

Native Santa Barbaran **Jennifer Tasca**, MSRD, has practiced as a local Registered Dietitian for over 20 years. She helped us develop **Focused Health Blends** in response to our customer's interest in addressing specific health needs.

Jennifer says, "I personally believe in consuming a whole foods diet that is nutrient dense and delicious. Your lifestyle and taste buds should not suffer while being health conscious."

To learn more about Jennifer, visit:  
[sbnutritiongeek.com](http://sbnutritiongeek.com)

## What is Stevia?



**Stevia** is a plant that provides natural, calorie-free sweetness found in its leaves. We love that it has a glycemic index of zero (meaning it doesn't raise your blood sugar levels), which in turn means that you don't get a sugar crash later in the day. We use just a few drops of this amazing natural liquid in

our **Focused Health Blends** to "brighten" the flavor.

The Trim Fit	
1 serving per container	
<b>Serving Size</b>	<b>16 oz.</b>
Amount per serving	
<b>Calories 274</b>	
% Daily Value*	
<b>Total Fat</b> 9g	13%
Saturated Fat 3.2g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 198mg	8%
<b>Total Carbs</b> 41g	13%
Dietary Fiber 8g 33%	
Total Sugars 22g	
<b>Protein</b> 15g	
Vitamin A 275%	
Vitamin C 416%	
Calcium 27%	
Iron 15%	

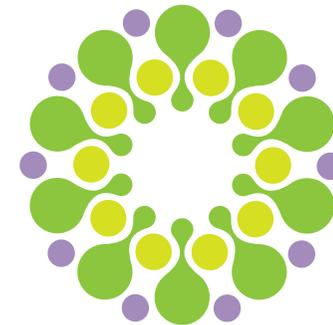
The Cleanse	
1 serving per container	
<b>Serving Size</b>	<b>16 oz.</b>
Amount per serving	
<b>Calories 329</b>	
% Daily Value*	
<b>Total Fat</b> 5g	7%
Saturated Fat .2g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 179mg	7%
<b>Total Carbs</b> 60g	19%
Dietary Fiber 14g 55%	
Total Sugars 32g	
<b>Protein</b> 13g	
Vitamin A 276%	
Vitamin C 357%	
Calcium 29%	
Iron 28%	

The Probiotic	
1 serving per container	
<b>Serving Size</b>	<b>16 oz.</b>
Amount per serving	
<b>Calories 472</b>	
% Daily Value*	
<b>Total Fat</b> 20g	29%
Saturated Fat 3.5g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 238mg	10%
<b>Total Carbs</b> 63g	20%
Dietary Fiber 16g 63%	
Total Sugars 40g	
<b>Protein</b> 11g	
Vitamin A 440%	
Vitamin C 257%	
Calcium 32%	
Iron 30%	

The Recovery	
1 serving per container	
<b>Serving Size</b>	<b>16 oz.</b>
Amount per serving	
<b>Calories 487</b>	
% Daily Value*	
<b>Total Fat</b> 23g	33%
Saturated Fat 3.2g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 201mg	8%
<b>Total Carbs</b> 56g	18%
Dietary Fiber 16g 65%	
Total Sugars 32g	
<b>Protein</b> 14g	
Vitamin A 271%	
Vitamin C 163%	
Calcium 35%	
Iron 49%	

The Antioxidant	
1 serving per container	
<b>Serving Size</b>	<b>16 oz.</b>
Amount per serving	
<b>Calories 367</b>	
% Daily Value*	
<b>Total Fat</b> 8g	12%
Saturated Fat .2g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 242mg	10%
<b>Total Carbs</b> 59g	19%
Dietary Fiber 16g 66%	
Total Sugars 34g	
<b>Protein</b> 11g	
Vitamin A 9%	
Vitamin C 57%	
Calcium 18%	
Iron 19%	

The Anti-Inflammatory	
1 serving per container	
<b>Serving Size</b>	<b>16 oz.</b>
Amount per serving	
<b>Calories 326</b>	
% Daily Value	
<b>Total Fat</b> 10g	15%
Saturated Fat 3.1g	
Trans Fat 0g	
<b>Cholesterol</b> 0mg	
<b>Sodium</b> 87mg	4%
<b>Total Carbs</b> 53g	17%
Dietary Fiber 18g 73%	
Total Sugars 26g	
<b>Protein</b> 10g	
Vitamin A 263%	
Vitamin C 202%	
Calcium 25%	
Iron 23%	

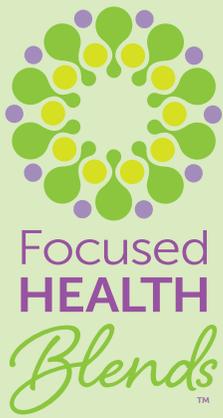


Focused  
**HEALTH**  
 Blends™

Specifically formulated by a Registered Dietitian, using nature's proven nutrients to promote better physical and emotional health!

