan is the complete opposite of everything you've ever tried before. Which brings us to...

## **Eat More, Lose More SECRET #2: You must exercise about 20 minutes. A WEEK.**

So you're seeing how eating more can help you lose weight. But exercising less?

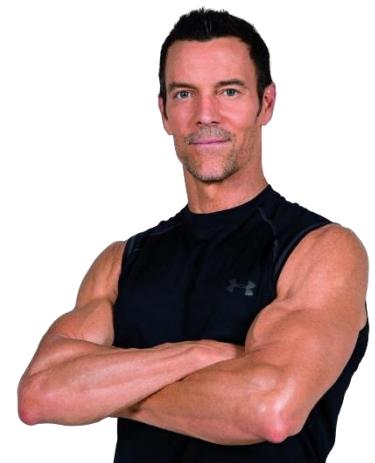
*That's just crazy, right?*

**Not at all.** The science on this has been around for years. In one major study, the scientists found that exercising 30 to 40 minutes a day had almost ZERO effect on the expected weight loss results.

The test subjects experienced *significantly less weight loss* than predicted. Maybe that wasn't enough exercise, right? Well, consider this. Marathoner Kim R. reported:

**"I've run eighteen marathons and I put one pound on for each one. Eighteen marathons and eighteen pounds heavier. It is so maddening."**

So if *more* exercise doesn't deliver the results you need, what's left?



**Creator of P90X Home Fitness**

**Tony Horton**

**"I'm a big fan!"**



**Harvard Medical School**

**Dr. John J. Ratey**

"This high-quality exercise is rapidly gaining support in the medical community and has repeatedly delivered clinical results which **seem almost too good to be true**. I heartily

## You need to do LESS exercise...in some cases a LOT less exercise.

### How does just 20 minutes per week sound?



That's right...20 minutes. The secret, as you'll discover in the pages that follow, is to activate your muscles in a way that tells them to *continually* burn more fat.

You'll also discover...

- ✓ How to exercise for your hormones and NOT worry about burning calories
- ✓ How to activate more muscle fibers in every part of your body—in less time than ever
- ✓ Why reducing exercise time helps reduce body fat

Simple, isn't it?

As you will see in your SANE Plan, this revolutionary approach to exercise will forever alter your strategies when trying to lose weight. You're going to see some of the most amazing true stories of what this program has done for other people.

You'll discover:

- ✓ A new, healthier way of living where food is no longer your enemy
- ✓ Freedom from the guilt that comes with saying YES to dessert
- ✓ Freedom from counting calories ever again
- ✓ Freedom from the disapproving “ahems” you get from the food police in your family
- ✓ Freedom to TRASH your closet full of “fat” clothes and treat yourself to a whole new wardrobe...for the new, slim, & sexy you

Interested? You should be. I promise that you've never seen a plan like this one.

**Cathy, an MD, lost 45 pounds while eating MORE!**

by Cathy Britell, M.D.

“Despite continued dieting, my weight crept up to 230lbs. I decided to give eating more and exercising less a try. Went off half of my blood pressure medications, my blood sugar improved, as did my serum lipids. I’ve gone from a size 22 to a size 14 and have lost 45 lbs. and kept it off for over a year!”

So go ahead... please make sure you have your SANE Consultation firmly scheduled on your calendar... and let's bust the first dumb diet myth your SANE Plan will free you from completely...

## **CAN YOU DROP 56LBS & ENJOY ABUNDANT ENERGY AFTER HAVING 3 KIDS?**

**“After my 3rd baby I was topping 212lbs. I have lost 56.4lbs & have more energy at 41 than I did at 20!” - Mez Foz**

I started out and did ok with just reducing my portions, but then I plateaued. I was focused on portion control and calorie counting but not on food quality.

When I “went SANE,” I ate mounds of non-starchy vegetables, healthy proteins and fats, as well as berries and citrus fruits.

**My body shape changed so much! I stopped bloating and feeling “blah!” Now I rarely desire sweet foods anymore, which is huge as I have always had a sweet tooth!**

So far through following a SANE lifestyle and just continuing to walk when I can, I have dropped 56.4lbs and have more energy at nearly 41 than I did in my 20s & 30s :)



**I can't imagine eating any other way now! Thanks SANE for making it easy for me to get into the shape I never expected to be in my 40s.**

# DUMB DIET MYTH #1

**You must *count*  
*calories* to lose weight.**

**WRONG:** If the math behind counting calories was correct, we would have all gained 476 pounds in the last 8 years alone.

**For more than 40 years, we've been told to eat less and exercise. How'd that work out? Instead of growing healthier and slimmer, we got SICKER and HEAVIER. That's the very definition of DUMB.**

Your body is not a calculator. Simply reducing the human body to a mathematical equation doesn't work. Not even close.

**Consider this:** In one university study, researchers concluded that the average American increased calorie consumption by a jaw-dropping 570 calories a day.

**OK, so let's do the old-fashioned calorie math...**

An extra 570 calories a day should mean that the average person has gained 476 pounds since 2006. Let's say you weighed 125 pounds in 2006. That means you'd weigh a chair-breaking 600 pounds today. It is unlikely that you weigh 600 pounds.



**Will YOU Join the SANE 100 Pound Weight Loss Club?**

Kyle did NOT count calories. He ate MORE SANE foods to set an example for his kids.

"Losing 114 pounds is certainly a big change.

But the real change happened, not in my muscles, nor in my abs. It happened in my heart...If you ever find yourself in a

situation like mine whether it's weight loss or anything else, and you can't imagine where to begin...Start by putting

Belief in your heart.

Belief that you can do this. Belief that you are worth the time and the effort. Let it take root. Care for it. Water it. And

it WILL grow." - Kyle Wong

So why didn't we gain all the extra weight? Was it exercise? No. You'd have to jog over an hour and a half every day for 8 years to burn away those pounds. That's the equivalent of jogging across the U.S. 11 times over.

I'm guessing you didn't do that. *Don't feel bad; none of us did!*



So why don't we all weigh 600 pounds? It's *simple*. Counting calories doesn't add up. It never has. And it never will. Here's why...

## Your body is NOT a calculator.

**It "automatically" regulates your body weight...and cutting calories means NOTHING.**

Doctors at the University of Washington discovered that your brain has a complex control system that works to keep your body at a *set weight*, no matter how many calories you cut.

*Look at it this way...If you breathe IN more air, you automatically breathe OUT more.*

If you drink MORE fluids, you'll excrete MORE fluids.  
Calories and fat work the same way.

## If you eat MORE SANE calories, your body burns MORE calories.

*Want proof? That is why we all don't weigh over 600 pounds today—despite eating 570 extra calories a day.*

Your body burned MORE calories as you ate MORE food, but you never knew it was happening.

## Will YOU Join the SANE 100 Pound Weight Loss Club?

Christine didn't let a broken neck stop her from shedding 100 lbs.

"From recovering from a broken neck due to a severe car accident, to PCOS, high blood pressure and headaches, I've lived through the challenges. I have lost over 100 lbs and am medication free! When I began I weighed 278 lbs. wearing a size 4x. Today I am a fit 176 lbs. wearing a size 10 medium!" - Christine Biswabic

### SANE German Chocolate Pancakes



"The average human consumes one million... calories a year, yet weight changes very little..." That's the conclusion of a molecular geneticist at Rockefeller University in New York.

He estimates that your weight stays at a set range with astonishing 99.5 percent accuracy. That means...



## Starving yourself is absolutely POINTLESS.

**Your body will fight you every step of the way, unless...**

...you learn how to heal your body and lower your set-point weight to that of a naturally THIN person.

Then, all of a sudden, your body becomes your fat-busting friend no matter how many calories you consume and...

## You will NEVER have to worry about losing weight again. That's how the SANE Plan works.

That's what makes it different from any other plan you've ever tried in your life. Let's look at how this remarkable plan works in your day-to-day life.

**As you will see within your Step-By-Step SANE Plan, you'll see how to lower your body's set-point weight.**

That means your brain and hormones "automatically" start burning away excess fat. **You can become naturally thin at last.**

Like most dieters, you're probably familiar with the idea of a "fast" metabolism or a "slow" metabolism.

