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# **SUPER SIMPLE NUTRIBLASTS** RECIPE BOOK

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# IMPORTANT SAFEGUARDS AND CAUTIONARY INFORMATION

## SAVE THESE INSTRUCTIONS

### FOR YOUR SAFETY, CAREFULLY READ ALL INSTRUCTIONS BEFORE OPERATING YOUR NUTRIBULLET.

#### ELECTRICAL SAFETY

When using any electrical appliances, basic safety precautions should always be observed, including the following:

- Caution! To avoid risk of electric shock, never immerse the cord, plug, or power base of blender in water or other liquids.
- This appliance has a polarized plug (one prong is wider than the other) to reduce the risk of electric shock. This plug will correctly fit in a polarized outlet only one way. If the plug does not fit fully in the outlet, reverse the plug. If it still does not fit, contact a qualified electrician. **Do not modify the plug in any way.**
- The use of attachments not recommended or sold by the manufacturer may cause fire, electric shock, or injury.

- **DO NOT USE THIS PRODUCT WITH ANY TYPE OF ADAPTOR OR VOLTAGE CONVERTER DEVICE. THIS UNIT IS MANUFACTURED IN COMPLIANCE WITH US AND CANADIAN ELECTRICAL STANDARDS AND PLUG TYPES.**
- **USE OF ADAPTERS AND CONVERTERS IS CONSIDERED AN UNAUTHORIZED MODIFICATION OF THE PRODUCT AND AS SUCH WILL VOID THE WARRANTY. USE OF THIS PRODUCT IN LOCATIONS WITH DIFFERENT ELECTRICAL SPECIFICATIONS MAY RESULT IN DAMAGE TO THE PRODUCT.**
- **UNPLUG THE NUTRIBULLET WHEN IT IS NOT IN USE. MAKE SURE THE POWER BASE IS UNPLUGGED BEFORE ASSEMBLING, DISASSEMBLING, ADDING ADDITIONAL PARTS, OR CLEANING.**

- Do not pull, twist, or damage the power cord.
- Do not allow the cord to hang over the side of the counter or table.
- Do not allow cord to touch hot surfaces, including stove.
- Periodically inspect cord and plug for damage. Do not operate any appliance with a damaged cord or plug. If the appliance malfunctions or is dropped or damaged in any manner, discontinue

use. Contact Customer Service for assistance in obtaining a replacement.

- Avoid contact with moving parts.
- Keep hands and utensils away from the cutting blade while chopping or blending food to reduce the risk of severe personal injury or damage to the device. A scraper may be used, but only when the blender/food chopper is not running.
- **NEVER LEAVE THE NUTRIBULLET UNATTENDED WHILE IT IS IN USE.**
- **CLOSE SUPERVISION IS NECESSARY WHEN ANY APPLIANCE IS USED BY OR NEAR CHILDREN.**
- To prevent overheating, never allow the motor to run for more than **one minute** at a time, as it can cause permanent damage to the motor. If the motor stops working, **unplug the Power Base and let it cool for an hour** before attempting to use it again. Your NUTRIBULLET has an internal thermal breaker that shuts off the unit when it overheats. The Power Base will reset when the unit is unplugged and the thermal breaker cools down.
- To reduce the risk of injury and leakage, make sure the blade base is securely screwed onto the cup before placing it on the Power Base and operating the appliance.
- Do not use NUTRIBULLET outdoors if exposed to inclement weather elements such as rain or other wet conditions.
- **Blades are sharp. Handle carefully.**
- **NEVER INSERT BLADE INTO THE POWER BASE WITHOUT FIRST ATTACHING THE CUP.**
- Check gasket to make sure it is completely seated in the cross blade or flat blade unit before each use.
- The NUTRIBULLET is not intended for use in microwave ovens. Do not place the NUTRIBULLET Cups, Power Base or any accessories in a microwave as this may result in damage to the appliance.
- To reduce the risk of personal injury or damage to the device, keep hands and utensils away from the cutting blade.
- Never blend carbonated beverages. Built-up pressure from released gases can cause container to burst, resulting in possible injury.
- Do not put hot liquids in any of the blending vessels before blending. Start with cool or room temperature ingredients. Heated ingredients can create internal pressure in a sealed blending vessel, which may erupt on opening and cause thermal injury.
- Do not run the NutriBullet when the cups are empty which can damage the unit.
- CAUTION! Friction from the rotating blade can cause ingredients to heat and generate internal pressure in the sealed vessel. Do not continuously operate for more than one minute. If the vessel

is warm to touch, allow to cool before carefully opening pointed away from your body.

- Never permit any blended mixture to sit inside a sealed vessel without first releasing internal pressure.
- Do not allow blended mixtures to sit for long periods in a sealed container. The sugars in the fruit and vegetables can ferment, causing pressure to build up and expand in the vessel which can cause ingredients to burst and spray out when moved or opened.
- Never use the NutriBullet with the Extractor Blade to Blend without liquid as doing so may damage the blade.
- The cyclonic action of your NutriBullet requires the use of liquids to make NutriBlasts and other nutritious beverages. It is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold NutriBlast, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the "MAX-" line. Do not crush ice or other hard items without liquid, as such prolonged use may dull or damage your blades. Always inspect your blades before each use.
- Never remove cup/blade assembly from the power base until the motor comes to a complete stop. Removing the cup/blade assembly while power base is still running may cause damage the blade coupling or motor gear.
- To stop the motor, twist to release the cup if in lock mode and stop pressing cup/blade assembly down if in pulse mode and wait for motor to power down completely.

