



DRINK THE
RAINBOW

5 DAY SMOOTHIE CHALLENGE





DRINK THE RAINBOW

Welcome to the Vitamix 5—day Drink the Rainbow Challenge. A great way to begin a healthy new habit made in your Vitamix.

LET'S BLEND TOGETHER

Strawberries and bananas. Peanut butter and chocolate.

You and your Vitamix® blender. These are just a few examples of great combinations—this ebook contains a lot more. Whether you want to learn healthy ways to indulge your sweet tooth or add some green goodness to your glass, we'll be right beside you, helping you achieve your perfect blend.

To get the most out of the challenge, we recommend you

1. Choose 5 smoothies from the ebook that you would like to make as part of the challenge.
2. Make time to grocery shop for all of the ingredients you'll need before the start of the challenge.
3. Plan in advance which smoothie you will make on what day.
4. Adjust the quantities depending on how many servings you would like
5. If you're really busy, try preparing smoothie packs for the week ahead at the weekend and store them in the freezer. Take a pack from the freezer the night before, leave it in the fridge and then blend and go in the morning!

5-Day Rainbow Plan

Follow these guidelines to get the most out of the challenge. Each day has a theme and a list of ingredients to use in your smoothies. All smoothies are made with Vitamix.



BUILD A BETTER SMOOTHIE

To help ensure smoothie success, follow these general guidelines:



*Load liquids first; save ice
& frozen ingredients for last*



*Load ice & frozen ingredients
first, then liquids last*

THE PERFECT SIZE

While the recipes in this book are written for our 2 Litre and 1.4 Litre containers, you can easily blend in different container sizes. Use these guidelines, but feel free to adjust for your personal taste preferences!

0.9 Litre container: Cut the recipe ingredient amounts in half
600ml blending cup: Cut the recipe ingredient amounts to a quarter



LET'S HAVE SOME FUN

When you're ready to go off-recipe, follow our simple guide to create a well-balanced smoothie every time.



STEP 1:

CHOOSE 1 LIQUID.

Try non-dairy milk, juice, or water.



OPTIONAL STEP:

CHOOSE 1 GREEN.

Maybe spinach, kale, or broccoli?
(Trust us, these ingredients can add some serious nutritional value!)



STEP 2:

CHOOSE 2 FRUITS OR VEGGIES.

Combine flavors like berries, grapes, celery, or cucumber.



STEP 3:

BLEND!

Place your ingredients and some ice cubes in the container and secure the lid. Then just blend on the highest speed for 40-50 seconds, or use your Smoothie program.

IT'S AS EASY AS 1, 2, 3!



WHITE YELLOW ORANGE

Vitamin C (citrus)

Citrus fruits like oranges, pineapple, and mango are full of vitamin C, and you'll love the tropical flavor they add to your drinks!

Hello, Hydration

Fruits like apricot, oranges, and pineapple have a high water content, so they'll help you stay hydrated (and are tasty alternatives to plain water).

Plenty of Potassium

You'll find this important mineral in fruits like bananas, oranges, and apricots.

RECIPES IN THIS SECTION

- Apricot Frozen Yogurt Smoothie 7
- Pineapple Baobab Smoothie 9
- Strawberry-Mango Smoothie 11
- Carrot & Citrus Smoothie 13



APRICOT FROZEN YOGURT SMOOTHIE

INGREDIENTS

1 cup (240 ml)
apricot nectar
3 apricots (150 g)
halved, pitted
½ cup vanilla yogurt
3½ cups (245 g)
vanilla frozen yogurt

Serves: 2

INSTRUCTIONS

First, add all ingredients to the Vitamix container in the order listed and secure the lid.

Does your machine have programs? Choose the Smoothie program, start the machine, and let the program complete.

Using manual controls? Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.

Amount Per Serving: Calories 120, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 45mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugars 14g, Protein 5g



PINEAPPLE BAOBAB SMOOTHIE

INGREDIENTS	INSTRUCTIONS
1 cup (240 ml) pineapple juice 1 cup (260 g) plain Greek yogurt 1½ small bananas, peeled 1½ cup (225 g) pineapple, peeled, cubed 1 teaspoon vanilla extract 1 Tablespoon baobab fruit powder 1¼ cups (175 g) ice cubes	<p><i>First</i>, add all ingredients to the Vitamix container in the order listed and secure the lid.</p> <p><i>Does your machine have programs?</i> Choose the Smoothie program, start the machine, and let the program complete.</p> <p><i>Using manual controls?</i> Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.</p>
Serves: 2	<p><i>Amount Per Serving:</i> Calories 110, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 25mg, Total Carbohydrate 23g, Dietary Fiber 2g, Sugars 16g, Protein 6g</p>