Your friend who can eat everything in sight and not gain an ounce has a fast metabolism. He or she eats a lot of food and burns it away long before it lands on the belly, hips, and thighs.

## Will YOU Join the SANE 100 Pound Weight Loss Club?

Alan Became a 120lb Lighter New Man!

"It seemed counterintuitive because I was eating more than ever! One of the best things is that the more you follow the plan, the easier it is. Making healthy choices becomes easier because you WANT to make that choice, not because you need to. Cravings go away. Laziness goes away. Those things are replaced with a desire to take on new challenges."

## The set-point secret for lifelong, effortless fat loss

**Scientists have a different term for this. They say that someone with a fast metabolism has a LOW set-point.**

That means your body is “set” to keep your weight nice and low—*no matter how many calories you eat.*

Sounds pretty good, but there’s a catch. You knew it was coming, didn’t you? So here it is.

**If your set-point is stuck on HIGH, it is almost impossible to lose weight, no matter how much you starve yourself or sweat in a gym.**

### Sound familiar?

I’ll bet it does. Dieters call it different things—like hitting the wall or “stuck in neutral.”

It makes you crazy because you’re starving yourself and going nowhere. That’s your set-point doing its best to keep you heavy.

But suppose you could actually lower your set-point so it matches that of a naturally THIN person. Isn’t it more than reasonable to assume you’d lose a *lot* of weight?

And wouldn’t your life be a whole lot easier if you didn’t have to worry about eating too many calories ever again? Of course it would. And it’s not as difficult as you think. In fact, just turn the page and see what I mean :)



### Will YOU Transform Your Life Too?

Jessica went from wheelchair to world traveler!

“I’m 64, stronger, more fit, and in better health than I can ever recall. My pants fit better, I sleep more soundly and now, impossible a year ago, my husband and I are going to be able to live a dream...travel the world over the next 5-10 years. My lipids are normal for the first time in my adult life! My blood sugar is normal.

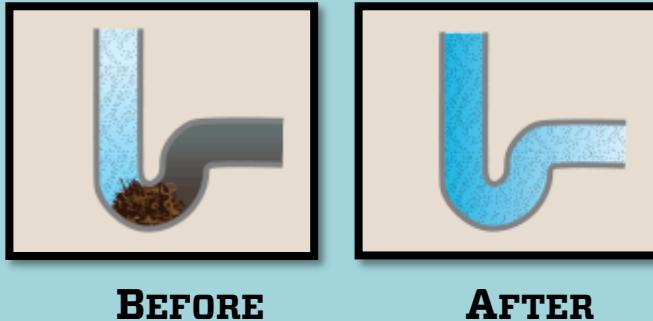
Not to mention that I’m eating more calories than I ever have and am slimmer and healthier than ever!”

- Jessica Lyman



**SANE Chocolate PB Fudge**

## How Does It Work? Just Like A Kitchen Sink!



## The Set-Point Secret to the Greatest Weight Loss Success of Your Life

When the drain is unclogged, it doesn't matter how much water you add to a sink—it will eventually drain OUT. That's just like your body!

When your hormones are balanced and “unclogged,” it doesn't matter how many SANE calories you eat—your body will remain naturally thin.

Your SANE Plan reveals how to keep your hormones balanced (unclogged) so you can eat to your heart's content and still lose weight—just like a naturally thin person.

**When the drain is clogged even a little bit of water keeps adding up.** It's the same with your hormones. If they're sluggish and clogged, you just can't lose weight—even if you cut way back on calories.

Your SANE Plan will show you how to reverse this problem permanently with delicious food—and lots of it.

**Discover how to lose up to 20, 30, 50, even 100 pounds as your body finally stops fighting you!**

**Double check that you are all set for your time with your SANE Consultant around the corner!**



Picking up where we left off...

## **It's ridiculously easy to lower your body's set-point when you start "Going SANE."**

**Just think about that KITCHEN SINK.**

**When it's working properly, all the water that goes in eventually drains OUT.**

Sure, the water levels may rise occasionally...but that's no problem. The OPEN drain will take care of it.

### **Balance is restored.**

The sink is balancing the water that goes in with the water that drains out.

*The sink has a LOW set-point.*

Your body (when it has a low set-point) works the same way. The calories you eat are eventually burned away. Sure, you may overindulge occasionally, but the "drain" is wide open—so the excess calories are eventually taken care of. Your natural balance (weight) is maintained.

But suppose, instead of pure water, you fill the sink with all sorts of stuff that starts *clogging* the drain? All of a sudden, the drain can't keep up...and even a little bit of water just keeps accumulating.

### **Fat-Burning SANE Cinnamon Raisin Muffins**



The water level gets higher and higher—because the drain is clogged! Now you've got a **HIGH set-point**. And you're getting fatter with every bite. **Losing weight is now virtually IMPOSSIBLE**. No matter how much you starve yourself, the fat just refuses to go away—because you are now hormonally clogged just like the drain. That's a very bad thing. The fat in your body is now "stagnant" just like the water in a clogged sink. The inevitable result is obesity and diabetes. **The solution, according to the old rules for weight loss, was to eat less food. But wait a second...**



**New York Times  
Bestselling Author  
& Celebrity  
Fitness Expert**

**JJ Virgin**

"Smart, useful, and will change the way you look at fitness!"

## You've got to **FIX** the hormonal "clog" so you can burn fat naturally again. **That's the brilliantly simple secret behind the SANE Plan.**

Once you fix the "hormonal clog" that's keeping your set-point so high, it is an amazing experience for most dieters.

So how do you do this? The answer, supported by thousands of pages of research spanning nearly 40 years, is incredibly simple: **It's the QUALITY of your food that matters. NOT the calories. NOT the carbs. NOT the fat.**

When you eat more of the quality foods named later in this report, your set-point starts falling with every single bite. Yes...it's that simple. The founder of SANE, Jonathan Bailor, has undertaken a monumental research task and identified hundreds of foods that lower your set-point naturally. *The result?*

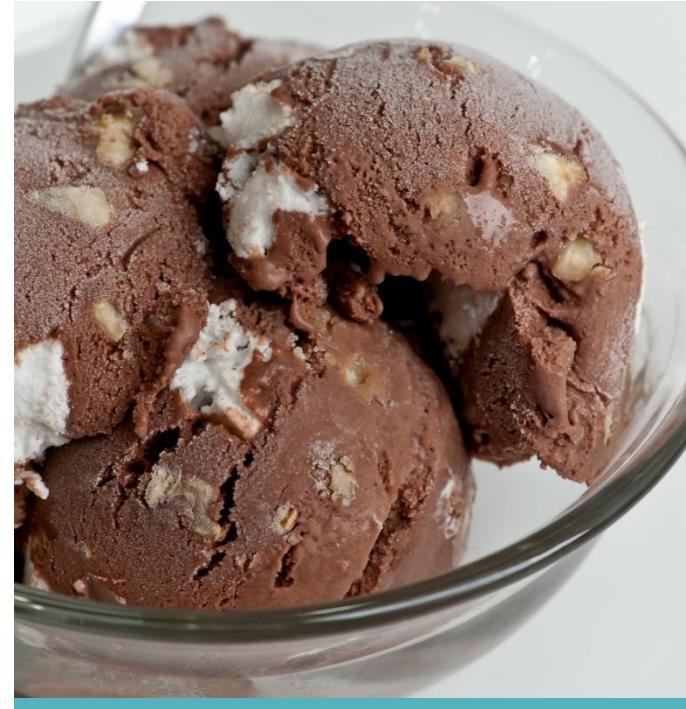


**Alicia Felt and Looked Better than Ever for Her Big Day!**

"My seamstress had to take in my dress twice. I was delighted. The crazy thing was how easy it all was. I achieved my goals without caloric restriction, fasting, stimulants, or cleanses. No hunger, no cravings. I was eating high-quality, satisfying food, in greater volume than ever, and I was getting stronger and leaner." - Alicia Peterson

## You can lose weight by feasting on foods you once thought were a very BAD idea.

Perhaps the most amazing thing is that we're not talking about living on carrots and sprouts. These foods are delicious and often filled with so-called "unhealthy" fats and calories. Your friends will shake their heads and think you've gone OFF your diet in a big way. *Then they'll demand to know your secret as the pounds melt relentlessly away—with every tick of the clock.* Let's look closer at those delicious foods by examining *Dumb Diet Myth #2* in the next section...