### **WARNING: VENTILATION CAUTION**

- **Always operate the NUTRIBULLET on level surface, leaving unobstructed space beneath and around the power base to permit proper air circulation. Slots and openings on the bottom of the product are provided for ventilation to ensure reliable motor operation and to prevent over-heating. Warning: To prevent fire hazard, power base openings should be free of dust or lint and never obstructed with flammable materials such as newspapers, tablecloths, napkins, dishtowels, or place mats.**

**SAVE THESE INSTRUCTIONS  
FOR HOUSEHOLD USE ONLY**

### **WARNING!**

- **IF YOU ARE TAKING ANY MEDICATION, ESPECIALLY CHOLESTEROL-LOWERING MEDICATION, BLOOD THINNERS, BLOOD PRESSURE DRUGS, TRANQUILIZERS, OR ANTIDEPRESSANTS, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.**
- **THE FOLLOWING LIST OF SEEDS AND PITS CONTAIN CHEMICALS THAT RELEASE CYANIDE INTO THE BODY WHEN INGESTED. DO NOT USE THE FOLLOWING SEEDS AND PITS IN THE NUTRIBULLET:**
  - **APPLE SEEDS**
  - **CHERRY PITS**
  - **PEACH PITS**
  - **APRICOT PITS**
  - **PLUM PITS**

### **CLEANING SAFEGUARDS**

- **RINSE BLADES (AND CUPS) IMMEDIATELY AFTER USE TO PREVENT DEBRIS FROM DRYING AND STICKING TO VESSELS - IF NECESSARY, USE A DISH BRUSH TO LOOSEN ANY DEBRIS.**
- **HAND WASH ONLY WITH MILD DISH SOAP AND WARM WATER (NOT HOT).**
- **DRY IMMEDIATELY.**
- **FOR TOUGH DEBRIS, FILL THE CUP ½ FULL WITH WARM (NOT HOT), MILD SOAPY WATER. THEN, SIMPLY TWIST ON THE BLADE, POP IT ON THE BASE AND GIVE IT A RUN FOR 30-45 SECONDS. FOLLOW UP WITH A QUICK BRUSH.**
- **DO NOT PUT THE BLADES IN THE DISHWASHER AS ELEVATED TEMPERATURES CAN DAMAGE GASKETS. SIMPLY HAND WASH WITH WARM, MILD SOAPY WATER.**
- **THE NUTRIBULLET CUPS CAN BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET CUPS AND BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKET.**
- **WHEN WASHING BLADES, DO NOT ATTEMPT TO REMOVE THE GASKET RING. SIMPLY HAND WASH THE BLADES IN WARM, MILD SOAPY WATER. ATTEMPTED REMOVAL OF THE GASKET MAY PERMANENTLY DAMAGE THE BLADE CONFIGURATION AND CAUSE LEAKAGE. IF IN TIME A GASKET BECOMES LOOSE OR DAMAGED, PLEASE CONTACT CUSTOMER SERVICE FOR A REPLACEMENT NUTRIBULLET BLADE HOLDER AT: 1-855-346-8874.**

# CLEANING THE NUTRIBULLET

Everyone hates cleaning up, which is just one more reason the NUTRIBULLET is such a wonderful time saver.

**WARNING:**  
**ALWAYS UNPLUG THE NUTRIBULLET WHEN CLEANING OR ASSEMBLING.**

## Washing the NUTRIBULLET

Cleaning the NUTRIBULLET is so easy... simply place any of the pieces (except for the Power Base and blade holders) on the top shelf of the dishwasher or hand wash with warm soapy water and rinse.

**WARNING:**  
**DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET CUPS CAN BE WASHED IN THE DISHWASHER AND SHOULD BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET CUPS AND BLADES SHOULD NOT BE IMMERSSED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.**

## STUBBORN CLEANUP

If ingredients dry inside the NUTRIBULLET, make your cleanup a snap by filling the cup about 2/3 full with warm soapy water and screw on the Extractor Blade. Place the cup assembly on the NUTRIBULLET, Power Base for about 20-30 seconds. That will loosen the stuck ingredients, and with a light scrub, you'll be all done.

## CLEANING THE NUTRIBULLET POWER BASE

For the most part the Power Base doesn't really get dirty, but if you neglect to twist the blade on to the cup tightly, liquids can leak out and get into the base and activator buttons.

Here's how to clean it up.

**Step 1:** The most important thing is to UNPLUG the Power Base before cleaning!

**Step 2:** Use a damp rag to wipe down the inside and outside of the Power Base.

- **NEVER SUBMERGE THE POWER BASE IN WATER OR PLACE IT IN THE DISHWASHER.**
- Never put your hands or utensils near the moving blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.

**SAVE THESE INSTRUCTIONS**  
**FOR HOUSEHOLD USE ONLY**

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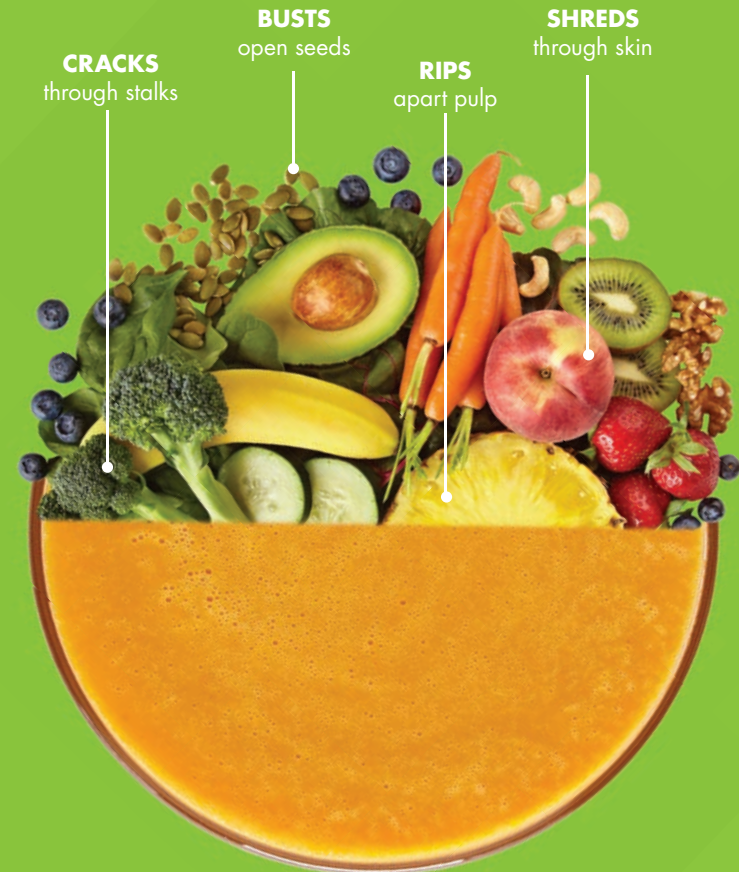
The **NUTRIBULLET**  
is not like any  
blender you have  
at home!

