



21-DAY RAINBOW RESET CHALLENGE

#RAINBOWRESET #TEAMFITBEST #FITBESTTRAINING

21-DAY RAINBOW. RESET CHALLENGE

Please Take Note:

- Remember to always start your recipe with the liquid ingredients (water, milk, etc.) & then add the chunky goodness!
- The recipes all make a Large Smoothie (±300ml or more)
- If you want smaller smoothies – you are welcome to ½ the recipes! Or put the second half in the fridge for tomorrow morning!

21-Day Challenge:

You don't have to drink the smoothies in this order. But the aim of the challenge is to get as much as possible nutrients into your body over the next 21 days – hence the suggested routine.

Every **Monday** – Red | Every **Tuesday** – Orange |
Every **Wednesday** – Yellow | Every **Thursday** – Green
| Every **Friday** – White | Every **Saturday** – Purple |
Every **Sunday** - Pink

#RAINBOWRESET #TEAMFITBEST #FITBESTTRAINING

RED SMOOTHIE

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- ¼ cup (±40g) Cherries
- ½ cup (±80g) Frozen Strawberries
- 1 tsp (±5ml) Cocoa Powder
- 2ml Vanilla Extract / Essense
- ½ cup (±80g) Frozen Raspberries (Optional)
- Top with Pomegranates (Optional)

**The exact amount of each of the above can be adjusted to suit your taste!*

FIT BEST Red Smoothie

1 servings • 152 calories / serving



57%
19,9g
Carbs

30%
4,6g
Fat

13%
4,6g
Protein

Why these specific ingredients:

Cherries = Good source of fiber, potassium, calcium, vit A & folic acid

Strawberries = Good source of fiber, manganese, potassium, rich in antioxidants (polyphenols, etc.)

Cacao Powder = Rich in theobromine (fights inflammation), rich in phytonutrients

Vanilla Extract = Rich in antioxidants, neutralize free radicals, prevent skin damage

Raspberries = Good source of fiber, rich in potassium, omega 3

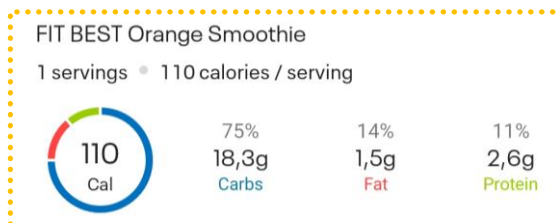
Pomegranates = Rich in antioxidants (polyphenols), removes free radicals, vit C, vit E, folate, potassium, vit K reduce inflammation in gut & improves digestion

ORANGE SMOOTHIE

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- 1 large (±100g) Carrot
- 1 medium Orange / 0,5 medium Grapefruit
- ½ tsp (±2,5ml) Ginger
- 1tsp (±5ml) Cinnamon

**The exact amount of each of the above can be adjusted to suit your taste!*



Why these specific ingredients:

Carrots = Particular good source of beta carotene, fiber, vit K, potassium & antioxidants, lowers cholesterol

Orange = High in vit C, lowers blood pressure & cholesterol, controls blood sugar level, prevents skin damage

Grapefruit = Rich in antioxidants, one of the lowest calorie fruits, vit A, vit E, potassium, thiamine, folate, magnesium

Ginger = Relieves indigestion, protects against disease, lowers cholesterol, blood sugar & inflammation, soothes sore muscles.

Cinnamon = Anti-viral, anti-inflammatory, lowers blood sugar, relieves indigestion, probiotic properties may improve gut health



YELLOW SMOOTHIE

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- 1 cup (±160g) Frozen Mango
- 0,5 cup (±80g) Pineapple
- 1 large (±100g) Banana
- 1 tsp (±5ml) Turmeric

