

how to make wellness shots

How to Make Wellness Shots: Your Guide to Boosting

Immunity and Energy

Are you looking for a quick and easy way to boost your immunity, increase your energy levels, and feel amazing? Wellness shots – those vibrant, nutrient-packed concoctions – are the answer! Forget expensive juice cleanses; this guide will teach you how to make wellness shots at home, saving you money and allowing you to customize them to your specific needs and taste preferences. We'll cover everything from choosing the right ingredients to mastering the perfect blend, ensuring you create delicious and effective shots that will become a staple in your daily routine. Let's dive in!

Understanding the Power of Wellness Shots

Before we get into the recipes, let's understand why wellness shots are so popular. They're a concentrated dose of vitamins, minerals, and antioxidants, delivered in a convenient and easily digestible form. Unlike processed juices loaded with sugar, homemade wellness shots allow you to control the ingredients, avoiding added sugars and artificial flavors. This means you get a potent punch of nutrients without the unnecessary calories and chemicals. The benefits can be significant, including:

Boosted Immunity: Many ingredients commonly used in wellness shots, like ginger and turmeric, possess potent anti-inflammatory and immune-boosting properties.

Increased Energy: The combination of vitamins and minerals provides sustained energy throughout the day, a healthier alternative to sugary drinks.

Improved Gut Health: Ingredients like ginger, lemon, and probiotics (if included) can contribute to a healthier gut microbiome.

Antioxidant Powerhouse: Fruits and vegetables packed with antioxidants help combat free radicals, protecting your cells from damage.

Essential Ingredients for Your Wellness Shot Arsenal

The beauty of making your own wellness shots is the incredible flexibility. However, some ingredients consistently deliver amazing results. Stock your pantry with these essentials:

Citrus Fruits: Lemons, limes, and oranges are rich in Vitamin C, a powerful antioxidant. Their acidic nature also helps enhance the absorption of other nutrients.

Ginger: This pungent root is a natural anti-inflammatory and aids digestion. Fresh ginger is best for maximum impact.

Turmeric: A potent anti-inflammatory spice with powerful antioxidant properties. Combine with black pepper to improve absorption (the piperine in black pepper enhances curcumin bioavailability).

Beets: Naturally sweet and rich in nitrates, beets can improve blood flow and boost athletic performance.

Greens: Leafy greens like spinach, kale, or romaine lettuce add a significant boost of vitamins and minerals.

Other additions: Consider adding ingredients like carrots (for beta-carotene), apple cider vinegar (for its probiotic properties), or even a pinch of cayenne pepper for an extra kick.

Recipe #1: The Immunity Booster

This recipe focuses on ingredients known for their powerful immune-boosting properties:

Ingredients:

1/2 cup fresh orange juice

1/4 cup fresh lemon juice

1 inch piece of fresh ginger, peeled and grated

1/2 teaspoon turmeric powder

1/4 teaspoon black pepper

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.
3. Strain through a fine-mesh sieve to remove any pulp (optional, depending on preference).
4. Pour into a shot glass and enjoy immediately.

Recipe #2: The Energy Enhancer

This recipe is designed to provide a sustained energy boost without the sugar crash:

Ingredients:

1/2 beet, peeled and chopped
1/2 cup spinach
1/4 cup apple cider vinegar
1/4 cup water
1/2 teaspoon grated ginger

Instructions:

1. Combine all ingredients in a blender.
2. Blend until smooth.

3. Strain (optional).

4. Pour into a shot glass and enjoy immediately.

Recipe #3: The Green Goodness Shot

Packed with chlorophyll and nutrients, this shot is perfect for a daily dose of leafy greens:

Ingredients:

1 cup spinach

1/2 cucumber, chopped

1/4 cup water

1/2 lime, juiced

Pinch of sea salt

Instructions:

1. Combine all ingredients in a blender.

2. Blend until smooth.

3. Strain (optional).

4. Pour into a shot glass and enjoy!

Tips for Making the Perfect Wellness Shot

Use fresh ingredients whenever possible: Fresh produce offers the highest concentration of nutrients.

Adjust the recipe to your taste: Feel free to experiment with different ingredients and ratios to find your perfect blend.

Start small: If you're new to wellness shots, begin with a smaller amount to see how your body reacts.

Drink immediately: The nutrients in wellness shots are most potent when consumed fresh.

Store leftovers wisely: If you have leftovers (though ideally you should drink them immediately), store them in an airtight container in the refrigerator for up to 24 hours.

Conclusion

Making your own wellness shots is a simple, affordable, and delicious way to boost your overall health and well-being. By using fresh, high-quality ingredients, you can create powerful concoctions tailored to your specific needs and preferences. Experiment with different combinations, discover your favorites, and enjoy the numerous benefits these potent little shots have to offer! Start incorporating wellness shots into your daily routine today and experience the difference!

FAQs

Q1: Can I make wellness shots in advance and store them? While best consumed immediately, you can store them in an airtight container in the refrigerator for up to 24 hours. However, the potency of the nutrients may decrease over time.

Q2: Are wellness shots suitable for everyone? While generally safe, individuals with specific allergies or health conditions should consult their doctor before incorporating wellness shots into their diet.