**IT'S A  
NUTRITION  
EXTRACTOR!**



## WHAT IS NUTRIENT EXTRACTION?

Unlike blenders and juicers, NutriBullet Nutrient Extractors are specifically engineered to break down the cell walls of food to create the most nutrient-dense smoothies possible. This unique extraction process transforms food into its most nutritious, most absorbable state. With extraction, you get the health benefits of eating the whole fruit and vegetable - the fiber, the pulp, the seeds and skins – nothing is left behind.



**TRANSFORM WHOLE FOODS INTO A NUTRIBLAST!**



# THE IMPORTANCE OF HEALTH AND VITALITY

## Add Healthy Years to Your Life

"If we eat wrongly, no doctor can cure us. If we eat rightly, no doctor is needed." – Victor G. Rocine

Eating an abundance of nutrient-extracted food can add years to your life. Not just any years, but healthy, vibrant, disease-free years. **Who doesn't want to live a long, happy life?** By embracing a healthy lifestyle and fueling your body with the vital nutrition it deserves, you can expect to see the following changes:

- Balanced internal pH
- Beautiful hair, skin, and nails
- Decreased risk of chronic disease
- Enhanced mood
- Increased energy
- Increased athletic performance
- Improved digestion (decreased constipation, gas, bloating, and IBS)
- Improved sleep
- Lower cholesterol
- Lower blood pressure
- Relieved diabetes and pre-diabetic conditions
- Weight loss
- Younger looking, glowing skin with visibly decreased wrinkles and improved elasticity

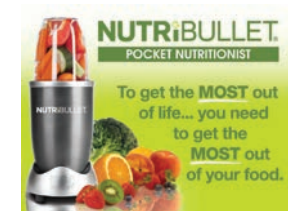
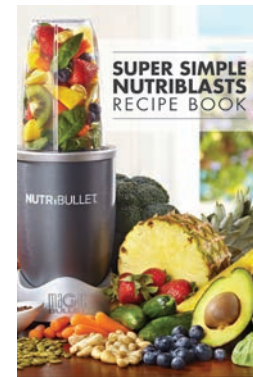
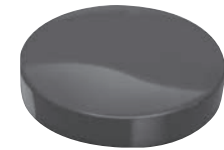


# THE PATH TO IMPROVED VITALITY



## What You Get:

The NUTRIBULLET comes with 8 pieces





# NUTRIBLAST

- NOTE!**
- 1 YOU MUST ALWAYS ADD A LIQUID BEFORE YOU BLEND A NUTRIBLAST.**
  - 2 DON'T OVERFILL YOUR CUP! MAKE SURE YOUR INGREDIENTS AND LIQUID REACH NO HIGHER THAN THE MAX LINE.**
  - 3 DON'T ADD MORE THAN THE OPTIONAL 25% ICE TO THE TOTAL BLAST INGREDIENTS.**



- Add liquid to MAX line
- Add ice (optional - only up to 25% of your total Blast ingredients)
- Add a boost (optional)
- 50% fruit (as many varieties as possible!)
- 50% leafy greens (2 cups = 1 serving)

## WARNING!

**BAD SEEDS:** While NUTRITION EXTRACTION can be amazingly beneficial, not all fruit seeds and rinds are created equal. The following seeds and pits contain a chemical that releases cyanide into the body when ingested. **DO NOT USE** the following seeds and pits in the NUTRIBULLET: Apple Seeds, Cherry Pits, Plum Pits, Peach Pits and Apricot Pits.

**NOTE:** The cyclonic action of your **NUTRIBULLET** requires the use of liquids to make NutriBlasts and other nutritious beverages. It is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold **NUTRIBLAST**, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the "MAX-" line. **Do not crush ice or other hard items without liquid, as such prolonged use may dull or damage your blades.** Always inspect your blades before each use.

# THE PATH TO IMPROVED VITALITY

## What Is A NUTRIBLAST?

The **NUTRIBLAST** is a nutrient-extracted drink designed to feed your system as many servings of easily absorbable fruits and vegetables as possible. All variations follow a very simple basic formula: 50% leafy greens, **50% fruit**, and **¼ cup of seeds, nuts, or "super boosts."** Add enough water to cover ingredients, twist on the blade, and blend.

The **NUTRIBLAST** makes an ideal breakfast beverage, but you can enjoy extracted nutrition any time of the day! You will be amazed by how energetic and healthy you feel from enjoying this satisfying raw **NUTRITION-EXTRACTED** goodness every day!

Start with one **NUTRIBLAST** a day (see recipe suggestions on page 38). As you begin to feel the amazing rewards that accompany a diet rich in **NUTRITION-EXTRACTED** foods, feel free to enjoy **TWO NUTRIBLASTS** a day. Boundless energy, restful sleep, mental clarity, and the overall feeling of well being that comes from true nourishment await! The more you blast, the better you'll feel!

For more information on healthy living, be sure to visit **www.NutriBullet.com**. Register to talk to our staff dietitians, take our health assessment, sign up for our weekly newsletters, and more. Healthy living is just a click away, so get started today!

**NOTE:** The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.

# HOW IT WORKS

## Extracting

1 Fill ingredients into the Tall or Short Cup.



2 Add the liquid of your choice up to the MAX line. (Liquid is required!).

3 Twist the Extractor Blade onto the Tall Cup and hand tighten to make sure the vessel has been sealed.



4 Press the vessel blade side-down onto the Power Base. Press down and twist to extract for no longer than 1 minute. If more extraction is needed, wait 1 minute, then repeat the extraction process in 1 minute intervals up to 3 times as needed to achieve the desired consistency. If more than 3 1-minute extractions are needed, allow the power base to cool for 2-3 minutes after the third extraction before beginning the next round. You can see the extraction process happening. Keep an eye on the consistency. Your **NUTRIBLAST** is ready when it looks smooth and creamy!