**Fat-Burning and Health-Boosting  
SANE Rocky Road Ice Cream**

## DUMB DIET MYTH #2

**You must eat less food and calories to lose weight.**

**THIS IS RIDICULOUS.**

There's little science to support this dangerous myth.

Just LOOK:



**Will YOU Join the  
SANE 100 Pound  
Weight Loss Club?**

Shane's 125lb. Long-Term Transformation

"My journey started pretty much like everyone else's. I have been through the Weight Watchers and tried exercising but could not lose but maybe 10-25 pounds. So it lasted maybe a month or two then went back the way I normally would eat. SANE eating opened my eyes on how easy and enjoyable a healthy lifestyle can be (vs. "dieting")." – Shane Graham

A famous study followed nearly 49,000 women for 8 years. One group of women ate an average of 120 fewer calories every day...that's 350,400 fewer calories overall. So after 8 years, they must have been a LOT thinner, right? Wrong. The lower-calorie women were less than a pound lighter. That is not a typo. Eating 350,400 fewer calories had less than 1 percent of the impact predicted by conventional calorie math.

- ✓ **Oh, and by the way, since when is STARVING yourself a good idea for your health? Hmm...how about NEVER?**

Conventional diet thinking is based on the assumption that taking in fewer calories forces our bodies to burn fat. Scientists have known this to be clinically false—so it's time you knew the truth, too.

As you learn more about your SANE Plan, you'll discover that restricting the amount of calories you consume has only one sure thing.

## Complete and utter failure **95.4% of the time!**

That's the documented failure of conventional dieting. And it has never been your fault—even though you might think it is.

Look, when you eat less food, your body does not burn more body fat. It burns fewer calories by slowing your metabolism. That's a very bad idea. That's why you always feel tired and crabby when you're dieting. Your whole body and brain have slowed down.

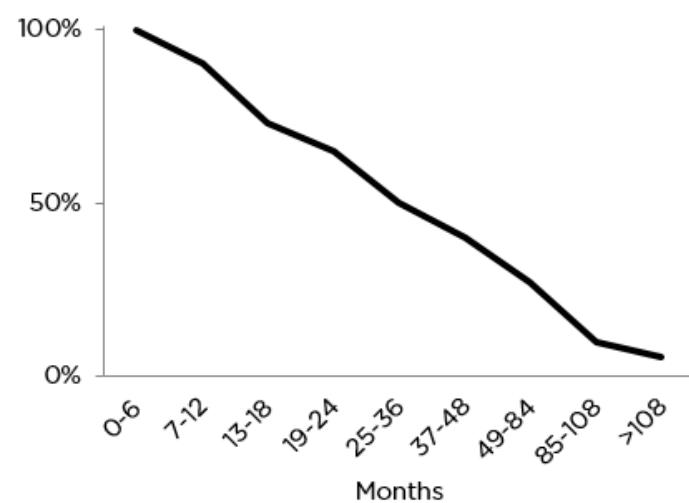


## From a Size 8 to Size 2 with MORE SANE Food

Carrie is BACK to her younger self!

"In just a few months I'm back to the same size I was in my 20s despite having crossed the 45 year mark. I'm never hungry. My friends have no idea how I eat so much, exercise so little, and stay so slim. My LDL cholesterol also fell 100 points!" – Carrie Brown

## Percent of People Who Lose Weight Long-Term Using the Calorie Counting Approach



## But wait, there's more!

When your body needs calories and it can't find any, it starts burning more muscle than fat.

Studies have shown that up to 70% of the non-water weight lost when eating less is taken directly from your muscles.

Not good. Not good at all. Want to set up someone to be fatter and sicker in the long run? Slow down her metabolism and take away muscle. Here's proof...



**Dr. Keen lost 37 pounds eating more and is now spreading the word!**

by Dr. Mike Keen MD,  
BS, LRCP, MRCS, LMCC

"I'm continuing to lose safely and long term. My body fat is at the lower limit of normal for a 59-year-old! I feel ENERGIZED, I feel healthier than I've ever felt. It really works!"

**From the *Journal of the American Medical Association*.** In a journal article, a physician in the American Medical Association itself wrote that eating less makes us lose weight, not "by selective reduction of adipose deposits (body fat), but by wasting of all body tissues...therefore, any success obtained must be maintained by chronic undernourishment."

**If starving yourself is a bad idea for losing weight... Then eating MORE SANE food must be the answer to losing weight?**

**YES!**

And that's exactly what you'll discover in your SANE Plan. And it's not just a theory. It's a scientific fact supported by cutting-edge research from the finest medical minds on Earth. Just look...

- ✓ A study at the University of Connecticut found that people who ate 300 more calories per day burned more body fat.
- ✓ A University of Pennsylvania study found that people who ate 9,500 more calories over 6 months lost 200 percent more weight.
- ✓ A study published in the *Journal of Adolescent Health* found that people who ate 65,000 more calories over 4 months *lost 141 percent more weight*.

How is this possible? First, a calorie is most definitely *not* a calorie—despite what you've been told. That's one of the *first* things you'll discover when you start Going SANE. And it brings us to one of the dumbest of all diet myths.

## DUMB DIET MYTH #3

### All calories are equal.

**That's a LIE.** You can eat the same number of calories and still burn more body fat. It sounds crazy, but check the science from this shocking study.

- ✓ Researchers at Cornell University split people into groups, each eating 1,800 calories a day. The group who ate the *higher-quality* calories lost 86.5 percent more body fat than the “typical” dieters—even though they ate the *same calories*.
- ✓ A similar study at the U.S. Naval Hospital revealed that simply by altering the quality of foods consumed (NOT the number of calories), test subjects *lost twice as much body fat in just 10 days*.

The idea that all calories are created equal must be one of the oldest and dumbest diet myths of all time.

Look at *it this way*. If you were thirsty, would you stop in the road and drink from a muddy, polluted creek?

*Of course not.* Because the issue is *not* just quenching your thirst. You know that water *quality* matters a lot. So the solution to the water problem isn't to drink *less* water. The solution is to drink higher-quality water to quench your thirst. It's the same with your diet.



**SANE Chocolate PB Fudge**



**NEW YORK  
TIMES  
BESTSELLING  
AUTHOR**

**Dr. Mark Hyman**

“Provides a powerful set of tools for creating lifelong health!”

# The answer to losing weight is NOT to eat LESS food but rather to eat MORE higher-quality (SANE) food.

That's why all calories are most definitely *not* created equal inside our bodies.

In a study conducted at Marshall University, the test subjects were divided into two groups.

- ✓ Group 1 went on conventional low-calorie diets.
- ✓ Group 2 went on a low-carb diet and were told they could have an unlimited number of calories.

The results were shocking.

**The limited-calorie group GAINED 5 POUNDS. The unlimited-calorie group LOST 11 POUNDS each.**



**SANE Ham and Eggs Bake**

So when you want to lose weight, the quality of your calories matters. And that's where your SANE Plan makes your life easier and more delicious at the same time.

When you start your SANE plan, you'll discover how to identify a "quality" calorie, which means you can eat all you want.

These delicious foods help lower your body's set-point (the weight range your body works to return to) with every mouthwatering bite.

How do you find these foods? Don't worry that is exactly what your SANE Plan is here to help you with.

## Discover the secret of “SANE” eating for life!

As you start Going SANE, you’ll learn the FOUR simple principles that decide whether a food will help you lose weight (eat all you want)...or sabotage your weight loss goals. Here’s how the principles work...