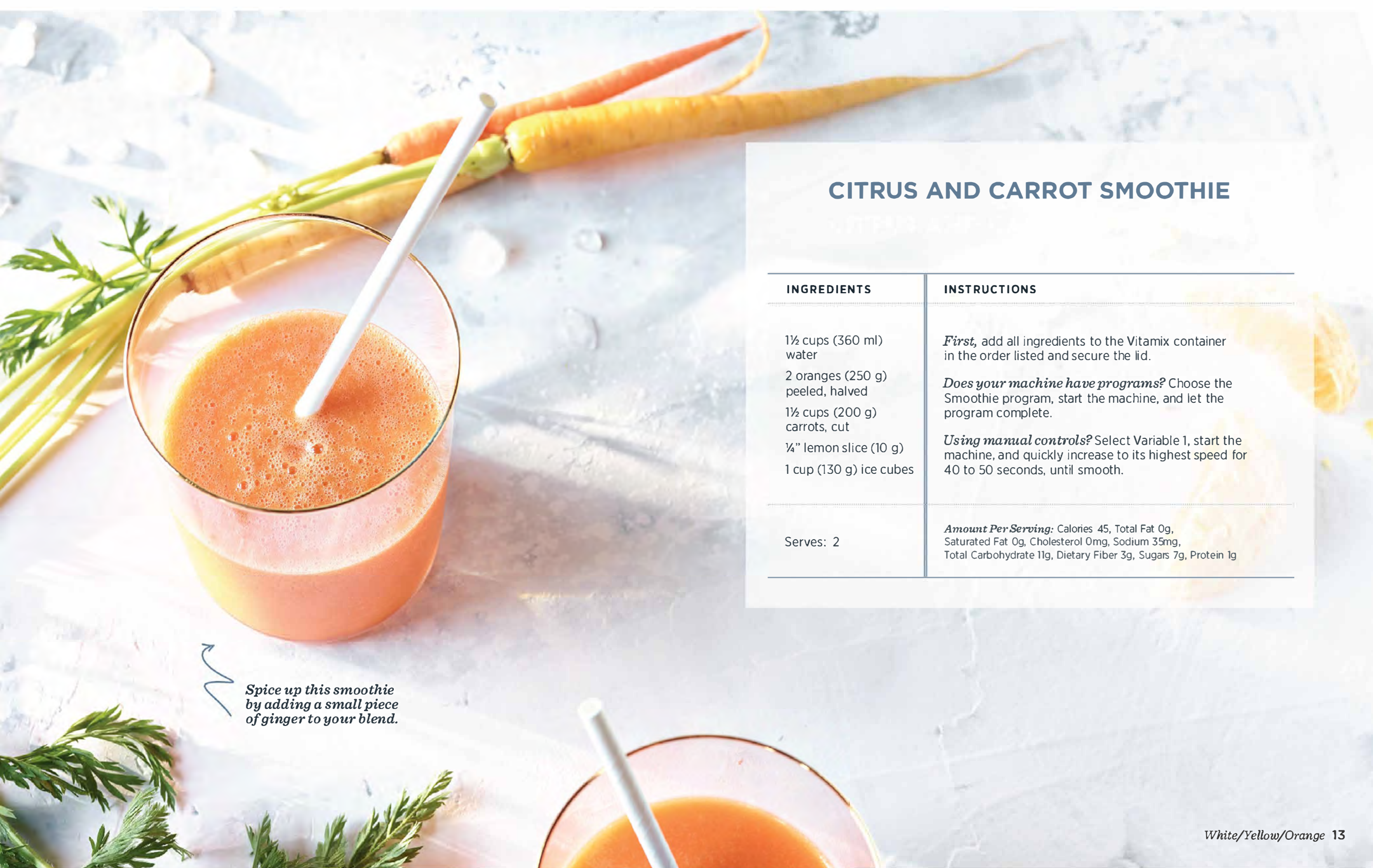
Baobab powder is an awesome source of vitamin C and fiber.