Q3: Can I add protein powder to my wellness shots? Yes, you can add a small amount of protein powder, but it may alter the texture and taste. Experiment to find what works best for you.

Q4: What is the best time of day to drink wellness shots? Many find it beneficial to drink them in the morning to kickstart their metabolism and energy levels, or before a workout for an added boost.

Q5: Can I freeze wellness shots? Freezing wellness shots is not recommended, as it can affect the texture and nutrient content. It's best to consume them fresh.

how to make wellness shots: Minimalist Baker's Everyday Cooking Dana Shultz,

2016-04-26 The highly anticipated cookbook from the immensely popular food blog Minimalist Baker, featuring 101 all-new simple, vegan recipes that all require 10 ingredients or less, 1 bowl or 1 pot, or 30 minutes or less to prepare Dana Shultz founded the Minimalist Baker blog in 2012 to share her passion for simple cooking and quickly gained a devoted worldwide following. Now, in this long-awaited debut cookbook, Dana shares 101 vibrant, simple recipes that are entirely plant-based, mostly gluten-free, and 100% delicious. Packed with gorgeous photography, this practical but inspiring cookbook includes: • Recipes that each require 10 ingredients or less, can be made in one bowl, or require 30 minutes or less to prepare. • Delicious options for hearty entrées, easy sides, nourishing breakfasts, and decadent desserts—all on the table in a snap • Essential plant-based pantry and equipment tips • Easy-to-follow, step-by-step recipes with standard and metric ingredient measurements Minimalist Baker's Everyday Cooking is a totally no-fuss approach to cooking for anyone who loves delicious food that happens to be healthy too.

how to make wellness shots: The Juice Lover's Big Book of Juices Vanessa Simkins,

2016-10-15 Filled with 425 recipes, The Juice Lover's Big Book of Juices is the ultimate juicing resource.

how to make wellness shots: The Smoothie Recipe Book Mendocino Press, 2013-03-20

Delicious, nutrient-packed smoothie recipes to help you improve your health Whether you want to detox, lose weight, or just make sure you get your daily dose of essential vitamins and minerals, drinking a smoothie is a tasty way to do it. This smoothie recipe book makes it quick and easy to naturally get your fill of antioxidants from fresh fruits and vegetables. Fill your glass with vitamins that suit your needs, and discover how sweet being healthy can be. The Smoothie Recipe Book features: 150 Recipes—Make all sorts of fresh and tasty breakfast smoothies, weight-loss smoothies, green smoothies, and more. Chapter overviews—Get help choosing the smoothies that will meet your unique dietary needs and health goals. Ingredient profiles—Gain a better understanding of the nutritional advantages of specific fruits and vegetables. Discover the nutritional power of smoothies with The Smoothie Recipe Book.

how to make wellness shots: Clean Cuisine Ivy Larson, Andrew Larson, 2013-02-05

What you eat matters more than how much you eat. Discover why in this revolutionary nutrition guide to clean eating, exercise, and an anti-inflammatory diet that can enhance your wellness and quality of life. There is a diet and exercise plan that covers all the bases—food we should eat and food that tastes good; what is best for our bodies and what is easily doable in the real world—all while offering hunger-free weight loss. Developed by Andrew Larson, M.D. and certified Health Fitness Specialist Ivy Larson, Clean Cuisine is scientifically proven to reverse diabetes, improve cholesterol and blood pressure, and ease the symptoms of other inflammatory diseases such as multiple sclerosis, fibromyalgia, asthma, allergies, and arthritis. Broken down into eight easy steps and spread over the course of eight weeks, Clean Cuisine will enable readers to transform their bodies one delicious meal at a time by adopting an anti-inflammatory diet and choosing unrefined foods in their most natural, whole state. With guilt-free, delicious recipes and a workout program that has been proven

to deliver substantial results with just three 30-minute sessions a week, Clean Cuisine is the long-term answer to eating for optimal health, disease prevention, weight loss, vitality, longevity, and good taste.

how to make wellness shots: Juiceman Andrew Cooper, 2016-01-14 Start 2023 feeling healthy and energised with over 100 delicious and quick juice recipes packed full of goodness Juiceman is the perfect cookbook to get your dietary health back on track. Filled with a diverse range of recipes - from medicinal juices which combat dehydration or digestive problems, to detoxing and retoxing smoothies. And that's not all - Juiceman is also packed with teas and tonics, nourishing nut milks, energising breakfasts, healthy snacks, and even ice cream! The best part? EVERY recipe is 100% natural and unprocessed. You'll soon be enjoying . . . · Green Ninja Juice · Full Cream Cashew and Hemp Milk · Blueberry Facial Smoothie · Smoothie Breakfast Bowl · Ultimate OJ · Recovery Shake · Immunity Boost Smoothie As well as these delicious and effortless recipes, Andrew provides a juice cleanse plan, exercise tips and advice for keeping fit.

how to make wellness shots: The Juicing Companion Ari Sexner, 2018-11 This is not just a recipe book. It's an idea book. The Juicing Companion was written to enable chefs, juice entrepreneurs, and general juice enthusiasts to develop amazing recipes from scratch.

