

alycealexandra

7 DAY SMOOTHIE CHALLENGE

**JOIN US ON THE
#7DAYSMOOTHIECHALLENGE**

7 DAY SMOOTHIE CHALLENGE

MENU

MONDAY	GREEN BANANA SMOOTHIE <i>(page 54)</i>
TUESDAY	CINNAMON DELIGHT <i>(page 58)</i>
WEDNESDAY	TROPICAL ENDIVE <i>(page 74)</i>
THURSDAY	SALAD SMOOTHIE <i>(page 62)</i>
FRIDAY	CREAMY BEET & GREENS* <i>(page 60)</i>
SATURDAY	PINEAPPLE CASHEW CREAM <i>(page 68)</i>
SUNDAY	CHERRY BERRY BLISS <i>(page 66)</i>
SWEET TREAT	CHOC ALMOND MYLK <i>(free recipe)</i>

**(use red oak lettuce instead of swiss chard)*

SHOPPING LIST

FRUIT & VEGETABLES

- 6 bananas (freeze 5)
- 1 pineapple
- 2 mangoes
- 5 red apples (or 2 apples and 300g apple juice)
- 1 pear
- 3 oranges (or 300g orange juice)
- 1 lime
- 1 lemon
- 200g strawberries
- 250g bok choy
- 1 coral lettuce
- 1 red oak lettuce
- 80g curly endive
- 1 cucumber
- 1 large beetroot including leaves
- 1 avocado
- 1 purple carrot
- 1 orange carrot
- ½ celery

OTHER

- 200g frozen cherries (pitted)
- 40g raw honey
- 400g can coconut milk
- 400g can coconut water
- 50g raw cashews
- 1 tbsp flaxseeds
- 1 tsp cinnamon, ground
- 1 batch almond milk (1.8L) *(page 119)*

OPTIONAL

- Protein powder
- Coconut oil

Also, make sure you've got ice on hand



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SUPERHEALTHY CHALLENGE

FREE RECIPE

Make a batch of almond mylk for your smoothies and whatever is left over, turn into a delicious and nourishing chocolate mylk!

CHOC ALMOND MYLK



SERVES 4

8 Medjool dates, pitted
20g raw cacao powder
Pinch salt
900g almond mylk

1

Place dates, cacao, salt and 300g almond mylk in TM bowl, pulverise for 1 minute, speed 9.

2

Add remaining 600g almond mylk, pulverise for 1 minute, speed 9.

Drink immediately or refrigerate for up to 3 days.



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SUPERHEALTHY CHALLENGE

FREE RECIPE

Waste nothing! Use the left over almond pulp from your almond mylk to make these delicious high-fibre truffles.

ALMOND PULP TRUFFLES



100g raw cashews
200g Medjool dates
50g coconut oil
65g honey
100g cacao powder
50g dessicated coconut
1 batch almond pulp (from super healthy recipe)
Pinch salt
Extra dessicated coconut, to coat

1

Place cashews in TM bowl, chop for 10 seconds, speed 9. Scrape down sides.

2

Add dates, chop for 6 seconds, speed 7.

3

Add coconut oil and honey, heat for 2 minutes, 37°C, speed 3.

4

Add remaining ingredients, mix for 30 seconds, speed 3, or until well combined. Form into balls, roll in coconut and refrigerate until ready to serve.



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SUPERHEALTHY CHALLENGE

MORE SUPERHEALTHY RECIPES

Use raw honey in the recipes that call for uncooked honey, and always make the gluten-free variation to ensure that your meals are super healthy. You can also super healthify many other alyce alexandra meals by replacing bread, noodles and pasta with gluten-free alternatives.

Quick Fix in the Thermomix

Snacks

Beetroot & Yoghurt dip (G, V)
Tropical Sorbet (G, D, V, V+)
Beetroot Smoothie (G, D, V, V+)
Lemongrass & Ginger Tea (G, D, V)

Meals

Asparagus with creamy lemon & walnut dressing (G, V)
Bean salad with hazelnut dressing (G, V, D & V+ option)
Beetroot, Pear and Feta salad (G, V, D & V+ option)
Brown rice with olives (G, D, V, V+)
Creamed spinach (G, V)
Pumpkin & Green Bean Salad (G, V)
Miso Roasted Chicken (G, D)
Yakitori Chicken (G, D)
Asian beef Salad (G, D)
Moroccan Lamb Soup (G, D)
Crusted King Snapper with coconut, coriander & lime (G, D)
Mixed Bean bruschetta (V, G option)
Sesame, Lime & red Cabbage salad (G, D, V, V+)
Sweet Potato & Chickpea Soup (D, V, V+, G option)
Vegetable Chilli (G, V, D & V+ option)

Miniseries: Low Carb

Breakfast

Almond Pancakes (G, D option)
Coconut Berry Smoothie (G, V, D & V+ option)
Grilled Mushrooms & Eggs (G, V)
Nutty Porridge (G, V, D & V+ options)
Raspberry Yoghurt Smoothie (G, V)

Snacks

Chunky Spinach & Cashew Dip (G, V)
Guacamole (G, D, V, V+)
Iced Lime Tea (G, D, V, V+)
Spicy Nut Mix (G, V)
Watermelon & Lime Sorbet (G, D, V)

Meals

Avocado Salad (G, D, V, V+)
Chicken Drummettes (G, D)
Coconut Lime Chicken (G, D)
Greek Style Lamb Salad (G)
Sesame Chicken patties (G, D)
Chicken Puttanesca (G)
Cauliflower Rice (G, D, V, V+)
Seared Tuna Salad (G)
Spicy Seafood Soup (G, D)
Thai Prawn & Lemongrass Soup (G, D)

Quick Fix: Every Occasion

Meals

Rosemary Marinated Leg of Lamb (G, D)
Quinoa Salad (G, D, V, V+)
Watermelon Salad with Balsamic Reduction (G, V)
Seared Salmon Salad (G, D)
Greek Style Calamari (G, D)

Snacks & Condiments

Hot Cranberry & Orange Drink (G, D, V, V+ option)
Spicy Broad Bean Dip (G, V)
Coconut Lychee Sorbet (G, D, V)
Watermelon Cooler (G, D, V, V+ option)
Harissa Paste (G, D, V, V+)
Lychee, Mint & Lime Slushie (G, D, V, V+)
Edamame (G, D, V, V+)
Sticky Sauce (G, D, V)
Mango Mint Lassi (G, V)
Tropical Beetroot Juice (G, D, V, V+)

Free Website Recipes

Meals

Middle Eastern Chicken Salad (G)
Steamed Chicken Salad with Asian Flavours (G, D)
Curried Pumpkin Soup (G, D, V, V+)

Snacks

Mango Coconut Ice Cream (G, D, V, V+)
Blueberry Mint Smoothie (G, D, V, V+)
Dairy-free Choc 'Milkshake' (G, D, V)
Sundried Tomato & Spinach Pesto (G, V)



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