STRAWBERRY MANGO SMOOTHIE

INGREDIENTS	INSTRUCTIONS
<p>½ cup (120 ml) water</p> <p>2 oranges, peeled, halved</p> <p>2¼ cups (250 g) mango chunks, peeled</p> <p>1½ cups (200 g) strawberries, quartered</p> <p>1 cup (130 g) ice cubes</p>	<p><i>First,</i> add all ingredients to the Vitamix container in the order listed and secure the lid.</p> <p><i>Does your machine have programs?</i> Choose the Smoothie program, start the machine, and let the program complete.</p> <p><i>Using manual controls?</i> Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.</p>
<p>Serves: 2</p>	<p><i>Amount Per Serving:</i> Calories 90, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 21g, Dietary Fiber 4g, Sugars 17g, Protein 1g</p>

← *Pour your blend into a popsicle mold and freeze for a refreshing summer treat!*



Spice up this smoothie by adding a small piece of ginger to your blend.

CITRUS AND CARROT SMOOTHIE

INGREDIENTS	INSTRUCTIONS
1½ cups (360 ml) water 2 oranges (250 g) peeled, halved 1½ cups (200 g) carrots, cut ¼" lemon slice (10 g) 1 cup (130 g) ice cubes	<p><i>First</i>, add all ingredients to the Vitamix container in the order listed and secure the lid.</p> <p><i>Does your machine have programs?</i> Choose the Smoothie program, start the machine, and let the program complete.</p> <p><i>Using manual controls?</i> Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.</p>
Serves: 2	<p><i>Amount Per Serving:</i> Calories 45, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 35mg, Total Carbohydrate 11g, Dietary Fiber 3g, Sugars 7g, Protein 1g</p>

RED PURPLE

Amazing Antioxidants

Fruits and veggies like blueberries, beets, and watermelon are rich in antioxidants that can help your body fight free radicals.

Vitamin C for Smiles

Strawberries and watermelon are good sources of vitamin C, which is essential for healthy skin, teeth, and bones.

Fantastic Fiber

Raspberries and cherries are full of fiber, which can help maintain good digestion.

RECIPES IN THIS SECTION

- Coconut Strawberry Banana Smoothie 17
- Cherry Watermelon Smoothie 17
- Honey Kombucha Smoothie 19
- Cherry Almond Smoothie 19



COCONUT STRAWBERRY BANANA SMOOTHIE

CHERRY WATERMELON SMOOTHIE

INGREDIENTS

2½ cups (600 ml) coconut water
1 Tablespoon honey
2 bananas (215 g), peeled
2 cups (200 g)
frozen strawberries

INGREDIENTS

1 cup (240 ml) coconut water
3 cups (440 g) watermelon,
peeled, cubed
¼" lemon slice with peel
2 cups (300 g) frozen dark cherries, pitted

INSTRUCTIONS

First, add all ingredients to the Vitamix container in the order listed and secure the lid.

Does your machine have programs? Choose the Smoothie program, start the machine, and let the program complete.

Using manual controls? Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.

Amount Per Serving: Calories 130, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 33g, Dietary Fiber 3g, Sugars 23g, Protein 1g

Amount Per Serving: Calories 80, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 0mg, Total Carbohydrate 20g, Dietary Fiber 2g, Sugars 17g, Protein 1g

Serves: 2



HONEY KOMBUCHA SMOOTHIE

INGREDIENTS

1½ cups (300 ml) ginger kombucha
 2 Tablespoons (30 ml) lemon juice
 3 Tablespoons (45 ml) honey
 1 cup (130 g) frozen mango chunks, thawed
 ½ (45 g) frozen banana, sliced
 1 cup (120 g) frozen blackberries

CHERRY ALMOND SMOOTHIE

INGREDIENTS

2 cups (480 ml) vanilla almond milk
 ⅔ cup (90 g) almond butter or almonds
 2 Tablespoons (17 g) cacao nibs
 1½ cups (225 g) frozen dark cherries, pitted

RECIPE

First, add all ingredients to the Vitamix container in the order listed and secure the lid.

Does your machine have programs? Choose the Smoothie program, start the machine, and let the program complete.

Using manual controls? Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.

Amount Per Serving: Calories 150, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 5mg, Total Carbohydrate 39g, Dietary Fiber 3g, Sugars 30g, Protein 1g

Amount Per Serving: Calories 300, Total Fat 23g, Saturated Fat 4.5g, Cholesterol 0mg, Sodium 170mg, Total Carbohydrate 19g, Dietary Fiber 6g, Sugars 11g, Protein 9g

Serves: 1.5

Good Bones

Kale is an excellent plant-based source of calcium, which is essential for healthy bones.