- **Satiety:** How quickly the calories fill you up and how long they keep you full.
- **Aggression:** How likely the calories are to be stored as body fat.
- **Nutrition:** How many nutrients—vitamins, minerals, essential fatty acids, essential amino acids—the calories provide.
- **Efficiency:** How many of the calories can be stored as body fat.

When you choose SANE foods that meet these core principles, you can do some things absolutely astonishing for your body.

### 1. You can heal & balance your hunger hormones.

That includes the hormones that control fat storage, cravings, & your blood sugar.

### 2. You can lower your set-point to that of a naturally thin person.

And just like that thin person, you can become very efficient at burning fat—even if you eat more calories. Your body has no choice but to lose weight.

“How do I know which foods are SANE...

and which are INSANE?”



It's easy. We've done all the hard work for you.

All you need to do is follow your Step-By-Step SANE Plan...and you will be shocked how simple slim can become!

Double check your calendar now to see when your SANE Consultation is scheduled for and get ready to "Go SANE"! ;)

## So MUCH To LOOK FORWARD To...

SANE eating is a lifelong, enjoyable, sustainable, simple, and delicious way of eating. **It is not a repackaging of the unsustainable calorie counting diets that failed you.**

You will learn much more about this as we start your personal brain-boosting weight-loss plan together in [your free half-day Masterclass](#) (reserve your seat at SANESeminar.com), but here are a few key reminders as you're getting started on your SANE journey.

I know you understand this already—otherwise you wouldn't be here—but please keep in mind that since SANE isn't a calorie counting diet, you will not suffer through the same calorie counting tools and resources that failed you in the past. For example, **memorizing endless food lists and following unrealistic minute-by-minute meal plans aren't just a pain—they cannot work in the real world**, and they cannot work long term.

Life is crazy. Things happen. And heck, people have different tastes in food, so while minute-by-minute “eat exactly this right now no matter what” endless lists might make for good reality TV, if they worked in the real world, you would have already met your goals. **To get a different result (long-term fat loss and robust health), you MUST take a different approach.** That's what you will find here.

If you approach your new SANE life calmly, gradually, and with the next 30 years in mind rather than the next 30 days, **you will learn the underlying principles that enable you to make the SANE choices easily—forever.**

Think of your new approach as the difference between memorizing the sum of every possible combination of numbers versus learning the underlying principles of how addition works. Once you understand addition, lists and

memorization aren't necessary as you know what to do with any combination of numbers—forever.

The same thing applies with food. Once you understand the new science of SANE eating, **you will know exactly what to eat (and what to avoid) everywhere you go—forever—without any lists** or any memorization.

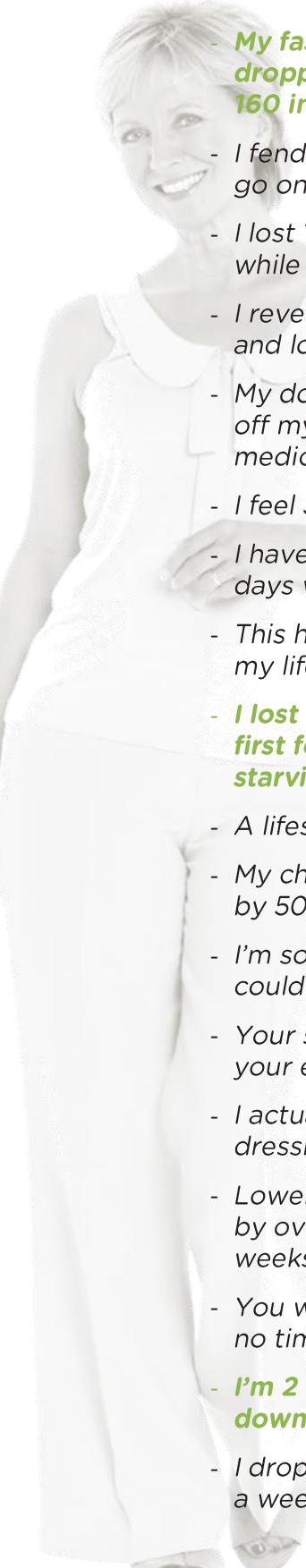
This new approach changes everything and will forever free you from all the confusing and conflicting weight-loss information you've been told. So please allow me to congratulate you on coming to the life-changing realization that **to get different results than you've gotten in the past, you must take a different approach than you used in the past!**

The great news is that when you combine a calm, gradual, long-term, and progress vs. perfection mindset with your scientifically proven SANE tools, program, and coaching, you are **guaranteed to burn belly fat, boost energy, and enjoy an unstoppable sense of self-confidence!**

Your new SANE lifestyle has helped over 100,000 people in over 37 countries burn fat and boost health *long-term*....and it will do the same for you if you let it and trust it. Thank you for taking the road less travelled...it will make all the difference!

## What happens when you lower your Setpoint Weight by Going SANE?

**Turn the page** to ask the REAL PEOPLE who “went SANE” with us! And look what happens when you discover the TRUTH about protecting your mind and losing weight...

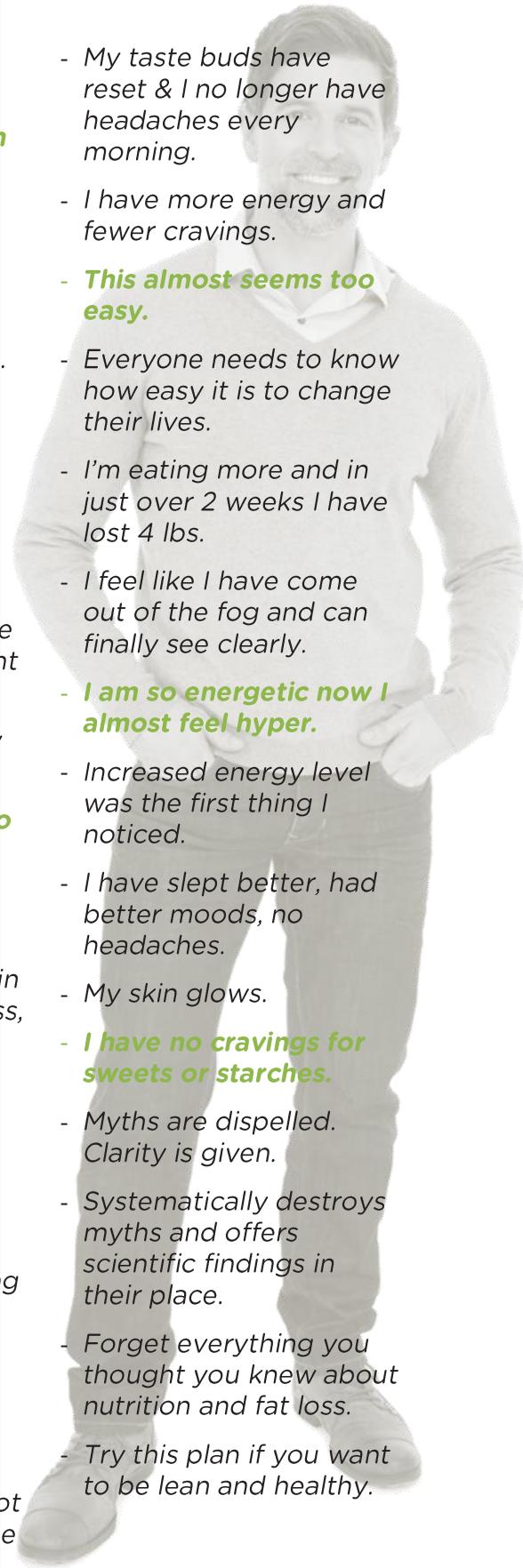
- 
- **My fasting glucose dropped from 270 to 160 in 2 weeks.**
  - I fended off the need to go on insulin.
  - I lost 13" off my waist while eating more.
  - I reversed my diabetes and lost 42lbs.
  - My doctor is taking me off my cholesterol medication.
  - I feel 30 years younger.
  - I have dropped 7 lbs. in 5 days while eating more.
  - This has literally changed my life.
  - **I lost about 50 lbs. in the first four months without starving.**
  - A lifesaving program.
  - My cholesterol dropped by 50 points
  - I'm so happy with this I could cry.
  - Your skin will glow and your energy will soar.
  - I actually cried in the dressing room.
  - Lowered my blood sugar by over 100 units in 4 weeks.
  - You will be a new you in no time.
  - **I'm 2 weeks in and I'm down 9 lbs.**
  - I dropped 2% body fat in a week.