how to make wellness shots: Anti-Inflammatory Drinks for Health Maryea Flaherty, 2019-02-12 100 delicious drink recipes packed with nutrients scientifically proven to reduce inflammation—perfect for both enthusiasts of natural health and those new to its benefits. Chronic inflammation is a major health risk. Studies have shown it wreaks havoc on your body and contributes to heart disease, diabetes, Alzheimer's—and even cancer. And diet—specifically one high in processed, fatty, and sugary foods—is one of the main causes of chronic inflammation. But preventing and/or reducing inflammation can be easy as making a delicious drink—let this book show you how! Anti-Inflammatory Drinks for Health contains 100 great-tasting recipes for drinks packed with anti-inflammatory foods including cinnamon, tart cherries, ginger, turmeric, blueberries, and many more. In addition to helping reduce the risk of developing disease, these drinks also can aid in: -Weight loss -Increasing energy -Reducing pain -Slowing the signs of aging Also included is a list of inflammatory foods to avoid and even more ideas for how to add inflammation-fighting foods to any diet! Improve your diet, your health, and your life, with Anti-Inflammatory Drinks for Health!

how to make wellness shots: Crazy Healthy with 4 Ingredients Dee Dine, 2019-11 Healthy 4-ingredient desserts, snacks, breakfasts - all made with plant-based foods. Easy on the wallet. Easy on your schedule. And so good for your health. As the creator behind the popular healthy food blog, Green Smoothie Gourmet, Dee Dine knows how to make eating healthy easy, sharing nourishing and energizing recipes on her blog. In her debut cookbook, Crazy Healthy with 4 Ingredients, she makes it easy for anyone, from a single working adult, college student, to entire families, to slip a few whole food recipes into their meal rotation. Not only are her recipes simple to make, the ingredients are also easy to find, often common, with any few unusual options given more mainstream swaps. And for those who find it hard to meet a daily veggie quota, Dee has carried her hidden veggie talent known on her blog to the recipes in her book, sharing recipes with sneaky healthy ingredients. Sneaky Healthy: Lentil Fudge Cups, Quinoa Flatbread, Zucchini Pizzas, White Bean Meatballs, Miso Ice Cream. Chocolate: Chocolate Gingerbread Milk, Chocolate Mousse Lollipops, Quinoa Chocolate Brittle, Chocolate Hummus Shake. Breakfast: Macchiato Overnight Buckwheat, Quinoa Breakfast Pizza, Oat Zucchini Waffles. Dessert: Apple Aquafaba Cake, Cherry-Mango Dole Whip, Blueberry Clove Ice Cream Snacks: Potato Cauliflower Tots, Spicy Carrot Latkas, and Mexican Pozole Ramen. In addition to a repertoire of whole food recipes, Dee provides a few special useful extras, such as a healthy capsule pantry guide that allows quick assembly of ingredients for these and other healthy recipes. And not only are these recipes nutritionally robust on their own, Dee sorts her recipes according to nutritional concentrations, so a recipe can be chosen according to a specific need, such as weight control, sleep, immunity, stress, beauty support and more. And on her blog, Dee provides additional book-supporting resources such as a living list of products, equipment and

even studies that back up the nutritional information. Easy on time, easy on budget, Crazy Healthy with 4 Ingredients is perfect for anyone who wants an easy way to eat more plant-based foods.

how to make wellness shots: *The Wellness Shots* Sujata Naik, 2016-09-15 A series of daily wellness tips, that started off as ideas striking at the spur of the moment, became a popular tool in spreading health awareness. Inspirational and based on the author's own observations and experiences, The Wellness Shots can be a handy health reference for every home.

how to make wellness shots: *Medical Medium Celery Juice* Anthony William, 2019-05-21 Celery juice is everywhere for a reason: because it's saving lives as it restores people's health one symptom at a time. From celebrities posting about their daily celery juice routines to people from all walks of life sharing pictures and testimonials of their dramatic recovery stories, celery juice is revealing itself to ignite healing when all odds seem against it. What began decades ago as a quiet movement has become a global healing revolution. In *Celery Juice: The Most Powerful Medicine of Our Time* Healing Millions Worldwide, Anthony William, the originator of the global celery juice movement, introduces you to celery juice's incredible ability to create sweeping improvements on every level of our health: Healing the gut and relieving digestive disorders Balancing blood sugar, blood pressure, weight, and adrenal function Neutralizing and flushing toxins from the liver and brain Restoring health in people who suffer from a vast range of chronic and mystery illnesses and symptoms, among them fatigue, brain fog, acne, eczema, addiction, ADHD, thyroid disorders, diabetes, SIBO, eating disorders, autoimmune disorders, Lyme disease, and eye problems After revealing exactly how celery juice does its anti-inflammatory, alkalizing, life-changing work to provide these benefits and many more, he gives you the powerful, definitive guidelines to do your own celery juice cleanse correctly and successfully. You'll get instructions on how to make the juice, how much to drink, when to drink it, and what to expect as your body begins to detox, plus answers to FAQs such as Is it safe to drink celery juice while pregnant or breastfeeding?, Is blending better than juicing?, and Can I take my medications with it? Here is everything you need to know--from the original source--to receive the full gift of what Anthony calls one of the greatest healing tonics of all time.