5 To turn off the **NUTRIBULLET** - simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the cup. Once the power base stops completely, remove the cup from the power base.



[www.nutrifamily.co.uk](http://www.nutrifamily.co.uk)

**CAUTION: FRICTION FROM THE ROTATING BLADE WHEN EXTRACTING CAN CAUSE INGREDIENTS TO HEAT AND GENERATE INTERNAL PRESSURE IN THE SEALED VESSEL. IF THE VESSEL IS WARM TO TOUCH, ALLOW TO COOL BEFORE CAREFULLY OPENING POINTED AWAY FROM YOUR BODY.**

# HOW IT WORKS

## Pulse Technique

Because the **NUTRIBULLET'S** motor is so powerful, it emulsifies the ingredients when you extract. That is why when you want to make foods such as chunky salsa, or coarse chopped onions, the Pulse technique is key. Pulsing takes a tiny bit of getting used to, but once you get a feel for it, you'll be a Pro in no time!

To Pulse, you simply press down on the cup very quickly and immediately release. For foods that you want coarsely chopped, a quick tap on the top of the cup is all you need. Then let the blades come to a complete stop and tap again until you get the consistency you desire.

**THE SECRET:** The trick to successful Pulsing is to make sure that the machine doesn't accidentally slip into Lock On mode. To avoid this, simply use your other hand to apply counter-clockwise pressure on the cup as you Pulse.

- 1** To start, hold the cup at the base and **apply counter-clockwise pressure to it, to keep it from locking on.**
- 2** With your other hand, tap the top of the cup and immediately release. Continue Pulsing until you get the consistency you want.



## Shake Technique

Sometimes, if you over fill the cups with ingredients or don't put enough water, the results can increase the density of the mixture. This makes it hard for the ingredients toward the top of the cup to make it down to the blade. If some of your ingredients are having a hard time making it down to the blade, simply use the Shake technique.

- 1** Remove the cup and blade assembly from the Power Base.
- 2** With the cup and blade assembly in hand, shake it like a cocktail shaker. Then put it back on the Power Base.
- 3** To turn off the **NUTRIBULLET** - simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the cup. Once the power base stops completely, remove the cup from the power base.



# HOW IT WORKS

## Tap Technique

For really stubborn ingredients that are clinging to the side of the cup instead of being recirculated into the cutting zone, simply use the Tap technique.

- 1 Take the cup and blade assembly off the Power Base and Tap the cup and blade assembly on the counter to force the ingredients down into the blades.



- 2 Place the cup and blade assembly onto the Power Base and finish processing.
- 3 To turn off the **NUTRIBULLET** - simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the cup. Once the power base stops completely, remove the cup from the power base.





# CLEANING THE NUTRIBULLET



**WARNING: ALWAYS UNPLUG THE NUTRIBULLET WHEN CLEANING OR ASSEMBLING.**

## Washing the NUTRIBULLET

Cleaning the **NUTRIBULLET** is so easy... simply place any of the pieces (except for the Power Base and blade holders) on the top shelf of the dishwasher or hand wash with warm soapy water and rinse.

**WARNING: DO NOT WASH THE BLADES IN THE DISHWASHER. THE NUTRIBULLET CUPS CAN BE WASHED IN THE DISHWASHER AND SHOULD BE WASHED ON THE TOP RACK OF THE DISHWASHER USING THE NORMAL (NOT SANITIZE) CYCLE. THE NUTRIBULLET CUPS AND BLADES SHOULD NOT BE IMMERSUED IN BOILING WATER FOR ANY REASON AS THIS WILL WARP THE PLASTIC AND DAMAGE THE GASKETS.**

## STUBBORN CLEANUP

If ingredients dry inside the **NUTRIBULLET**, make your cleanup a snap by filling the cup about 2/3 full with warm soapy water and screw on the Milling Blade. Place the cup assembly on the **NUTRIBULLET**, Power Base for about 20-30 seconds. That will loosen the stuck ingredients, and with a light scrub, you'll be all done.

## CLEANING THE NUTRIBULLET POWER BASE

For the most part the Power Base doesn't really get dirty, but if you neglect to twist the blade on to the cup tightly, liquids can leak out and get into the base and activator buttons.

**Here's how to clean it up.**

**Step 1:** The most important thing is to UNPLUG the Power Base before!

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- Never put your hands or utensils near the moving blade and never use your hands or utensils to press the activator buttons down while the Power Base is plugged in.

# THE PATH TO IMPROVED VITALITY AND LONGER LIFE!

## NUTRIBLASTS: MAKE IN A SNAP

It only takes seconds to make these nutritional masterpieces!  
**NUTRIBLASTS** taste great, they're fun to make, and easy to clean up!

## Replace Heavy Meals!

Most people feel satisfied with one NUTRIBLAST for breakfast, but feel free to have a healthy snack later in the morning if you get hungry. A whole grain granola bar, hardboiled egg, or yogurt should tide you over until lunch. Log on to **www.NutriBullet.com** for easy and customizable cleanse programs. Detox and energize the easy way - we'll show you how!

## Feel the Difference!

Adding five to ten servings of raw, nutrition-extracted fruits and vegetables to your day will have an AMAZING effect on how you look and feel. First, you will notice a **burst of energy** you won't believe you had in you! Second, you will attain a feeling of overall **wellness**—fewer aches and pains, deeper sleep, a stronger immune system, and more even mood and energy levels. This process can occur very quickly, and **you will continue to feel better and better** as you continue to enjoy nutrition-extracted foods.



## See the Difference!

Within a few days, you will begin to see the difference – a little extra room in the waistline of your pants, a glow to your skin, shiny hair, a sparkle in your eye. **People will start to comment on how good you look.** Enjoy the compliments – you deserve them! Who knew it would be SO easy to feel and look this much better? Keep up the great progress!

