



# 7 Day Bluicing Plan

You no longer need to choose. You can now blend, juice or combine both and bluiice. Maximize the freshness and get 3X the flavors, variety and fun for a full week of healthy living.

## Day 1

Jam Jar

## Day 2

Basilberry  
Frappe

## Day 3

Pineapple &  
Mango Shake

## Day 4

Blueberry  
& Coconut  
Smoothie

## Day 5

Spicy Butternut  
Squash &  
Apple Soup

## Day 6

Acai Beet &  
Berry Bowl

## Day 7

Strawberry,  
Watermelon &  
Mint Sorbet

# Just some of the nutritional benefits you will be getting more of



Vitamin C  
Vitamin B6  
Dietary Fiber



Vitamin C  
Dietary Fiber  
Potassium



Vitamin A  
Dietary Fiber  
Vitamin C



Vitamin A  
Vitamin B6  
Magnesium



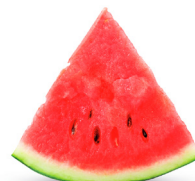
Potassium  
Magnesium  
Vitamin C



Vitamin C  
Vitamin A  
Dietary Fiber



Vitamin C  
Dietary Fiber  
Vitamin B6



Vitamin C  
Vitamin A  
Potassium



## Day 1 - Jam Jar

 Serves 4

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2¼ cups (340g) frozen strawberries  
1¼ cups (170g) frozen raspberries  
6 mint leaves  
2 small (150g) Persian cucumbers  
4 (720g) Pink Lady apples

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1. Place strawberries, raspberries and mint into blender jug and attach to juicer spout.
2. Turn variable speed dial to speed 6 and juice cucumbers.
3. Increase speed to 10 and juice apples.
4. Remove juicer assembly and place blender jug onto motor base. Close lid securely.
5. Select Green Smoothie program.
6. Serve immediately.

## Day 2 - Basilberry Frappe

 Serves 4

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6 (120g) ice cubes  
2 cups (300g) frozen strawberries  
12 (6g) fresh basil leaves  
21oz (600g) peeled watermelon flesh, chopped  
2 limes, peeled

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1. Add ice cubes, frozen strawberries and basil leaves into the blender jug and attach to juicer spout.
2. Place watermelon into feed chute and juice on speed 3, using the variable speed dial.
3. Reduce speed to 1 and juice limes.
4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
5. Select Frozen Cocktail program. Serve immediately.



## Day 3 - Pineapple & Mango Shake

 Serves 4

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8oz (250g) pineapple chunks  
2 oranges, peel and pith removed, cut in half  
1 large (about 12oz / 375g) ripe mango, peeled, stoned and cubed  
½ ripe banana, peeled and cut in pieces  
½ cup (4 fl oz / 125ml) milk or soy milk  
6 ice cubes

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1. Add mango, banana, ice and milk into blender jug and attach to juicer spout.
2. Place whole oranges into feed chute and juice on speed 2, using the variable speed dial.
3. Increase to speed 10 and juice pineapple.
4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
5. Select Smoothie program.
6. Pour the shake evenly into 4 chilled glasses. Serve immediately.





## Day 4 - Blueberry & Coconut Smoothie

Serves 4



- 16oz (500g) ripe strawberries, hulled, plus extra to garnish
- 4oz (125g) fresh or defrosted frozen blueberries
- 1 (100g) peeled banana, halved
- 7 fl oz (200ml) coconut milk
- 7 fl oz (200ml) coconut or vanilla ice cream
- 3 fl oz (100ml) cold water

1. Add blueberries, banana, coconut milk, ice cream and water into blender jug and attach to juicer spout.
2. Place whole strawberries into the feed chute and juice on speed 6, using the variable speed dial.
3. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
4. Select Smoothie program.
5. Pour the smoothie evenly into 4-6 chilled glasses. Garnish with extra strawberries. Serve immediately.



## Day 5 - Spicy Butternut Squash & Apple Soup

Serves 4 to 6

- 3-4 medium Granny Smith apples, peeled, cored, cut in half
- ¼ oz (5g) fresh peeled ginger
- 1 tablespoon (½ fl oz / 15ml) olive oil
- 2 medium onions, diced
- 3 cloves garlic, crushed
- ¼-½ teaspoon chilli powder
- 1 lb (500g) butternut squash (pumpkin), skinned, seeded and cubed
- 1 Gala apple (baking apple), peeled, cored and diced
- 2 cups (16 fl oz / 500ml) vegetable stock
- 2 teaspoons fresh lemon juice
- Salt and pepper to taste
- Light sour cream, to garnish
- Chopped fresh chives, to garnish

1. Attach jug to juicer spout. Place apple and ginger into feed chute and juice on speed 10, using the variable speed dial.
2. Heat olive oil in a large saucepan over high heat. Add onions and sauté for 3 to 4 minutes, until golden. Add garlic and chilli powder, sauté for 10 seconds, until fragrant. Add butternut squash and Gala apple and sauté for 3 minutes.
3. Add apple juice and vegetable stock, bring to a boil and simmer covered until butternut squash and apple are tender, about 25 minutes.
4. Allow mixture to cool slightly.
5. Place ½ the amount of slightly cooled butternut squash mixture into blender jug. Select speed 6. Puree/blend for 60 seconds, until smooth.
6. Repeat with remaining mixture.
7. Return soup to saucepan, add lemon juice and season with salt and pepper.
8. Bring soup to a simmer before serving. Garnish with sour cream and chives and serve.

## Day 6 - Acai Beet & Berry Bowl

 Serves 2

- 1 frozen banana, chopped
- ¾ cup (100g) frozen blueberries
- 1 packet (100g) frozen acai berry pulp
- ½ small beet, peeled, chopped
- ⅓ cup (40g) organic granola
- 1 tablespoon whey or vegan protein powder (optional)
- ¾ cup (180ml) chilled coconut water

TO SERVE

Fresh blueberries, goji berries and granola to garnish



1. Place ingredients into blender jug and secure onto motor base.
2. Select Green Smoothie program. Blend longer if required.
3. Pour smoothie into two large serving bowls..
4. Top with fresh blueberries, goji berries and granola.  
Serve immediately.



## Day 7 - Strawberry, Watermelon & Mint Sorbet

 Serves 6 - 8

- 1½ cups (250g) seedless watermelon, peeled, chopped
- 2 small limes, peeled, halved, seeds removed
- 2 cups (280g) frozen strawberries
- ¼ cup (50g) sugar
- ½ cup (6g) fresh mint leaves

1. Chill watermelon and lime in freezer for 30 minutes before blending.
2. Place ingredients into blender jug and secure lid.
3. Place blender jug onto motor hub and select Smoothie program. Serve immediately.
4. Storage: transfer to a freezer-safe container and freeze for up to 2 weeks.