how to make wellness shots: *CBD Drinks for Health* Carlene Thomas, 2020-01-14 Nutritional expert Carlene Thomas shares 100 delicious recipes from juices and smoothies to tonics and cocktails so you can create the perfect CBD drink for total mind and body wellness any time of the day. We've all heard that CBD oil can reduce stress, anxiety, pain, and inflammation, and its effects can be felt immediately. Now, this book offers 100 recipes for delicious CBD infused drinks that you can make any time of the day. From spritzes to smoothies and tonics to cocktails (with mocktail variations for the sober seekers), find the perfect drink to help you enjoy the many benefits of CBD oil. Registered dietician and nutritionist Carlene Thomas, who was named America's Next Great Nutritionist by mindbodygreen, explains all about CBD oil, or cannabidiol oil, including why it's legal, how it works in the body, its health benefits, proper dosage, special considerations, and much more. Unwind with the refreshing, relaxing beverages in *CBD Drinks for Health* and learn everything you need to know about using CBD oil with confidence and peace of mind.

how to make wellness shots: *Juice Chef* Gary Dowse, 2020-10-10 This book is more than just a recipe book. It contains vital information about the benefits of cold pressed juicing, and it will help you to understand why juicing is a vital key to good health and healing! Cold pressed juice is simply the best way to drink natural, living, raw juice and still absorb all the healing benefits of plant-made nutrients. Did you know that one cup of cold pressed juice provides hundreds, maybe even thousands of phytochemicals, enzymes, vitamins, minerals, antioxidants and soluble fibres, many of which haven't even been identified by science yet? These natural juices are easy on your digestive system, they can reduce acidity and toxicity in the body and best of all they taste good. This book contains the best of the best juices! In addition to the 52 delicious tasting cold pressed juice recipes, I am also sharing my 3-day Juice Cleanse program with you, so you can feel supported to do this yourself at home. If you want to shed a few kilos, have heaps of energy and feel better than ever, then I encourage you to have a look at the 3-day Juice Cleanse as it may just be the answer you've been

looking for. I have personally done numerous juice cleanses and I have also guided many people through their own cleanse where they have benefited from giving their body a break while they thrive on nothing but natural, living cold pressed juice. I am super excited you have this book in your hands because I believe that cold pressed juicing has the power to change lives? it certainly changed mine!

how to make wellness shots: Juicing for Beginners Callisto Publishing, 2013-08-23 Nourish your body and promote weight loss with healthy juices! Juicing is a tasty way to get a big, daily dose of essential vitamins and minerals in just one cup, bottle, or thermos—which can lift your energy levels, kick-start your metabolism, and help you feel your best. And Juicing for Beginners is your go-to guide to getting started. Learn the ins and outs of detoxes and cleanses, explore different juicing plans, and find 100 fresh and nutrient-dense juicing recipes to keep you on track with your health goals. Juicing 101—Learn how to create a juicing routine that works for you, choose the right juicing machine, pick the best produce, and more. Understand your ingredients—Discover the health benefits of different fruits and veggies as well as popular additives like wheatgrass and whey powder. Fit and flavorful—Infuse your day with a wide variety of citrusy, sweet, and tart juices that target different aspects of wellness, like weight, immunity, and digestion. This comprehensive juice recipe book makes it easy to add juicing into your life to help you get lean and feel great.

how to make wellness shots: The Complete Juicing Recipe Book Stephanie Leach, 2020-09-22 Hit the ground running with natural energy and the bright flavors of juice A glass of fresh juice in the morning floods your cells with the vitamins and phytonutrients your body craves. No need to reach for the coffee pot—flip open The Complete Juicing Recipe Book and experience the energy boost of nutrient-rich juice. Give your taste buds a wake-up call with zingy tangerine, tart mango, peppery mustard greens, or aromatic fennel. Discover 360 juicing recipes that harness nature's power to fuel a healthy mind and body. Quench your thirst after your workout with a glass of Pineapple Kicks, beat the afternoon slump with a brain boost from Spicy Beet juice, and tackle that looming cold with the Bell Pepper and Melon Immune Booster. These juicing recipes will help keep you going strong—no matter what the day has in store! Treat your mind and body to juicing for brain health, cleansing and detoxifying, digestion, heart health, immunity boost, and structure support. Turn your kitchen into a juice bar with advice for choosing the right juicer and prepping produce like a pro. Mix it up with profiles that detail the benefits of individual fruits, veggies, and mix-ins so you can improvise and customize at will. Kick off each day refreshed and nourished by a glass of freshly pressed juice from The Complete Juicing Recipe Book.