- The weight-loss is just a bonus to me now. The real win is how I feel.
- **I lost 10 lbs. of fat and gained 4.5 lbs. of muscle in under a month**
- Believe it and get to work. A miracle awaits you.
- I am never hungry and I'm losing a pound a week.
- I can't believe how much this is changing my life.
- **My rheumatoid arthritis symptoms are basically gone.**
- **My hypothyroid symptoms have been eliminated.**
- This will change your life.
- My premature ventricular contractions stopped.
- My sleep apnea stopped.
- **I'm 30 days in and down 22 lbs.**
- I am off my medication for IBS.
- Can I do this for life? Yes, most definitely.
- Pounds will simply drop off for good.
- I lost 10 lbs. while feeling great.
- **I lost 25 lbs. The eating is effortless and the workouts are brief.**
- Boy, does this thing work. 10 weeks = 20 lbs.
- **I'm completely blown away with the dramatic results.**
- My blood pressure stabilized.
- This will amaze you and forever change you.
- I'm not hungry, I feel great, and I'm shedding pounds.
- This will change your life dramatically.
- I've seen a 3" reduction in belly fat in 4 weeks and I am eating more.
- On my short list of life changers.
- **I feel so much better.**
- **My energy has returned.**
- **My cravings are gone.**
- This will forever change the way you think about diet and exercise.
- I no longer get distressed about the number on the scale.
- I dropped more dress sizes than when I ate 500 calories per day.
- **Lost so much, I had to get a new driver's license photo.**
- This is the Holy Grail to good health.
- I no longer need coffee to wake me up in the mornings.

- In 2 weeks I have lost 7 lbs. without feeling deprived.
- **I almost lost my pants while walking across the parking lot.**
- My skin feels tauter, I feel calmer, and everything feels great.
- My skin looks clearer, my eyes are brighter, and my mood is lifted.
- I feel more alive.
- Holy cow...this is incredible material
- You can lose weight without hunger.
- **I have more energy than ever.**
- I am enjoying tremendous success.
- This returns science to the subject of nutrition.
- This is nothing short of amazing.
- This is the real deal. Highly recommended.
- This is the new Bible for health.
- **My anxiety and panic attacks have decreased dramatically.**
- Incredible. Fantastic.
- Makes complete sense.
- This is the most important "weight-loss" plan published ever.
- Amazing. Complete. Thorough.

- I can stick with this for the rest of my life.
- **I lost 2" off my belly in a week.**
- Decidedly sound. I highly, highly recommend it.
- Life changer. Mind-boggling. Eye-opening.
- Simple and easy to follow.
- This is a must read for everyone who cares about living the best they can.
- A comprehensive guide to the science of weight loss.
- It is pretty much a way to change your life.
- **I am never hungry. I do not crave food.**
- I feel great and have a lot more energy.
- Truly a game changer in the world of weight loss, fitness and health.
- **I feel better, sleep better, and am overall better.**
- Compelling and well researched.
- Can provide the missing info that can extend your life.
- People will be talking about this for years to come.
- Tells the truth about not only weight loss but the whole package.

- My taste buds have reset & I no longer have headaches every morning.
- I have more energy and fewer cravings.
- **This almost seems too easy.**
- Everyone needs to know how easy it is to change their lives.
- I'm eating more and in just over 2 weeks I have lost 4 lbs.
- I feel like I have come out of the fog and can finally see clearly.
- **I am so energetic now I almost feel hyper.**
- Increased energy level was the first thing I noticed.
- I have slept better, had better moods, no headaches.
- My skin glows.
- **I have no cravings for sweets or starches.**
- Myths are dispelled. Clarity is given.
- Systematically destroys myths and offers scientific findings in their place.
- Forget everything you thought you knew about nutrition and fat loss.
- Try this plan if you want to be lean and healthy.



- Bar-none the best I've ever done, and the easiest to implement.
- You can't help but be changed.
- If doctors are to really help their patients, they would do well to try this program.
- Perhaps the best diet plan ever, period.
- **Thanks for changing my life.**
- Exceptional. The advice works. I have lost about 30 lbs. so far.
- I feel very much different-like my body is humming.
- **Best investment I've ever made. Lost 4 lbs. in the first 3 days.**
- The best part is not being hungry all the time.

- **Improve your health and spend a lot less time & money doing so.**
- Revolutionary and game-changing notions.
- A breakthrough.
- A tour de force in the science of human metabolism.
- **Turns current dietary guru's knowledge upside down.**
- Please America. Please check-out the truth in this plan.
- Thank you so much. I have been waiting a long time for this.
- Not only helping me lose weight, but to be healthier too.
- Will change the way you think about diet and exercise.
- Research we can really use. **Hope for the hopeless.**
- I'm grateful beyond words.
- **Try It. It will make a believer out of you. It made one out of me.**
- This is a game-changing approach.
- It works, definitely.
- Anyone who wants to lose weight and keep it off will benefit tremendously.
- This truly is the last diet plan you'll ever have to buy.
- **This has been the most impactful health-oriented plan I have tried.**

The VERDICT is IN. The science is UNDENIABLE. THE NUMBERS DON'T LIE! EATING MORE & EXERCISING LESS helps you protect your mind, boost your brain, and lose the weight.

**Lower your Setpoint Weight to protect your mind and enjoy the body, energy, mood, and health you deserve by:**

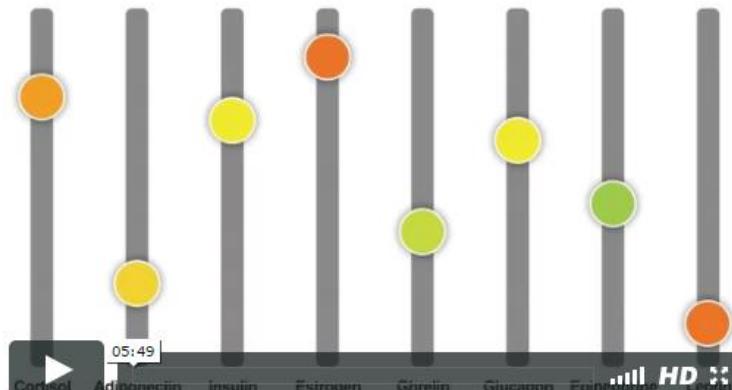
## **Personalizing Your Brain-Boosting Hormonal Treatment Plan **FOR** **FREE** TODAY**

**CHECK TIMES IN MY AREA NOW**

During this FREE webinar, you will get access to your **Fat-Burning Calculator**, learn boost your brain, protect your mind, eliminate belly fat, and enjoy all-day energy while getting off the dieting rollercoaster forever!

**Half-Day Seminar Tickets Normally Cost \$397, But For A Limited Time You Can Attend For FREE!**

This interactive masterclass is FREE, and the only place you can use the patented **Fat-Burning Calculator**. See exactly how much weight you can lose today...



*Click or tap the play button to discover even more!*

# Get Everything You Need To Burn Fat and Prepare Delicious Meals at the SANE Store



Fat-Burning  
Flour



Mood-Boosting  
Chocolate Powder



Clean Pea  
Protein



Craving Killer  
Bake-N-Crisps



Slimming Sugar  
Substitute



Clean Whey  
Protein



Vanilla Almond  
Meal Bars



Craving Killer  
Chocolate Truffle



No Added Sugar



100% Natural



Gluten Free



No GMO's



No Dairy



No Soy

Find all of these EXCLUSIVE tools, plus over 100 other fat-burning SANE products to help you and your family look and feel your best!