# THE PATH TO IMPROVED VITALITY AND LONGER LIFE!

## Nothing Feels as Good as Feeling Good

As you get further into your daily **NUTRIBLAST** program, your skin will improve and you'll wake up feeling well rested. You may lose a few pounds, and you may even lower your blood pressure and cholesterol levels. Yet no matter what changes arise, you will doubtlessly feel so much better than you do at this moment. This isn't a diet program you'll suffer through, but a lifestyle choice you'll want to stick to. You'll feel so good adding **NUTRITION-EXTRACTED** food into your diet that you won't want to stop! The more you add, the better you'll feel, and nothing feels as good as feeling good!

## Add Years to Your LIFE

By eating this wonderfully nutritious, **NUTRITION-EXTRACTED** food, you very well could be adding years to your life by preventing and even reversing the chronic diseases that plague so many of us – including heart disease, cancer, diabetes, and immune disorders.

Who wants to spend their golden years running back and forth to the doctor's office when they can be chasing their grandchildren around instead? Remember the old adage, "an apple a day keeps the doctor away"? Multiply that by five, seven, or even nine servings of bioavailable nutrient-extracted fruits and vegetables, and you've got a **NUTRIBLAST!** Farewell, MDs!





# THE PATH TO IMPROVED VITALITY AND LONGER LIFE!



## A Wonderful Side Benefit

After incorporating **NUTRIBLASTS** into your daily routine, you will find your cravings for sweet, salty, and fatty junk food significantly reduced. Once your body realizes how great nutrient-extracted food makes you feel, you will actually begin craving **HEALTHY** foods. **FANTASTIC**—roll with it! We've included a chart titled "EATING TO PROMOTE HEALTH AND WELLNESS" as well as a sample menu to help you eat for optimum health and vitality outside of the **NUTRIBULLET** system.

## Eating To Promote Wellness

FOOD TYPE	ENJOY	AVOID
<b>Dairy</b>	Non-fat cottage cheese, unsweetened yogurt, goat's milk, raw or skim buttermilk, non-dairy almond milk.	Soft cheese, all pasteurized or artificially colored cheeses and ice cream.
<b>Eggs</b>	Boiled or poached (no more than 4 a week).	Fried or pickled eggs.
<b>Fish</b>	All broiled or baked freshwater white fish, salmon or canned tuna in water.	Fried fish, shell fish, salted fish and all fish canned in oil.
<b>Fruits</b>	All unsweetened fresh, frozen or dried fruits.	Canned, bottled, or frozen fruits with sweeteners added.
<b>Grains</b>	All whole grains and products containing 100% whole grains.	All white flour products, white rice, white pasta, crackers, cereal and instant cereals or oatmeal.

FOOD TYPE	ENJOY	AVOID
<b>Meats</b>	Skinless turkey, chicken or lamb.	Beef, pork, hot dogs, luncheon meat, all processed meat, duck, goose and organ meat.
<b>Nuts</b>	All fresh, raw nuts (peanuts no more than once a week).	All salted, roasted nuts and peanuts if history of allergy.
<b>Oils (fats)</b>	All cold-pressed oils including corn, safflower, sesame, olive, flaxseed, soybean, sunflower and canola, margarine made from cold pressed oil and eggless mayonnaise.	All saturated fats, hydrogenated margarine, refined processed oils, shortening and hardening oils.
<b>Seasonings</b>	Garlic, onions, all herbs, apple cider vinegar, tamari, miso, seaweed and dulse.	Black pepper, white pepper, salt and all types of vinegar (except pure apple cider vinegar).
<b>Soups</b>	Homemade soups: lentil, bean, pea, veggie, barley, brown rice, onion. Low salt organic soups.	Canned soups made with salt, preservatives, stock or MSG.
<b>Sprouts and Seeds</b>	All slightly cooked sprouts and all raw seeds.	All seeds cooked in oil or salt.
<b>Sweets</b>	Small amounts of raw honey, pure maple syrup, stevia and blackstrap molasses.	White, brown or cane sugar. Corn syrup, sugared candies.
<b>Vegetables</b>	All raw, fresh, frozen (no salt or additives).	All canned or frozen with salt or additives.

**NOTE:** The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.



# GETTING STARTED



**STEP 1: ADD 50% LEAFY GREENS TO THE TALL CUP.** Two cups makes up a full serving of leafy greens, so that's the amount you want to work up to in the first few weeks. That's about two good-sized handfuls.

## STEP 2: ADD 50% FRUIT TO THE TALL CUP.

A serving of fruit is generally a cup. We suggest adding a banana or 1/2 of an avocado to every Blast for the "creamy" factor. Then add three more fruits (or more if you can fit it!) to your Tall Cup.



**STEP 3: ADD LIQUID.** To make a **NUTRIBLAST**, you must add liquid. We suggest you use a liquid of your choice (such as water, coconut water or almond milk) up to but never beyond the MAX LINE. For a thicker Blast, use a little bit less liquid.

## STEP 4: ADD YOUR BOOST (optional).

Add a handful of nuts, seeds or goji berries to pack in some essential fatty acids! Boosts make for a more nutritious and filling **NUTRIBLAST**.



## STEP 5: TWIST ON THE NUTRIBULLET BLADE, EXTRACT, ENJOY!

Twist on the blade, then place the cup on the Power Base. Push down and twist until it locks into the "on" position (you'll know because it will be running!). Keep extracting until you achieve a very smooth consistency. Twist on the handle and bottoms up!



**STEP 6: TO TURN OFF THE NUTRIBULLET**, simply twist in the opposite direction (to the right) to release the tabs and stop pressing down on the cup. Once the power base stops completely, remove the cup from the power base.



Give all pieces (except Power Base) a quick rinse with soapy water before using!

Getting started couldn't be easier! Get your **NUTRIBULLET** unit out and give the cups and blades a quick rinse with warm soapy water. Then get ready to create your first **NUTRIBLAST**!

