



7 Day Bluicing Plan

You no longer need to choose. You can now blend, juice or combine both and bluiice. Maximise the freshness and get 3X the flavours, 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
Pumpkin &
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 Fibre



Vitamin C
Dietary Fibre
Potassium



Vitamin A
Dietary Fibre
Vitamin C



Vitamin A
Vitamin B6
Magnesium



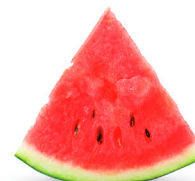
Potassium
Magnesium
Vitamin C



Vitamin C
Vitamin A
Dietary Fibre



Vitamin C
Dietary Fibre
Vitamin B6



Vitamin C
Vitamin A
Potassium



Day 1 - Jam Jar

 500ml / Serves 4

250g frozen strawberries
150g (approx. 1) Lebanese cucumber, cut into 1cm rounds
4g (approx. 10) mint leaves
400g (approx. 2 medium sized) red apples
150g (approx. 1) zucchini, top removed
200g (approx. 3) thin rhubarb stalks, leaves removed

1. Add frozen strawberries, cucumber and mint leaves into blender jug and attach to juicer spout.
2. Place apples into feed chute and juice on speed 10, using the variable speed dial.
3. Reduce speed to 6 and juice zucchini and rhubarb.
4. Remove juicer attachment and place blender jug onto motor base. Close lid securely.
5. Select Green Smoothie program for 30 seconds. Serve immediately.

Day 2 - Basilberry Frappe

 Makes 500ml / Serves 4

120g (approx. 6) ice cubes
300g frozen strawberries
6g (approx. 12) fresh basil leaves
600g peeled watermelon flesh, chopped
limes, peeled

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

 Makes 1L / Serves 4 to 6

300g (approx. 1 large) chopped mango flesh
95g (approx. 1) peeled banana, halved
140g (approx. 8) ice cubes
125ml milk or soy milk
250g (approx. ¼) peeled pineapple
335g (approx. 2) peeled oranges
Garnish with finely grated orange zest (optional)

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 4-6 chilled glasses. Garnish with orange zest. Serve immediately.

Day 4 - Blueberry & Coconut Smoothie

 Makes 1L / Serves 4 to 6

500g ripe strawberries, hulled, plus extra to garnish
125g fresh or defrosted frozen blueberries
100g (approx. 1) peeled banana, halved
200ml coconut milk
200ml coconut or vanilla ice cream
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 Pumpkin & Apple Soup

 Makes 1.5L / Serves 4 to 6

540g (approx. 4 medium) green apples
30g fresh ginger
15ml olive oil
310g (approx. 2 medium) onions, chopped
12g (approx. 3) garlic cloves, crushed
1 teaspoon chilli powder
1kg pumpkin, peeled, seeded and chopped into 3cm pieces
150g (approx. 1 medium) Gala apple, peeled, cored and chopped
500ml salt-reduced vegetable stock
Salt and pepper to taste
Garnish with coconut milk, chilli flakes and cashews

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 pumpkin and Gala apple and sauté for 3 minutes.
3. Add apple juice and vegetable stock, bring to a boil and simmer covered until pumpkin and apple are tender, about 25 minutes.
4. Allow mixture to cool slightly.
5. Place $\frac{1}{2}$ the amount of slightly cooled pumpkin mixture into blender jug. Select speed 6. Puree/Blend for 60 seconds, until smooth.
6. Repeat with remaining mixture.
7. Return soup to saucepan and season with salt and pepper.
8. Bring soup to a simmer before serving. Divide amongst 4-6 bowls.

Day 6 - Acai Beet & Berry Bowl

 Makes 500ml / Serves 2

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

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

 Makes 600ml / Serves 4

300g frozen strawberries
250g chilled seedless watermelon, peeled, chopped
2 small limes, peeled, halved, seeds removed
55g (¾ cup) sugar
15g (¾ cup) 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.