how to make wellness shots: Hormone Intelligence Aviva Romm, M.D., 2021-06-08
INSTANT NEW YORK TIMES BESTSELLER • WALL STREET JOURNAL BESTSELLER • #1 GLOBE AND MAIL BESTSELLER • USA TODAY BESTSELLER You are not broken. Being a woman is not a diagnosis. Take your body back with the groundbreaking new science for women in Hormone Intelligence. Hormonal. We all know what it means when we hear it – and feel it. While hormonal shifts are natural throughout women's lives, too many experience distressing period symptoms, struggle daily with PCOS, endometriosis, a fertility challenge, pain, low sex drive, sleep problems, acne, bloating, hot flashes, and more – all due to hormone-related problems. And too many are unable to get the answers they're really seeking from their doctors. There is a solution. In Hormone Intelligence, Yale trained and internationally renowned women's health expert, Dr. Aviva Romm, helps you identify the root causes of your symptoms and guides you through a 6-week proven program to achieve lifelong hormonal and gynecologic health. Using a holistic, dietary and lifestyle changing approach, Hormone Intelligence goes beyond treating symptoms to the deeper factors impacting women's health, so you can reclaim your body, hormones, and self. Inside Hormone Intelligence, you'll find: · Hormone Health 101: Understand the key components of the hormone epidemic and associated dietary and lifestyle triggers. · Symptoms and Root Causes Demystified: Discover what your symptoms are saying about your hormones with quizzes, checklists, trackers, and more. · A 6-Week Action Plan: Learn what foods you should indulge and avoid, how to repair your microbiome to support hormone health, how to identify environmental hormone disruptors,

engage your body's natural detoxification systems and reduce hidden inflammation, and the lifestyle changes that lead to happy, healthy hormones. · Delicious, done-for-you meal plans to take you through the entire program, including vegan options. Hormone Intelligence is an invitation to a whole new relationship with your body and hormones, the exhale you've been waiting for, and the first step on the road to realizing that a diagnosis does not have to be your destiny. Extended references, a complete index, and additional resources for Hormone Intelligence can be found at the author's website.

how to make wellness shots: Bite Me Julie Albert, Lisa Gnat, 2011-06-15 BITE ME provides the answer to the most commonly asked question, "What's for dinner?" You won't need an army of souschefs, a pantry of guava paste or a blowtorch to turn a bag of groceries into a satisfying meal. BITE ME is 175 dependably delicious, rigorously tested recipes created for the urban and suburban, the aspiring and well-seasoned home cook. BITE ME speaks to more than just your stomach. The creation of food is intimately tied to the world outside the kitchen—family, art, music, movies and pop culture are constant sources of laughter and inspiration. BITE ME is a multi-sensory smorgasbord, a feast for your eyes (including images from legendary photographers David LaChapelle, Miles Aldridge and Melvin Sokolsky), ears (suggested tunes to cook to), nose and mouth.

how to make wellness shots: The Joy of Movement Kelly McGonigal, 2021-03-02 Now in paperback. The bestselling author of *The Willpower Instinct* introduces a surprising science-based book that doesn't tell us why we should exercise but instead shows us how to fall in love with movement. Exercise is health-enhancing and life-extending, yet many of us feel it's a chore. But, as Kelly McGonigal reveals, it doesn't have to be. Movement can and should be a source of joy. Through her trademark blend of science and storytelling, McGonigal draws on insights from neuroscience, psychology, anthropology, and evolutionary biology, as well as memoirs, ethnographies, and philosophers. She shows how movement is intertwined with some of the most basic human joys, including self-expression, social connection, and mastery--and why it is a powerful antidote to the modern epidemics of depression, anxiety, and loneliness. McGonigal tells the stories of people who have found fulfillment and belonging through running, walking, dancing, swimming, weightlifting, and more, with examples that span the globe, from Tanzania, where one of the last hunter-gatherer tribes on the planet live, to a dance class at Juilliard for people with Parkinson's disease, to the streets of London, where volunteers combine fitness and community service, to races in the remote wilderness, where athletes push the limits of what a human can endure. Along the way, McGonigal paints a portrait of human nature that highlights our capacity for hope, cooperation, and self-transcendence. The result is a revolutionary narrative that goes beyond familiar arguments in favor of exercise, to illustrate why movement is integral to both our happiness and our humanity. Readers will learn what they can do in their own lives and communities to harness the power of movement to create happiness, meaning, and connection.

how to make wellness shots: Bridget's Healthy Kitchen Bridget Davis, 2019-04 International chef Bridget Davis shows you the fundamentals of healthy cooking so that you can regain control of your diet and your life. You'll become the master of your health and wellness journey once you have the knowledge of what to cook and how to cook it - without losing out on taste and satisfaction. The recipes in Bridget's Healthy Kitchen were created with you in mind. They are a direct result of what Bridget ate to regain her health. Every recipe you see in this book started its life on Bridget's dinner plate. She was the guinea pig that tried and tested the recipes out on her body and her taste buds, before trying them out on her husband who lost an incredible 15 kilograms (33 pounds) in one month. With over 100 easy-read recipes, beautiful photography and easy-to-follow food symbols, Bridget shows you what to cook and how to cook it - without losing out on taste and satisfaction.