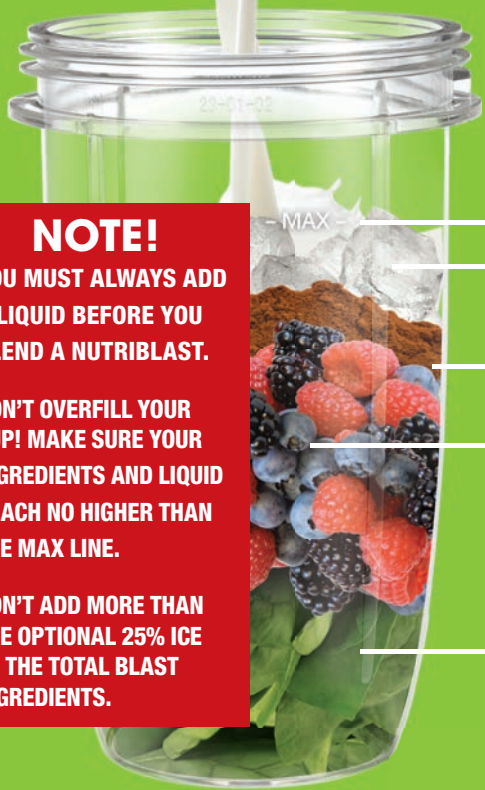
## Now it's time make your first NUTRIBLAST!



# NUTRIBLAST

## NOTE!

- 1 YOU MUST ALWAYS ADD A LIQUID BEFORE YOU BLEND A NUTRIBLAST.**
- 2 DON'T OVERFILL YOUR CUP! MAKE SURE YOUR INGREDIENTS AND LIQUID REACH NO HIGHER THAN THE MAX LINE.**
- 3 DON'T ADD MORE THAN THE OPTIONAL 25% ICE TO THE TOTAL BLAST INGREDIENTS.**



Add liquid to MAX line

Add ice (optional - only up to 25% of your total Blast ingredients)

Add a boost (optional)

50% fruit (as many varieties as possible!)

50% leafy greens (2 cups = 1 serving)

## WARNING!

**BAD SEEDS:** While **NUTRITION EXTRACTION** can be amazingly beneficial, not all fruit seeds and rinds are created equal. The following seeds and pits contain a chemical that releases cyanide into the body when ingested. **DO NOT USE** the following seeds and pits in the **NUTRIBULLET**: **Apple Seeds, Cherry Pits, Plum Pits, Peach Pits and Apricot Pits.**

**NOTE:** The cyclonic action of your **NUTRIBULLET** requires the use of liquids to make NutriBlasts and other nutritious beverages. It is not intended to be used as an ice crusher, and not without liquids. To make a delicious cold **NUTRIBLAST**, we suggest that you use frozen fruit and chilled liquids. Alternatively, you may add crushed ice, up to 25% of the total cup volume, with water or other liquid filled up to the "MAX-" line. **Do not crush ice or other hard items without liquid, as such prolonged use may dull or damage your blades.** Always inspect your blades before each use.

# HOW TO BUILD A NUTRIBLAST

## Enjoy 2 a-Day!

### 4 Easy Steps!

- 1 Fill the cup with 50% leafy greens + 50% fruit.
- 2 Fill only up to the **MAX** line with liquid (add ice if you want, but do not exceed 25% of the total volume of ingredients.).
- 3 Add 1/8 to 1/4 nuts and/or seeds, if desired.
- 4 Twist on the **NUTRIBULLET** blade and blend until smooth.



### LEAFY GREENS - 50%

Choose one from the following list of leafy greens or, mix and match! Fill the **Tall Cup** up to 50% with leafy greens. Work up to 2 full cups (2 handfuls) of leafy greens per Blast.

- Collard Greens
- Kale
- Romaine
- Spinach
- Spring Greens
- Swiss Chard

### FRUITS - 50%

Choose as many fruits as you want to equal 50% of your **NUTRIBLAST**.

- Apple
- Avocado
- Banana
- Blackberry
- Blueberry
- Cantaloupe
- Cranberry
- Fig
- Green Grapes
- Guava
- Honeydew
- Kiwi
- Mango
- Nectarine
- Orange
- Papaya
- Peach
- Pear
- Pineapple
- Plum
- Raspberries
- Red Grapes
- Strawberry
- Watermelon

### BOOSTS - 1/4 CUP

The following ingredients are an important part of your **NUTRIBULLET NUTRIBLAST**, adding additional fiber and nutrition to every sip. Add 1/8 to 1/4 cup to any Blast.

- | Nuts                          | Seeds                                 | Super Chargers                     |
|-------------------------------|---------------------------------------|------------------------------------|
| <input type="radio"/> Almonds | <input type="radio"/> Chia Seeds      | <input type="radio"/> Goji Berries |
| <input type="radio"/> Cashews | <input type="radio"/> Flax Seeds      | <input type="radio"/> Acai Berries |
| <input type="radio"/> Walnuts | <input type="radio"/> Hemp Seeds      |                                    |
|                               | <input type="radio"/> Pumpkin Seeds   |                                    |
|                               | <input type="radio"/> Sesame Seeds    |                                    |
|                               | <input type="radio"/> Sunflower Seeds |                                    |

# NUTRIBLAST RECIPE IDEAS!

If you've been slight on your fruit and vegetable consumption, it's best to start off a bit slow. Add a good handful of leafy greens and match that same amount with fruit. Start with one **NUTRIBLAST** a day. You may have a bit of a gassy stomach for the first few days as your body gets used to having so much fiber. Don't worry, this will pass (no pun intended)!



If you are looking to achieve the BEST POSSIBLE RESULTS, start with a **NUTRIBLAST** for breakfast, then squeeze in another later in the day. **NUTRIBLASTS** also make a wonderful dessert. Need recipes? Visit our Recipes section on [www.NutriBullet.com](http://www.NutriBullet.com) for tasty breakfast, lunch and dinner ideas - and even dessert - so you can satisfy that sweet tooth with vital nutrition.

Have more questions? Talk to our NutriBullet Registered Dietitians on NutriLiving, too! They can help you figure out what foods and recipes are right for you with personalized advice and the tips you need to live your most vibrant life.