FIT BEST Yellow Smoothie

1 servings • 244 calories / serving



81%
47,2g
Carbs

7%
1,9g
Fat

12%
7g
Protein

**The exact amount of each of the above can be adjusted to suit your taste!*

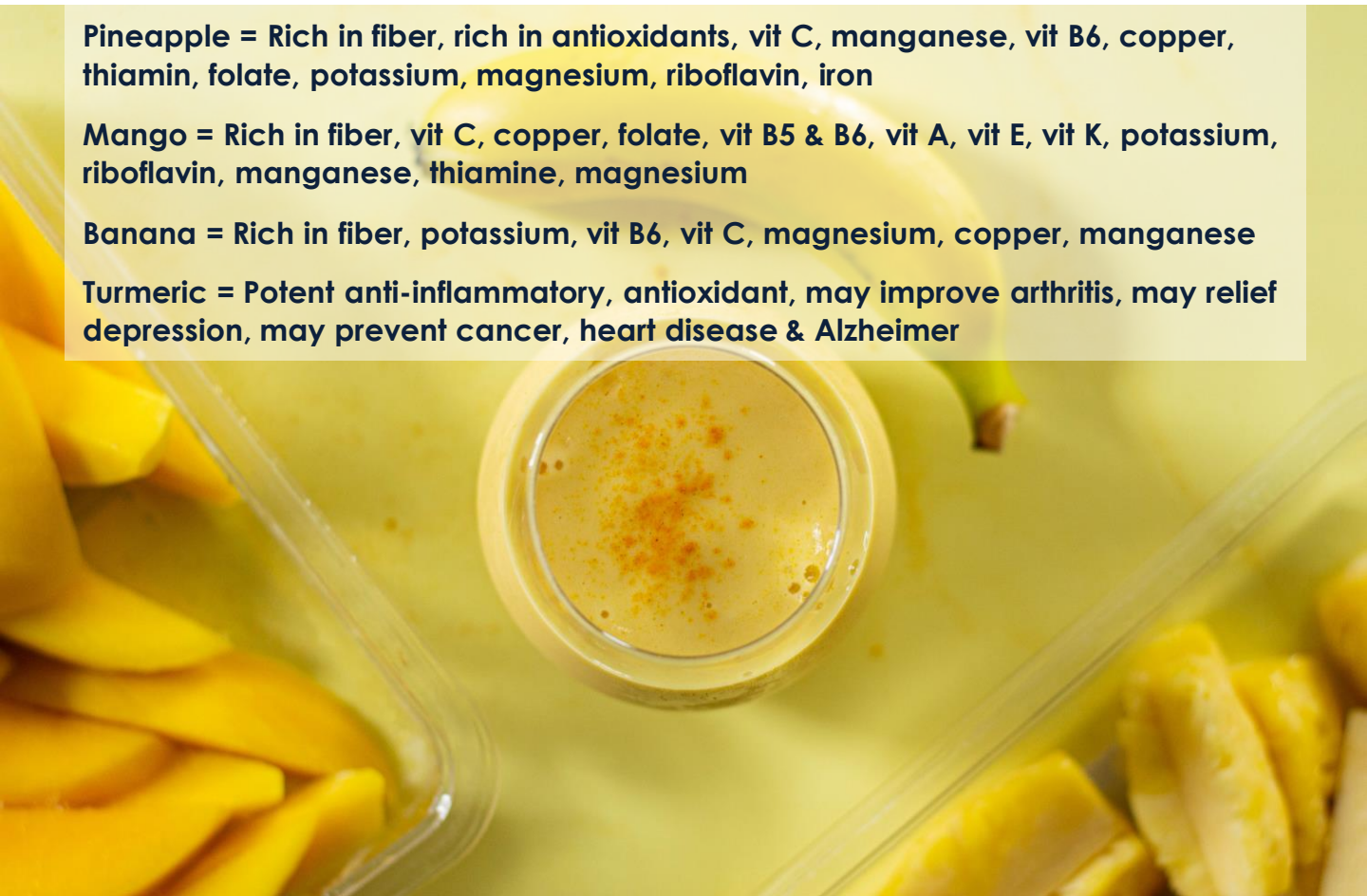
Why these specific ingredients:

Pineapple = Rich in fiber, rich in antioxidants, vit C, manganese, vit B6, copper, thiamin, folate, potassium, magnesium, riboflavin, iron

Mango = Rich in fiber, vit C, copper, folate, vit B5 & B6, vit A, vit E, vit K, potassium, riboflavin, manganese, thiamine, magnesium

Banana = Rich in fiber, potassium, vit B6, vit C, magnesium, copper, manganese

Turmeric = Potent anti-inflammatory, antioxidant, may improve arthritis, may relief depression, may prevent cancer, heart disease & Alzheimer



GREEN SMOOTHIE



FIT BEST Green Smoothie

1 servings • 152 calories / serving



68%
26,9g
Carbs

14%
2,5g
Fat

18%
6,9g
Protein

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- 1½ tsp (±15ml) Lemon Juice / Apple Cider Vinegar
- 1 cup (±50g) Baby Spinach / Spinach
- ½ cup (±80g) Cucumber
- 4 short sticks (±100g) Celery
- ¼ cup (±40g) Frozen Blue Berries (Optional)
- 1 tsp (±5ml) Spirulina (Optional)