how to make wellness shots: The Blender Girl Tess Masters, 2014-04-08 The debut cookbook from the powerhouse blogger behind theblendergirl.com, featuring 100 gluten-free, vegan recipes for smoothies, meals, and more made quickly and easily in a blender. What's your perfect blend? On her wildly popular recipe blog, Tess Masters—aka, The Blender Girl—shares easy plant-based

recipes that anyone can whip up fast in a blender. Tess's lively, down-to-earth approach has attracted legions of fans looking for quick and fun ways to prepare healthy food. In *The Blender Girl*, Tess's much-anticipated debut cookbook, she offers 100 whole-food recipes that are gluten-free and vegan, and rely on natural flavors and sweeteners. Many are also raw and nut-, soy-, corn-, and sugar-free. Smoothies, soups, and spreads are a given in a blender cookbook, but this surprisingly versatile collection also includes appetizers, salads, and main dishes with a blended component, like Fresh Spring Rolls with Orange-Almond Sauce, Twisted Caesar Pleaser, Spicy Chickpea Burgers with Portobello Buns and Greens, and I-Love-Veggies! Bake. And even though many of Tess's smoothies and shakes taste like dessert—Apple Pie in a Glass, Raspberry-Lemon Cheesecake, or Tastes-Like-Ice-Cream Kale, anyone?—her actual desserts are out-of-this-world good, from Chocolate-Chile Banana Spilly to Flourless Triple-Pecan Mousse Pie and Chai Rice Pudding. Best of all, every recipe can easily be adjusted to your personal taste: add an extra squeeze of this, another handful of that, or leave something out altogether—these dishes are super forgiving, so you can't mess them up. Details on the benefits of soaking, sprouting, and dehydrating; proper food combining; and eating raw, probiotic-rich, and alkaline ingredients round out this nutrient-dense guide. But you don't have to understand the science of good nutrition to run with *The Blender Girl*—all you need is a blender and a sense of adventure. So dust off your machine and get ready to find your perfect blend.

how to make wellness shots: The Plant-Forward Solution: Charlotte Martin, 2021-11-30 In her new book, registered dietitian Charlotte Martin shows you how to make plants the center of your diet while still having the flexibility to incorporate healthy portions of your favorite animal proteins (i.e., meat, poultry, and seafood) whenever the craving strikes! *The Plant-Forward Solution* provides a wealth of easy-to-digest scientific evidence showing the power of plants for weight and blood sugar control, gut health, heart health, longevity, and more and explains how to make a mostly (but not entirely) plant-based diet a sustainable, lifelong dietary model. Charlotte also teaches you how to effortlessly reboot your diet in just four weeks without feeling deprived. After completing the reset, you will be fully adapted to a plant-forward lifestyle that will fuel your gut microbiome and will help you lose weight, increase energy, and achieve better physical and emotional health with proven long-term results. *The Plant-Forward Solution* contains more than 70 recipes to meet an array of dietary needs. Many recipes offer options for gluten-free, dairy-free, nut-free, and more. Also included is a comprehensive 28-day meal plan with shopping lists, tips and tricks on how to boost your creativity in the kitchen, and more! Sample recipes include: Peaches & Cream Quinoa Porridge Portobello Pitas Spicy Roll "Sushi" Bowl Rainbow Soba Salad Butternut Squash-Three Bean Chipotle Chili Glowing Green Soup Fully Loaded Plantain Nachos Sweet Potato Tahini Brownies Chickpea Hazelnut-ella Whether you are new to plant-forward eating or a lifelong follower, *The Plant-Forward Solution* will help you achieve health and happiness through a plant-centric diet that brings just the right amount of meat, poultry, and seafood to make it easy to sustain.

how to make wellness shots: Well Sandro Galea, 2019 In a stirring and radical new treatise from one of America's most respected voices in health and medicine, *Well* examines the subtle factors that determine who gets to be healthy in the United States. Physician Sandro Galea reckons with our country's many fraught relationships—with history, money, pain, and pleasure, which are in turn augmented by factors like luck, compassion, and values—in terms of how they determine the health of those in the world's richest country. *Well* represents a radical new approach to Americans' ingrained understanding of health. It examines the forces that are not typically part of the health discussion—but should be—and is a clarion call for where the country goes from here--

how to make wellness shots: Dead Hot Shot Victoria Houston, 2011-07-29 Murder never takes a holiday...or so Loon Lake learns one wintry Thanksgiving Day. Chief of Police Lew Ferris, short-handed thanks to an AWOL coroner, never even gets the turkey stuffed before the bodies start to surface. By the end of the day, credit card theft and dysfunctional families have so muddied the waters that not even expert tracker and dedicated fishing guide Ray Pradt can hope to fish the final day of muskie season. And while retired dentist Doc Osborne had counted on sitting by the fire with

Lew (out of uniform) and planning a fly-fishing trip to Wyoming, the unexpected arrival of Gina Palmer, former investigative reporter turned forensics database expert, ramps up the action with her pursuit of a Canadian link to the theft of merchandise from stores across the upper Midwest. *Dead Hot Shot*, ninth in the *Loon Lake Mystery* series, is a heady mix of murder, mayhem, and fishing in the northwoods of Wisconsin.