**Please note:** If you are taking any medication, especially cholesterol-lowering medication, blood thinners, blood pressure drugs, tranquilizers, or antidepressants, **please check with your doctor before consuming any of the NUTRIBLAST recipes.**

## WARNING!

- IF YOU ARE TAKING ANY MEDICATION, ESPECIALLY CHOLESTEROL-LOWERING MEDICATION, BLOOD THINNERS, BLOOD PRESSURE DRUGS, TRANQUILIZERS, OR ANTIDEPRESSANTS, PLEASE CHECK WITH YOUR DOCTOR BEFORE CONSUMING ANY OF THE NUTRIBLAST RECIPES.
- THIS PROGRAM IS NOT INTENDED TO REPLACE MEDICAL ADVICE OR BE A SUBSTITUTE FOR A PHYSICIAN. IF YOU ARE SICK OR SUSPECT YOU ARE SICK, YOU SHOULD SEE A PHYSICIAN. IF YOU ARE TAKING A PRESCRIPTION MEDICATION YOU SHOULD NEVER CHANGE YOUR DIET WITHOUT FIRST CONSULTING YOUR PHYSICIAN BECAUSE ANY DIETARY CHANGE MAY AFFECT THE METABOLISM OF THAT PRESCRIPTION DRUG.



# NUTRIBLAST RECIPE IDEAS!



## STAGE 1

As you're getting started with your **NUTRIBLASTS**, we suggest using greens with a mild taste like spinach or spring greens. The fruits you use will easily mask their flavor, making for a tasty, refreshing drink. Experiment with water quantities to find your ideal consistency. The more water you use, the thinner your **NUTRIBLAST**, and vice versa. Remember to never go beyond the MAX LINE. Fight any temptation you have to add processed ingredients like fruit juice. Whole, unprocessed foods will give you the best results.

These Phase One recipes are perfect for first time **NUTRIBLASTERS**, but don't be afraid to get creative. Use the guide on page 35 to concoct your own masterpieces. You can even share your favorites with us on Facebook! "Like" us at [facebook.com/thenutribullet](https://facebook.com/thenutribullet) and join our wonderful community!

### Toxin Cleansing Blast

Flush toxins from your body with this delicious, fruity concoction.

- 1-2 handfuls of rinsed spinach
- 1 cored apple
- 1 cored pear
- 1 cup of pineapple
- 1 banana
- water

### Vita-Berry Blast

Ward off cancer, heart disease, and viruses with this sweet and tasty blast of flavonoids!

- 1-2 handfuls of rinsed spinach
- 1 handful strawberries
- 1 cup of blueberries
- water
- 1 banana

### The Immune Booster

Keep healthy even during flu season with this delicious elixir packed with antioxidant goodness.

- 1-2 handfuls of rinsed spring greens
- 1 cup of pineapple
- 1 banana
- 1 handful of blueberries
- 1 peeled orange
- water

### Morning Glory

Start your day with boundless energy with this flavorful blend.

- 1-2 handfuls spinach
- 1 avocado
- 1 cup strawberries
- 1 cup mango
- 1/4 cup goji berries
- water

### Nutty Nectar

Go nuts with this vitamin rich blast of flavor.

- 1-2 handfuls spinach
- 1 banana
- 1 cup strawberries
- 1 cup honeydew
- 1/8 cup walnuts
- water

### Tropical Tonic

Boost your immune system with this vitamin C rich drink.

- 2 handfuls spring greens
- 1 avocado
- juice of 1/2 lemon
- 1 cup mango
- 1 cup papaya
- 1/4 cup pumpkin seeds
- water

### Protein Powerhouse

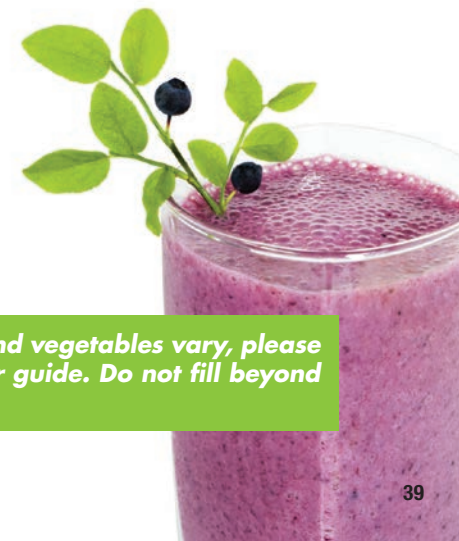
Packed full of protein, this super satisfying blend keeps you energized for hours.

- 2 handfuls spring greens
- 1 avocado
- 1 cup raspberries
- 1 orange
- 1 cup mango
- 1/8 cup cashews
- water

### Peachy Pick-me-up

Healthy fats and flavor abound in this tasty treat.

- 2 handfuls spring greens
- 1 banana
- 1 peach
- 1 cup honeydew
- 1 cup blackberries
- water



**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



# NUTRIBLAST RECIPE IDEAS!



## STAGE 2

Now that you are well on your way to becoming a **NUTRITION EXTRACTION** expert, it's time to mix up those greens and get some new vitamins and minerals down the hatch! As you progress, try not to fall into an ingredient rut. The more you vary the greens, fruits, vegetables, and boosts you add into your **NUTRIBLASTS**, the more nutritional benefits you will receive.

Some of the Phase Two greens have a more distinct flavor than their Phase One counterparts. You may want to balance the 'green' flavor of ingredients like romaine and butter lettuce with sweeter fruits and boosts. Almonds, cashews, and walnuts balance flavors nicely and add filling protein to your beverage. Keep experimenting, and be sure to post your favorites on our Facebook page!

At this point, it's a great idea to add a second **NUTRIBLAST** to your daily routine. **NUTRIBLASTS** make a wonderful afternoon snack or dessert after a light dinner. The more extracted nutrition you include in your diet, the better you are going to feel. Enjoy better sleep, boundless energy, and decreased aches and pains. Here's to a second daily **NUTRIBLAST!**

## Energy Elixir

Add some serious pep to your step with this delicious, energizing elixir. A perfect afternoon pick me up.

- 2 handfuls of rinsed spring greens
- 1 banana
- 1 cup red grapes
- 1 cored pear
- 1/8 cup of walnuts
- water

## Fountain of Youth

Look and feel years younger by enjoying this age-reversing blend.

- 2 handfuls of rinsed spinach
- 1 cup of red grapes
- 1 banana
- 1 cup of strawberry
- 1/8 cup of almonds
- 1 tsp maca powder
- water

## Longevity Elixir

Feel the years disappear with this light and snappy blend.