**The exact amount of each of the above can be adjusted to suit your taste!*

Why these specific ingredients:

Lemon Juice / Apple Cider = Promotes hydration, rich in antioxidants, vit C, reliefs indigestion

Spinach = Excellent source of vit K, vit A, vit C & folate, also rich in manganese, magnesium, vit B2

Cucumber = Rich in fiber, vit C, vit K, magnesium, potassium, manganese, rich in antioxidants

Celery = Great source of antioxidants, reduces inflammation, supports digestion, rich in vit A, vit K and vit C

Blue Berries = Antioxidant Superfood! Packed with phytoflavonoids, high in potassium and vit C, may reduce risk of heart disease and cancer

Spirulina = Antioxidant & anti-inflammatory Superfood! To many benefits to list here, but do yourself a favour and go read up about it.



WHITE SMOOTHIE

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- 1large (±100g) Frozen Banana
- 1 tbsp (±10g) Coconut / Desiccated Coconut
- 5ml Vanilla Extract / Essense
- ¼ cup (±20g) Oats
- 1cup (±100g) Cauliflower

**The exact amount of each of the above can be adjusted to suit your taste!*

FIT BEST White Smoothie

1 servings • 275 calories / serving



52%
32,2g
Carbs

35%
9,7g
Fat

13%
7,8g
Protein

Why these specific ingredients:

Banana = Rich in fiber, potassium, vit B6, vit C, magnesium, copper, manganese

Coconut = high-fat fruit, antioxidants, promotes blood sugar regulation, may reduce risk of heart disease

Oats = Great source of beta-glucan, rich in manganese, magnesium, copper, iron, zinc, folate, thiamin, vit B5

Cauliflower = Very low in calories, yet high in nutrients, rich in fibre, vit C, vit K, vit B6, folate, vit B5, magnesium

Vanilla Extract = Rich in antioxidants, neutralize free radicals, prevent skin damage

PURPLE SMOOTHIE

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- 1 tsp (±5g) Chia Seeds
- 1 cup (±160g) Frozen Blue Berries / Mixed Berries
- 1 large (±100g) Frozen Banana
- ½ cup (±80g) Grapes (Optional)

**The exact amount of each of the above can be adjusted to suit your taste!*



FIT BEST Purple Smoothie

1 servings • 278 calories / serving



78%
48,2g
Carbs

14%
3,8g
Fat

8%
4,8g
Protein

Why these specific ingredients:

Chia Seeds = Low in calories, rich in nutrients, rich in fiber, calcium, magnesium, manganese, phosphorus, zinc, vit B3, potassium, vit B2, thiamine

Blue Berries = Antioxidant Superfood! Packed with phytoflavonoids, high in potassium and vit C, may reduce risk of heart disease and cancer

Banana = Rich in fiber, potassium, vit B6, vit C, magnesium, copper, manganese

Grapes = Packed with vit C & vit K, rich in antioxidants, fiber, vit B6, riboflavin, thiamine, potassium, copper, manganese

PINK SMOOTHIE



FIT BEST Pink Smoothie

1 servings • 133 calories / serving



74%
22,5g
Carbs

15%
2g
Fat

11%
3,5g
Protein

Why these specific ingredients:

Strawberries = Good source of fibre, manganese, potassium, rich in antioxidants (polyphenols, etc)

Watermelon = Low in calories, rich in nutrients. Rich in vit C and vit A. Helps with hydration, rich in potassium, magnesium, vit B1, B5 and vit B6. Rich in beta-carotene & lycopene

Beetroot = Great source of fiber, folate, manganese, potassium, iron and vit C. May improve blood circulation and lower blood pressure

Raspberries = Good source of fiber, rich in potassium, omega 3

INGREDIENTS

- 100ml Almond Milk
- 10ml Water
- ±5 Ice Cubes
- ½ cup (±80g) Frozen Strawberries
- ½ cup (±80g) Watermelon
- ½ cup (±80g) Beetroot
- ½ cup (±80g) Raspberries (Optional)
- 1 scoop Whey (Optional)

**The exact amount of each of the above can be adjusted to suit your taste!*



21-DAY RAINBOW RESET CHALLENGE

SHARE YOUR
JOURNEY WITH US!

@FITBESTTRAINING

@LARAJONKER_

#RAINBOWRESET

#TEAMFITBEST

#FITBESTTRAINING