**Dairy-Free Gluten-Free Plant-Based**





Formulated by a Registered Dietitian, our plant-based **Focused Health Blends** use nature's proven nutrients to promote better physical and emotional health. Each Blend is nutritionally-balanced with just the right combination of proteins, carbs, and healthy fats. We have carefully created these combinations to focus on six specific goals. Whether you are looking to control your weight, recover from a workout, rid your body of toxins, boost your antioxidants, aid your digestion, or reduce inflammation, we have the Blend for you.

Best of all, these great tasting Blends are available at every convenient Blenders location on the Central Coast.

### **Dairy-Free   Gluten-Free   Plant-Based**

#### **The Trim Fit**

Our lowest calorie/carb Blend, focused on rejuvenation and hydration, is bursting with Vitamin C and immune boosting nutrients! Coconut water and leafy greens provide essential electrolytes, fiber, vitamins, and minerals. The natural sweetness of peaches adds flavor, while pea protein, chia seeds, and flax seeds provide protein for balance. The rich creaminess of avocado adds a small dose of healthy fat to aid blood sugar control and improve satiety. Ginger gives the Blend an antioxidant punch.

*Coconut water, spinach, kale, avocado, ginger, lemon, peaches, chia seeds, flax seeds, pea protein, stevia*

#### **The Recovery**

This is an ideal post-workout Blend, as it has the necessary amino acids for muscle repair and contains cinnamon for optimal blood sugar control. Loaded with protein and superfoods to boost metabolism and build lean muscle, this Blend perfectly balances high fiber leafy greens with all natural carbohydrate sources to add a subtle sweetness. Cacao nibs provide a healthy dose of antioxidants, while maca, a potent adaptogen, increases energy, supports bone health, and enhances the body's natural ability to handle stress.

*Almond milk, spinach, kale, banana, dates, almonds, almond butter, cacao nibs, cinnamon, maca, chia seeds, flax seeds, stevia*

#### **The Cleanse**

This low-calorie superfood-packed Blend is full of natural electrolytes, vitamins, and minerals. Parsley supports the body's natural detoxification process, and leafy greens and lemon add an alkalizing component. Ginger provides a healthy dose of the bioactive compound gingerol, known for its anti-inflammatory and antioxidant properties. Chia and flax seeds provide a dose of amino acids and omega fatty acids, and cinnamon assists in blood sugar control.

*Coconut water, spinach, kale, parsley, cucumber, ginger, lemon, apple, banana, peaches, cinnamon, chia seeds, flax seeds, pea protein, stevia*

#### **The Antioxidant**

This Blend balances out the natural sweetness from antioxidant rich fruits (blueberry and pitaya) with protein and omega fatty acids from chia seeds, flax seeds, and almonds. The bright indigo color of this Blend hints at the phytochemical power contained within. Antioxidants and phytochemicals help reduce oxidative stress from free radicals.

*Almond milk, almonds, lemon, banana, blueberries, pitaya, chia seeds, flax seeds, pea protein, stevia*

#### **The Probiotic**

A fiber-rich Blend for GI health, with added protein and omega fatty acids from chia and flax seeds for balance. Supplemented with a probiotic blend for microbiome health, reduced bloat, and improved digestion. Probiotics work within the GI system to reduce inflammation and oxidative stress. A dash of cinnamon rounds out the flavor profile and also assists in blood sugar control. Carrots provide fiber and B6 for improved immunity.

*Almond milk, carrot, dates, banana, peaches, almond butter, cinnamon, nutmeg, probiotics, maca, chia seeds, flax seeds, stevia*

#### **The Anti-Inflammatory**

Packed with anti-inflammatory foods, this Blend targets the inflammation that is the cornerstone of most chronic and acute diseases. It combines the regenerative and alkalizing benefits of dark leafy greens with antioxidant rich fruits to support immune health and reduce inflammation. It also provides a hearty dose of both ginger and turmeric, two of the biggest natural food players in the fight against inflammation.

*Coconut Water, spinach, kale, avocado, ginger, lemon, turmeric, banana, blueberries, almonds, chia seeds, flax seeds, stevia*