how to make wellness shots: *The Beauty Detox Solution* Kimberly Snyder, 2011-03-29
Since I've been following Kimberly's program, I feel so much better. It has been a big awakening for me! – Hilary Duff An empowering guide from the founder of Solluna, New York Times bestselling author, and holistic wellness and meditation teacher, Kimberly Snyder. Looking for the ultimate secret to health and beauty? Don't look in your medicine cabinet. Look here. Celebrity nutritionist and beauty expert Kimberly Snyder helps dozens of Hollywood's A-list stars get red-carpet ready—and now you're getting the star treatment. Kim used to struggle with coarse hair, breakouts and stubborn belly fat, until she traveled the world, learning age-old beauty secrets. She discovered that what you eat is the ultimate beauty product, and she's developed a powerful program that rids the body of toxins so you can look and feel your very best. With just a few simple diet changes, you will: Get a youthful, radiant glow Banish acne, splotchy skin and wrinkles Grow lustrous hair and strong nails Get rid of the bloat, melt away fat and never count calories again! Kimberly's Glowing Green Smoothie gives me so much energy and makes me feel better about myself, and my skin. – Fergie

how to make wellness shots: *Medical Medium* Anthony William, 2015-11-10 *HEALING WISDOM THAT'S DECADES AHEAD OF ITS TIME* Anthony William, the one and only Medical Medium, has helped tens of thousands of people heal from ailments that have been misdiagnosed or ineffectively treated or that doctors can't resolve. He's done this by listening to a divine voice that literally speaks into his ear, telling him what lies at the root of people's pain or illness and what they need to do to restore their health. His methods achieve spectacular results, even for those who have spent years and many thousands of dollars on all forms of medicine before turning to him. Now, in this revolutionary book, he opens the door to all he has learned in over 25 years of bringing people's lives back: a massive amount of healing information, much of which science won't discover for decades, and most of which has never appeared anywhere before. *Medical Medium* reveals the root causes of diseases and conditions that medical communities either misunderstand or struggle to understand at all. It explores all-natural solutions for dozens of the illnesses that plague us, including: · Lyme disease · Fibromyalgia · Adrenal fatigue · Chronic fatigue syndrome · Hormonal imbalances · Hashimoto's disease · Multiple sclerosis · Depression · Neurological conditions · Chronic inflammation · Autoimmune disease · Blood sugar imbalances · Colitis and other digestive disorders · And more It also offers solutions for restoring the soul and spirit after illness has torn at our emotional fabric. Whether you've been given a diagnosis you don't understand, or you have symptoms you don't know how to name, or someone you love is sick, or you want to care for your own patients better, *Medical Medium* offers the answers you need. It's also a guidebook for everyone seeking the secrets to living longer, healthier lives. The truth about the world, ourselves, life, purpose—it all comes down to healing, Anthony William writes. And the truth about healing is now in your hands.

how to make wellness shots: *Medicinal Herbs for Family Health and Wellness* Dr. JJ Pursell, 2021-02-02 “A great reference for keeping the family healthy using herbal medicine.” —Cultivate to Plate Are you seeking safe and natural ways to help bolster your family's health and wellness? Dr. JJ Pursell is here to help with herbal recipes focused on whole-family health. *Medicinal Herbs for Family Health and Wellness* focuses on natural treatments for women, men, babies, kids, and the elderly. It covers everything from asthma, allergies, and heart health, to pregnancy, lactation, cradle cap, and colic. The 123 recipes include capsules, salves, teas, tinctures and more that are safe and easy to create at home. You will also learn how to build a home apothecary and find value in a primer focused on the most powerful herbs. There is nothing more important than safety when it comes to family, and the trusted advice found in *Medicinal Herbs for Family Health*

and Wellness will provide the assurance you need.

how to make wellness shots: *The Yummy Mummy Kitchen* Marina Delio, 2013-04-02 With *The Yummy Mummy Kitchen: 100 Effortless and Irresistible Recipes to Nourish Your Family with Style and Grace*, Marina Delio provides a collection of easy-to-make, wholesome, and mostly meatless recipes, as well as inspirational advice from her grandmother, the original “Yummy Mummy.” Delio, founder of the popular blog Yummy Mummy Kitchen, demonstrates that it is possible for women to put deceptively simple and delicious dishes on the table for their families, while holding on to their own style and grace, even in the most unglamorous of times. This gorgeous cookbook, with gorgeous color photographs, recipes for every meal of the day, and lifestyle tips, proves that meal preparation can be easy and stress-free.

how to make wellness shots: *The Medicare Handbook*, 1988

how to make wellness shots: *The Dizzy Cook* Alicia Wolf, 2020-06-25 This cookbook features more than 90 delicious recipes and dozens of helpful tips to help combat migraine symptoms through diet and lifestyle. From healthy living blogger and creator of TheDizzyCook.com, Alicia Wolf, comes the must-have cookbook for anyone managing migraines, as well as anyone who just loves to create delectable yet diet-friendly dishes. Author Alicia Wolf developed her recipes using the principles of Johns Hopkins neurologist David Buchholz's “Heal Your Headache” diet, one of the most recommended plans by health practitioners for treating migraines through diet. In this book, Alicia adds her own unique spin to the migraine diet, creating recipes that are both helpful and delicious. Inside the book you'll find: Ideas for every meal of the day Tips on how to get started The best supplements for migraine prevention and treatment Common substitutions Travel tips Meal plans And other indispensable resources Learn to make Alicia's famous blueberry muffins, smoky carrot hummus, salsa verde chicken enchiladas, roasted curry cauliflower, chewy ginger cookies, and so much more. The Dizzy Cook will inspire you to explore the infinite possibilities for healthy, appetizing, migraine-safe comfort foods.