**SANE™**

Visit Today: [Store.SANESolution.com](http://Store.SANESolution.com)

# Improve Your Weight Loss, Energy, Mood, and Digestion In Just 17 Seconds A Day!



All-Natural



100% Plant-Based



Gluten Free



No GMO's



No Dairy



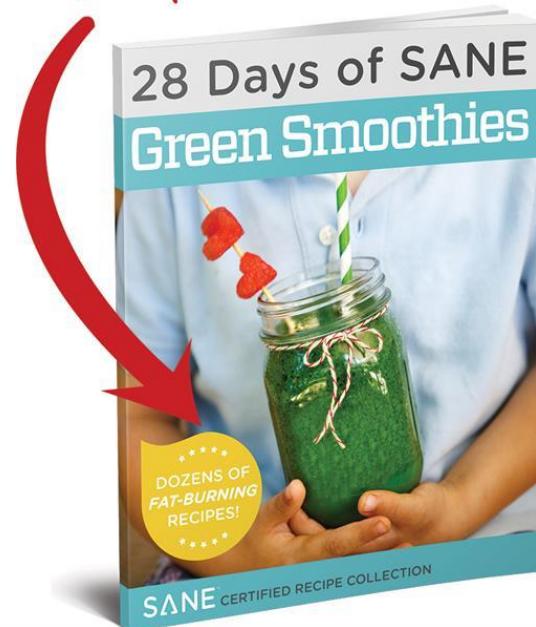
No Soy



**Introducing Garden In My Glass.** The quickest, easiest, and most affordable way to get your family eating their fruits and veggies...and loving it!

When you order today you will also receive our wildly popular '28 Days Of Green Smoothies' recipe collection.

Plus, Get A Green Smoothie Recipe Book for FREE!



**LEARN MORE AT: [GardenInMyGlass.com](http://GardenInMyGlass.com)**



*"Learn how you can reverse the 'symptoms' of aging with a new nutritional breakthrough."*

## BRAIN & AGING BREAKTHROUGH REPORTED FROM HARVARD MEDICAL SCHOOL<sup>1</sup>: Now You Can Fix "Neurological Inflammation" While Reversing the Risk of Dementia and Signs of Aging With These 4 Proven Super-Nutrients...

If you are struggling with **memory problems, low-energy, anxiety, depression, mood swings, brain fog, trouble focusing, a slowing metabolism, or any other symptom** often accepted as "just a part of aging", then it's time to finally learn the truth that many of those symptoms are caused by what doctors call: Neurological Inflammation.

Cutting edge research is proving that Brain Inflammation is the #1 cause of both the mental and physical "symptoms" of aging. Research is showing you do NOT have to "age" just because time is passing.

This hidden Neurological Inflammation epidemic has become so common that doctors even have a nickname for it... "Leaky Brain Syndrome"... or LBS. Now, the good news about Neurological Inflammation and these symptoms of aging is that they're not your fault, and there is something you can do today to reduce this dangerous inflammation and "age in reverse."

### What Is The Solution?

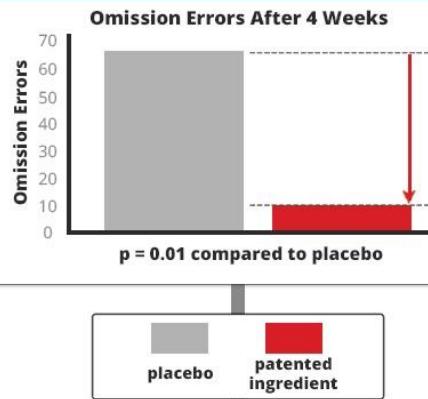
**Fixing the many symptoms of Neurological Inflammation and increasing memory, focus, mood, energy, and overall brain health can be much easier than you might think**, mostly due to the development of 4 proven super-nutrients with clinically-significant brain-boosting and anti-aging properties...

Unfortunately, over 95% of the population is deficient in these important nutrients and suffer from a host of health problems because of it. The latest groundbreaking clinical research is showing that brain fog, low-energy, unwanted weight gain, deadly diseases, and even belly fat can all be tied to a small part of your brain called the hypothalamus... and Neurological Inflammation that steals your vitality.

**However, there are 4 anti-aging, brain-boosting "fountain of youth" super-nutrients that your brain is missing right now** that help to decrease Neurological Inflammation, memory problems, low-energy, anxiety, depression, mood swings, brain fog, trouble focusing, a slowing metabolism, and more. Introducing SANE Vitaae™... the world's first ever, clinically proven, brain-boosting, anti-aging formulation, made to fix the Neurological Inflammation that doctors call a "hidden epidemic."

**Discover The 4 Nutrients On The Next Page...**

**90% DECREASE IN "MEMORY ERRORS"**



**50% INCREASE OF FOCUS + ATTENTION**



Improved Attentional Performance Following Citicoline Administration in Healthy Adult Women. *Food and Nutrition Sciences*. 2012;3:769-773.<sup>2</sup>

### Story Highlights:

- Defend against Dementia and memory loss caused by "leaky brain" that is often the hidden cause of brain fog, depression, anxiety, low-energy, memory loss, and weight gain.
- The only nutrient formulation to help brain function and improve mood due to the action of patented Cognizin® Citicoline that's proven to support cellular brain energy, and focus.
- 90% decrease in focus errors for middle age women in clinical studies... as well as a 13.6% increase in brain energy utilization, and a 26% increase in membrane turnover, which is literally the reversal of aging of your brain.
- Improved mental clarity, deeper concentration, better moods, and improved weight loss thanks to the synergistic power of therapeutic doses of L-Carnitine combined with Acetyl-L-Carnitine.
- Reclaim your youthful energy, and sharp mind from the inside out with new, patented, and clinically proven ingredients that have never been put together into a single, easy-to-take formula before.

<sup>1,2</sup> Full list of scientific references can be found on website.

*...Continued From Front Page*

## #1 - Quatrefolic® Folate

King's College Neurologists noted: "It is becoming clear that folic acid affects mood and cognitive function, especially in older people." And further: "With respect to dementia, there is evidence that folate deficiency may contribute to the cognitive impairment of the aging brain... increasing the risk of Alzheimer's disease and vascular dementia." Vitaae contains the specific patented form of folate called Quatrefolic, clinically proven to be up to 7 times more bioavailable than the folate supplements found on store shelves. The body is not good at absorbing folate, and many of our diets are deficient due to modern food processing. That's why it's critical to ensure the folate you choose is actually being absorbed by your body. Quatrefolic is the only folate I trust for my wife and new baby girl because it protects us from and helps to reverse Neurological Inflammation and dementia in a way that nothing else can.

## #3 - MicroActive® CoQ10

Doctors recommend everyone over 30 supplement with CoQ10, but it's shocking that nobody is talking about absorption and bioavailability because if you don't have an absorbable and bioavailable version of CoQ10, YOU ARE NOT GETTING CoQ10 even if you spend hundreds of dollars on supplements. The new patented microactive cyclodextrin complex CoQ10 in Vitaae is the only form available that offers 100% "assured bioavailability" to everyone. That means it is clinically proven to give you superior bioavailability, 24-hour time release benefits, and universally enhanced absorption. It's truly amazing because this clinically studied patented Microactive CoQ10: Is 3 times better absorbed than regular (crystalline) CoQ10... Is 2 times better absorbed than solubilized CoQ10 softgels (the "fancy" CoQ10 sold on store shelves)... and it doubles CoQ10 levels after just 3 weeks.

## #2 - Cognazin® Citicoline

The US Institute of medicine found that..."Choline has a critical role in neurotransmitter function... and studies suggest that Choline supplements increase dopamine receptor densities and can alleviate or improve memory impairment." Citicoline is another brain-boosting and anti-aging powerhouse that 90% of us are deficient in... and suffering silently as a result. I found a new form of Citicoline that goes far beyond what Choline found in any foods can do for your brain and to fend off aging. In fact, in double blind, randomized, placebo-controlled, clinical trials—aka the most powerful form of clinical trials available and the exact kind used to prove the effects of prescription medications—this new patented version of Citicoline shows a 13.6% increase in brain energy utilization and an almost 70% decrease in errors of omission, also known as "memory errors".