- 2 handfuls romaine
- 1 avocado
- 1 cucumber
- 1 cup cantaloupe
- 1/4 cup cashews
- 1 mint leaf
- water

## Nature's Candy

Balance hormones by way of this fantastic tasting treat.

- 2 cups butterhead lettuce
- 1 cored pear
- 1 cored apple
- 1 cup blueberries
- 1 banana
- 1 tsp maca powder
- water

## Get Up and Goji

Power up with this antioxidant-rich flavor extravaganza.

- 2 cups butterhead lettuce
- 1 cup honeydew
- 1 cup cantaloupe
- 1 cup watermelon
- 1 banana
- 1/8 cup goji berries
- water

## Antioxidant Fusion

Fight off free radicals and add years with this tasty blast.

- 2 handfuls of butterhead lettuce
- 1 banana
- 1 orange
- 1 cup pineapple
- 1 cup mango
- 1/4 cup almonds
- water



**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.

# NUTRIBLAST RECIPE IDEAS!

## STAGE 3

How are you feeling, **NUTRIBLAST** master? Join us on Facebook ([www.facebook.com/nutribullet](http://www.facebook.com/nutribullet)) and share all your wonderful stories! We can't wait to hear about (and try) your favorite **NUTRIBLASTS!**

Congratulations. You've made it to Phase Three! Ready for some hardcore greens? Of course you are!

As we say in the **NUTRIBLAST** world, "the more bitter, the better!" Bitter greens like kale and Swiss chard contain amazing amounts of calcium and magnesium—minerals that support healthy bones. Additionally, dark, bitter greens are full of cancer-fighting antioxidants beta carotene, vitamin E, and manganese. Considered liver chi stimulants in Chinese medicine, these greens also serve as great detoxifiers.

Are you using your boosts? By Phase Three, every Blast you make should feature a health-pumping boost. In addition to seeds and nuts, you can add some specialty boosts like goji berries, maca powder and açai to super charge your **NUTRIBLAST**. Goji berries add a wonderful tang to your Blast and are rich in anti-aging, immunity-boosting, vision-protecting, and heart disease-fighting vitamin A. Maca powder adds a smoky, coffee-like flavor to your **NUTRIBLAST**. A noted adaptogen, this maca increases your body's resistance to external toxins and may strengthen a weakened immune system. Finally, açai berries are known to support immune function and healthy sleep, reduce pain and soreness, and contribute to glowing skin and hair. Not too shabby for a tasty little berry!



## Life Boost Blast

Start your day with a blast of calcium and magnesium. No supplement ever tasted this good!

- 1-2 handfuls of rinsed kale
- 1 pitted peach
- 1 banana
- 1 handful of strawberries
- 1/8 cup flax seeds
- 1/8 cup of goji berries
- water

## Digestive Health Elixir

Rich with enzymes, this pineapple blend helps to get your digestive system running smoothly.

- 1-2 handfuls of rinsed swiss chard
- 1 banana
- 1 cup of cored pineapple
- 1 apple
- 1 cup of blueberries
- 1/4 cup of soaked goji berries
- water

## Liver and Colon Tonic

Detox away with this tasty treat.

- 1-2 handfuls of rinsed collard greens
- 1 banana
- 1 cup of pineapple
- 1 cup of red grapes
- 1/4 cup of hemp seeds
- water

**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



# NUTRIBLAST RECIPE IDEAS!



STAGE  
3

## Banana Berry Vitality Blend

Grab a quick energy boost with our Banana Berry Blend!

- 2 handfuls kale
- 1 banana
- 2 figs
- 1 cored apple
- 1 handful blueberries
- $\frac{1}{8}$  cup walnuts
- $\frac{1}{4}$  cup acai berries
- water

## Kaleacado Blast

Unleash your libido with a luscious Kaleacado Blast!

- 2 handfuls kale
- 1 avocado
- 1 cup watermelon
- red grapes
- 1 tsp maca powder
- $\frac{1}{4}$  cup strawberries
- water

## Melon Blast

Maximize your fiber and melt away pounds with a mouthwatering Melon Blast!

- 2 handfuls kale
- 1 banana
- 1 cup green grapes
- 1 cup cantaloupe
- 1 handful strawberries
- $\frac{1}{8}$  cup cashews
- water



## Power Booster

Pick up your pace with a delicious, nutritious Power Booster.

- 2 handfuls Swiss chard
- 1 banana
- 1 nectarine
- 1 cup blueberries
- $\frac{1}{4}$  cup goji berries
- water

## Swiss Mix

Mix it up with this flavor-packed, nutrient-rich blend.

- 2 handfuls Swiss chard
- 1 banana
- 1 plum
- 1 cup green grapes
- $\frac{1}{8}$  cup pumpkin seeds
- water

## Free Radical Fighter

Give free radicals a knock-out punch with a tasty Free Radical Fighter!

- 2 handfuls Swiss chard
- 1 avocado
- 1 cup watermelon
- 1 cup blackberries
- 1 fig
- $\frac{1}{2}$  cup blueberries
- $\frac{1}{8}$  cup flax seeds
- water



**NOTE:** Because the size of all fruits and vegetables vary, please use the max line on the cups as your guide. Do not fill beyond the max line.



# NUTRIBLAST FOR LIFE!

Take it to the limit! You are surely feeling the incredible benefits of nutrient-extracted foods. Get as many fruits and greens in your drink as you can! Down that tall cup and have a second **NUTRIBLAST** as an evening snack. Add those boosts! The more goodness you ingest, the better you'll feel!

Stay motivated by visiting [www.NutriBullet.com](http://www.NutriBullet.com) and learning about all the boosts your Blasts have been missing - from maca to spirulina to sacha inchi and more. Learn about their benefits, save your favorite articles, search hundreds of recipes and get on track with the everyday health tools you've always needed and never had. Now, they're all in one place.

**We'll see you there!**



**NOTE:** *The information contained in our guide and recipe book is not a substitute for regular health care. Always consult your physician regarding health and nutrition.*





# NOTES

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