Pumping Iron

Eating spinach is a great way to boost your daily iron intake, and it's so easy to add to your favorite smoothie!

GREEN

Vitamin A(wesome)

Spinach and kale are good sources of vitamin A, which is important for healthy vision.

RECIPES IN THIS SECTION

- Mango Mint Smoothie 23
- Avocado & Fruit Smoothie 25



Fresh
Mint

Frozen
Mango

Spinach Leaves

MANGO MINT SMOOTHIE

INGREDIENTS	INSTRUCTIONS
2 cups (480 ml) coconut milk 2 cups (50 g) spinach 5-6 mint leaves 1½ cups (220 g) frozen mango chunks	<p>First, add all ingredients to the Vitamix container in the order listed and secure the lid.</p> <p>Does your machine have programs? Choose the Smoothie program, start the machine, and let the program complete.</p> <p>Using manual controls? Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.</p>
Serves: 2	<p>Amount Per 1 cup (240 ml) Serving: Calories 170, Total Fat 11g, Saturated Fat 9g, Cholesterol 0mg, Sodium 50mg, Total Carbohydrate 18g, Dietary Fiber 2g, Sugars 12g, Protein 1g</p>

Instead of spinach, you can also
use kale or other hearty greens.
If you want a thinner smoothie,
try coconut water instead of milk!



AVOCADO AND FRUIT SMOOTHIE

INGREDIENTS	INSTRUCTIONS
1 cup (240 ml) soy milk ½ cup (80 ml) pineapple juice 1½ cups (225 g) green grapes ¼ teaspoon matcha green tea powder 2 cups (40 g) kale 2 cups (60 g) spinach 1 red apple (160 g) seeded, quartered ¼ avocado, peeled, pitted 1½ cups (190 g) ice cubes	<p><i>First</i>, add all ingredients to the Vitamix container in the order listed and secure the lid.</p> <p><i>Does your machine have programs?</i> Choose the Smoothie program, start the machine, and let the program complete.</p> <p><i>Using manual controls?</i> Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.</p>
Serves: 2	<p><i>Amount Per Serving:</i> Calories 110, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 60mg, Total Carbohydrate 17g, Dietary Fiber 2g, Sugars 11g, Protein 4g</p>

← *Matcha is a powerhouse ingredient, with healthy antioxidants and caffeine to keep you alert.*

Daily Dose of Antioxidants

Your favorite morning beverage doesn't just boost energy; coffee also contains antioxidants.

Powerful Protein

Nuts and nut butters (like peanut butter) are good sources of protein, fiber, and more.

BROWN

Magnesium & More

Cacao packs a nutritional punch—this little bean is full of magnesium, iron, and calcium.

RECIPES IN THIS SECTION

Peanut Butter Chocolate Banana Smoothie 29
Espresso Smoothie 29



PEANUT BUTTER CHOCOLATE BANANA SMOOTHIE

ESPRESSO SMOOTHIE

INGREDIENTS

- 1½ cups (360 ml) soy milk
- ¼ cup (60 g) peanut butter or peanuts
- 2 Tablespoons cacao nib
- 1 scoop (28 g) chocolate protein powder
- 1 cup (150 g) frozen banana slices

INGREDIENTS

- 2 cups (480 ml) fat free milk
- ¼ cup (60 ml) vanilla syrup
- 2 bananas (225 g), peeled
- 1 Tablespoon flaxseed
- 1 Tablespoon espresso powder
- 1 Tablespoon cocoa powder
- 3 cups (390 g) ice cubes

INSTRUCTIONS

First, add all ingredients to the Vitamix container in the order listed and secure the lid.

Does your machine have programs? Choose the Smoothie program, start the machine, and let the program complete.

Using manual controls? Select Variable 1, start the machine, and quickly increase to its highest speed for 40 to 50 seconds, until smooth.

Amount Per Serving: Calories 330, Total Fat 19g, Saturated Fat 6g, Cholesterol 20mg, Sodium 180mg, Total Carbohydrate 26g, Dietary Fiber 5g, Sugars 13g, Protein 18g

Amount Per Serving: Calories 120, Total Fat 2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 45mg, Total Carbohydrate 21g, Dietary Fiber 2g, Sugars 14g, Protein 5g

Serves: 1.5



LOVE WHAT YOU MADE?

Don't keep your delicious blends to yourself!
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