## #4 - L-Carnitine & Acetyl-L-Carnitine

A 2007 study out of Italy showed that in people over 100 years old, L-Carnitine supplementation reduced total fat mass, increased lean muscle, decreased fatigue, and improved cognitive function! Now while L-Carnitine works to bring more energy to your cells, it also has an equally important biological helper called Acetyl-L-Carnitine; a brain Cholinergic meaning that it mimics the neurotransmitter acetylcholine which is incredibly important in improving memory and brain health. Also, it stands out amongst other cholinergics because it is a powerful antioxidant and can pass through the blood brain barrier where it also supports healthy blood flow to the brain. This transformative amino acid, Acetyl-L-Carnitine, goes straight into your brain, where it helps improve memory, mood, cognition and learning.

### These Nutrients Show Even Better Anti-Aging Results When Taken Together

**The 4 super-nutrients work even better when taken TOGETHER.** A study from the University of Oslo found that participants with lower blood levels of Choline, the precursor to Citicoline, had poor cognitive performance. The researchers also checked Folate status and found that if BOTH Folate and Choline were low, there was TRIPLE the risk for mental problems such as forgetfulness, trouble focusing, and brain fog. In other words, when BOTH Folate plus Citicoline were BOTH low there was a 300% increase in the risk of mental problems!

And as amazing as the right type of CoQ10 is, just like Folate and Choline come together to synergistically improve brain health, CoQ10 works synergistically with anti-aging nutrient #4 L-Carnitine to supercharge the brain-boosting power of each nutrient. Specifically, while CoQ10 benefits your health by sparking energy WITHIN your cells, L-Carnitine is an amino acid that brings fuel into brain and heart cells to be burned as energy. CoQ10 helps to create energy once Carnitine gets the fuel there. Therefore, it's no surprise that researchers have observed dramatic effects by combining the right kind of CoQ10 with the right kind of L-Carnitine. Just like Folate plus Citicoline has a more powerful therapeutic anti-aging effect when the right kinds are used together, the right kinds of Coq10 and Carnitine should always be taken together for maximum mental health and brain-boosting benefits. Now, for the first time ever they are available for you in one convenient and effective formula to help defend against dementia and improve brain health.

LEARN MORE AND ORDER: [STORE.SANESOLUTION.COM](http://STORE.SANESOLUTION.COM)



\*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.

"End leaky gut, stop digestion issues for good, and lose weight fast. Turn on your 'SLIM GUT SWITCH' with a new patented 'post-biotic' breakthrough."

## What Does It Mean To Have a Healthy Gut? Why Is It **The Key To Weight Loss** & Lasting Disease Defense as You Age?

**A healthy gut means faster weight loss, fewer painful digestion issues, and better defenses against deadly diseases...**

But how do you get a "healthy gut"? And why are fiber and probiotics so popular even when so few people see any benefit from them?

Until recently, fiber and probiotics were the only supplements that helped your lower colon create incredibly powerful health promoting gut nutrients known as Short Chain Fatty Acids (SCFAs). But the problem with this old fiber plus probiotics method is it's very slow, inefficient, and involves a painful 5-step process (see sidebar >>) that literally requires "in-gut fermentation" that leads to embarrassing bloating and gas. These **SCFA miracle workers** strengthen your gut lining, dramatically improve digestion, and aid in weight loss. They are **the only way to fix a leaky gut, and without them you are at risk of unwanted diseases and weight gain.**

But now, thanks to a patented breakthrough, **YOU can skip that painful 5-step process** and get what Harvard calls the "optimal" Short Chain Fatty Acid<sup>†</sup> – Butyrate – delivered directly where it is the most helpful – your lower colon. This powerful substance provides gut-healing benefits unlike any other substance on the planet. It really is the definition of a healthy gut! **Now you can enjoy this new healthy gut miracle in just 10 seconds.**

**How?** After years of research, scientists have combined 3 Butyrate molecules with a glycerol molecule to create a radically more effective version of this "optimal" Short Chain Fatty Acid. This **TRIbutyrate** is time-released directly into your lower colon (the only place it can provide all these life-changing benefits). That is why it is the main active ingredient in our new one-of-a-kind gut health breakthrough **Viscera-3™**. It is **three times more potent** than the weak short chain fatty acids created by fiber alone. Then we combined TRIbutyrate with our **SLIMGut Earth Minerals Matrix** and the **SLIMGut Garden Blend**. Their synergistic multi-factor effect on gut health leads to less gas, constipation, bloating, and of course faster weight loss!

## FORGET THE OLD, SLOW, & PAINFUL 5-STEP GUT-SLIMMING PROCESS...

- 1 Choke down tons of fiber.
- 2 Spend lots of money on **probiotics** and take them multiple times every day.
- 3 Wait while the probiotics transfer through **your entire digestive system: stomach, upper colon, and then finally to the lower colon.**
- 4 More waiting while your gut bacteria digests the fiber, **fermenting in your gut**. That is why you often experience **painful bloating and embarrassing gas** when you eat more fiber.
- 5 Excrete the fiber that has been fermenting in your gut. **These gut health super nutrients** are called Short Chain Fatty Acids. But there is an easier way to get their benefits...

## INSTEAD, TURN ON YOUR **SLIM-GUT SWITCH** IN 1-STEP...

- 1 The first and **ONLY step needed** for a truly healthy gut is to take **Viscera-3™ every morning** when you brush your teeth!

That's It! **1-step** to get the **superior form** of Butyrate... **TRIButyrate!**



† - Full list of scientific references can be found on website.

**LEARN MORE AND ORDER: [STORE.SANESOLUTION.COM](http://STORE.SANESOLUTION.COM)**



**1 Year Money Back Guarantee.** If you do not love the results, we will gladly refund your money. No questions asked!

\*Please visit [sanesolution.com/faq](http://sanesolution.com/faq) to view details about our 1 year guarantee.



## Turn On Your **Slim Gut Switch** And Enjoy 36-Hour Belly Flattening, ZERO Bloating, and **Perfect Daily Poops...**

It's not a popular subject to talk about the consistency, frequency, and overall look of your poop, but it is CRITICAL if you want to increase your energy levels, reduce pain, and fend off deadly diseases as you age. It can also warn you if a leaky gut microbiome is making weight loss impossible.

A good indicator of leaky gut microbiome is a stool that does not look like a snake—refer to Type 4 on the Bristol Stool Chart. Any of the other stool types and not having a daily BM severely compromise your ability to eliminate toxins, burn fat, stay energized and avoid infection—not to mention all that bloating, gas and bathroom frustration!

Fortunately doctors have created a patented new nutrient that is the fastest, easiest and most effective way to pooping a more normal, healthier stool and enjoying a slimmer waist in just 48 hours. Try Viscera-3 for yourself today to see and feel a dramatic difference now!

Bristol Stool Chart

Type 1		Separate hard lumps (Very constipated)
Type 2		Lumpy and sausage like (Slightly constipated)
Type 3		A sausage shape with cracks in the surface (Normal)
Type 4		Like a smooth, soft sausage or snake (Normal)
Type 5		Soft blobs with clear-cut edges (Lacking fibre)
Type 6		Mushy consistency with ragged edges (Inflammation)
Type 7		Liquid consistency with no solid pieces (Inflammation and diarrhea)

### Benefits of TRIButyrate and VISCERA-3™ when taken daily:

- You get... to break free from the embarrassment and pain of bloating and gas caused by "internal fermentation" and instead take the **ONE-STEP quick, easy, and pleasant VISCERA-3™ shortcut** to a better gut.†
- You get... to enjoy a slim gut and drop your diabetes risk thanks to lasting weight loss and a reduction of the dangerous visceral belly fat that expands your gut.†
- You get... to experience increased youthful energy and a vibrant life without a deadly leaky gut while the TRIButyrate strengthens your intestine walls and defends against deadly diseases.†

### YES, THERE IS A BETTER WAY THAN FIBER & PROBIOTICS!



**PROBIOTICS**



**EXTRA FIBER**

**STOP WASTING MONEY ON FIBER AND PROBIOTICS. TAKE THE 1-STEP GUT SHORTCUT WITH VISCERA-3™**

Dumping more probiotics into an unhealthy gut is like pouring gas in an engine that does not run. It is a waste of money! And yes, stop choking down expensive fiber supplements that cause bloating right now and do this instead...

**Skip the painful & slow 5-step process and take the 1-step Viscera-3™ "Slim Gut Shortcut" to end digestion problems and pain while you heal and shrink your gut for maximum disease defense as you age. Take the shortcut to a healthy gut microbiome in 10-seconds a day and see results in as little as 48 hours without embarrassing gas and bloating.**

LEARN MORE AND ORDER: [STORE.SANESOLUTION.COM](http://STORE.SANESOLUTION.COM)



\*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.

"Experience and enjoy what it's like to be naturally slim."

## Discover How To 3X Your Weight Loss Results<sup>1</sup> With One-of-a-Kind Clinical Formulas That Help Lower Your Set-Point and Unclog Your Metabolic Sink So You Burn More Fat Than Ever... Even If Everything You Have Tried Has Failed You...

If diet and exercise are still not getting you the results you want you likely have an elevated set-point weight and a clogged metabolic sink.

These can make burning fat and losing weight nearly impossible. Research over the last 70 years shows that if you suffer from an elevated set-point weight, your body will fight to hold on to extra fat for its own survival. The worst part is that once you have an elevated set-point—no matter how few calories you eat or how long you work out—you simply won't lose weight. Put simply: an elevated set-point means your body is fighting to keep you overweight. It's a recipe for frustration, obesity, and devastating health consequences like diabetes, heart disease, and more. When you lower your set-point—instead of struggling to "lose weight"—you physically change how your body works so you can be more like those lucky naturally thin people who burn calories when they eat calories (instead of storing calories as fat). **If you have ever felt like something invisible was holding you back from losing weight... an elevated set-point is it.**

**What's the solution?** Introducing SANE Nutraceuticals: The most effective therapeutic grade formulas ever created to help naturally and safely lower your set-point weight, burn stubborn fat, and promote burning fat for energy instead of storing it around your belly and thighs. If you have ever struggled with your weight please pay close attention to what is on this page because you will never think about losing weight the same way again.

### How Do SANE Nutraceuticals Work to Lower Your Set-Point Weight, Unclog Your Metabolic Sink and Help Burn More Fat Than Diet and Exercise Alone?

**Let's face it.** There is no shortage of worthless and even dangerous fad diet pills out there. Some are simply ineffective while others have been banned by the FDA for actually killing people. So what makes SANE Nutraceuticals different and so incredibly effective to help you burn fat?

SANE Nutraceuticals give you instant access to a new synergistic blend of rare clinically studied ingredients that work in two ways to help lower your set-point weight and create the perfect "metabolic environment" that is optimal for burning stubborn fat...

*continued on next page*

<sup>1</sup>Full list of scientific references can be found on website.

LEARN MORE AND ORDER NOW: [SANEAMIA.COM](http://SANEAMIA.COM)



New Scientific Breakthrough: Taken together, SANE Aamia™ and SANE Luminae™ can help dramatically increase weight loss by lowering your set-point and helping you to lose 3 times more weight<sup>1</sup> than diet and exercise alone.

#### Story Highlights:

- The only product available specifically formulated to lower your set-point and clear your hormonal clog for natural, effective fat-burning and weight loss.
- Therapeutic grade lipotropic formula converts stored fat into energy safely and effectively so you burn more fat without losing muscle tone.
- Helps transport fat cells from the adipose tissue to the liver where it is burned as fuel.
- Clinically studied ingredients at the correct doses for maximum set-point lowering and fat-burning effectiveness.
- Guaranteed safe with multiple levels of quality assurance — Made from the highest quality ingredients in a N.S.F. and FDA G.M.P. certified manufacturing facility based in the USA.

SANE Aamia™ and SANE Luminae™ should always be taken as part of your personalized SANE diet and exercise program. Take the diagnostic at [MySANEPlan.com](http://MySANEPlan.com) to personalize your program. However, as a general guide, if you have less than 10 pounds to lose: Take 1-2 Aamia with each meal. If you have more than 10 pounds to lose: Take 1-2 Aamia with each meal, AND 1 Luminae daily.

**1 Year Money Back Guarantee.** If you do not love the results, we will gladly refund your money. No questions asked!

*...Continued from front page*

**First, with its revolutionary formulation of lipotropic nutrients it helps your body transport fat from adipose tissue to other tissues like your liver and muscles where it is burned and increases your energy instead of being stored as ugly and dangerous belly fat.** These lipotropic nutrients are a time tested and clinically-proven way to dissolve and metabolize fats. Basically they help free-up the fats stored in tissue and put them into your bloodstream to make them more available for your body to use for energy. Then the L-Carnitine in your SANE Nutraceuticals transports that newly "freed" body fat into the energy producing power plants in your cells called mitochondria. These amazing "cellular power plants" collect the fat and incinerate it to produce energy you can feel all day long. Energy plus increased fat-burning... It doesn't get much better than that!

Next, the Chromium in your SANE Nutraceuticals helps your body to better process carbohydrates while combating insulin resistance, helping to balance hormone levels, and improving blood sugar levels. Besides helping to burn body fat, this has the added benefit of reducing carb cravings... especially sugar, bread, and pasta.

These powerful lipotropic formulas have been clinically studied and proven to optimize your metabolism, hormones, and neurotransmitters while safely reducing cravings, abdominal fat, and dysregulation in the appetite and weight centers of your brain. This results in lowering your set-point, and has been clinically proven to help you to lose 3 times more weight than diet and exercise alone. A lower set-point weight means your body will work with you—instead of against you—to naturally burn fat 24 hours a day. Now you can be just like those lucky naturally thin people who never seem to struggle with their weight because of a low set-point.

## Your Secret Advantage To Lower Your Set-Point and Burn Fat

**SANE Nutraceuticals contain 15 clinically-studied ingredients that improve your body's ability to transport and utilize fat for energy instead of storing it on your belly, thighs or arms.** The bottom line is that SANE Nutraceuticals help to lower your set-point weight and clear your hormonal clog. That means you will burn fat easier than ever before, have more energy, and enjoy improved muscle tone. If you have not seen the results you desire from diet and exercise alone—or if you have ever felt like your body is fighting against your efforts to lose weight—then these one-of-a-kind SANE Nutraceuticals are your secret advantage to get the body you've always wanted. Finally, you can easily experience what it's like to be naturally slim.

## Exclusive Benefits of SANE Fat-Burning Nutraceutical Formulas You Won't Find Anywhere Else...

- Therapeutic grade lipotropic formula converts stored fat into energy safely and effectively so you burn more fat without losing muscle tone.
- Helps transport fat from your adipose tissue to the liver and muscles where it is burned for energy.
- Helps process carbohydrates for energy instead of fat storage by improving hormonal balance, insulin sensitivity, and glucose utilization.
- Increases fat burning by up to 24% with safe, natural nutrients and compounds.
- Virtually stimulant-free formulas so you can burn fat day and night! SANE Aamina™ is stimulant free. SANE Luminae™ has a very small amount of decaffeinated green tea — only 1.5mg of naturally occurring caffeine per serving. (There are 95mg of caffeine in a cup of coffee.)
- Helps prevent your body from burning your lean, calorie-hungry muscle.
- Users of SANE Nutraceuticals often report a reduction in sugar and carb cravings.

## The Fastest and Easiest Way to Look and Feel Your Absolute Best!

A lower set-point weight helps you burn more fat all day long and enjoy dramatically easier weight loss. If you have ever struggled with your weight and are looking for a clinically-proven, safe, and natural fat loss aid that isn't filled with dangerous stimulants, your search is finally over!



LEARN MORE AND ORDER NOW: [SANEAAMIA.COM](http://SANEAAMIA.COM)



\*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.