how to make wellness shots: *Quench Your Own Thirst* Jim Koch, 2016-04-12 NATIONAL BESTSELLER and named a 2016 Best Book of the Year by Inc., Business Insider, and Forbes Founder of The Boston Beer Company, brewer of Samuel Adams Boston Lager, and a key catalyst of the American craft beer revolution, Jim Koch offers his unique perspective when it comes to business, beer, and turning your passion into a successful company or career. “Boston Beer’s Jim Koch offers readers a six-pack of wisdom.” – The Boston Globe Pull up a chair and crack open a Sam Adams. It’s time to leave behind business as you know it. *Quench Your Own Thirst* covers everything from finding your own Yoda to Koch’s theory on how a piece of string can teach you the most important lesson you’ll ever learn about business. Koch also has surprising advice on sales, marketing, hiring, and company culture. His anecdotes, quirky musings, and bits of wisdom go far beyond brewing. A fun, engaging guide for building a career or launching a successful business, *Quench Your Own Thirst* is the key to the ultimate dream: being successful while doing what you love. So, are you quenching your own thirst – or someone else’s? Like Steve Jobs, Bill Gates, Larry Ellison, and the other greats, Jim Koch's entrepreneurial journey is motivated by a deep commitment to making superb products and building a unique culture that reinforces innovation and risk-taking. This book tells a compelling story about how he did it. The lessons will be invaluable for anyone starting a business or building a career. —Bill Hambrecht, co-founder of Hambrecht & Quist and chairman of WRHambrecht + Co

how to make wellness shots: *Half the Sugar, All the Love* Jennifer Tyler Lee, Anisha Patel M.D., M.S.P.H., 2019-12-24 Less sugar in every meal. Would you feed your child a candy bar for breakfast? Of course not. And yet today our children routinely consume three times the recommended daily allowance of added sugar, which puts them at an unprecedented risk for type 2 diabetes, high blood pressure, high cholesterol, excess weight, and even nonalcoholic fatty liver disease. *Half the Sugar, All the Love* is here to help, with 100 doctor-approved recipes that cut the sugar (by half—or more!) without sacrificing the flavors our families love. It’s an eye-opening education, a program of healthy eating, and a cookbook chock-full of easy, delicious recipes all in

one. Pass the breakfast bars!

how to make wellness shots: Jump Shot Tiki Barber, Ronde Barber, 2013-11-05 The Barber brothers know their way around a football field—but can they succeed on the basketball court? Find out in this slam dunk with “lively basketball action and life lessons aplenty (Kirkus Reviews)” from NFL superstars and bestselling authors Tiki and Ronde Barber. As Tiki and Ronde count the days until the start of football season, the basketball coach approaches them looking for new recruits, and Tiki and Ronde sign on. While Hidden Valley Junior High has always been a powerhouse in football, the school has never done as well in basketball. Ronde is a good passer, but he needs Tiki to get free to sink his shots. Tiki doesn’t feel the inner confidence he felt on the football field: it’s one thing to play in the driveway, but it’s another to sink one on the court, when so much is on the line. The brothers need a winning attitude—and they need to bring everyone together to win. That is their only way to victory. Can they do it?

how to make wellness shots: Cat Medical Record 5sun Creations, 2020-01-12 My Cat's Medical Record Keep track of your cat's shots and vet visits with this log book. This notebook contains pages for recording vaccination information as well as detailed notes from each medical appointment. Detail: This 6 x 9 record book has a matte paperback cover and firm binding Date Age Weight Brand Batch# Vet Dot Grid for Notes more Get your pets organized with notebooks!!!

how to make wellness shots: Super Blend Me! Jason Vale, 2018-02-25 Jason Vale, the world's number one name in juicing, is back with his first ever protein-based blending plan. It's Jason's quickest and easiest programme to date, and has been specifically developed for people who want to get super lean, super healthy and super fast ... but don't want to clean a juicer! Super Blend Me! has been designed with everyone in mind. It doesn't matter if you have an enormous amount of weight to lose, or just want to get a little healthier and shredded - Super Blend Me! is the perfect plan for all. Due to its rich, plant-based high-protein recipes, it has also been designed with physical exercise in mind. So whether you're an athlete or just someone who likes to exercise daily, you can run or lift to your heart's content on this programme. Super Blend Me! has also been designed with satisfaction, speed and convenience at its forefront. Jason has ensured that each recipe not only tastes amazing and fully satisfies on the hunger front, but is also super fast to make and its ingredients easy to get hold of! All of the ingredients can be conveniently found in any major supermarket and are all recognisable, so there's no need to forage for designer berries that can only be found in an Amazonian rainforest! You can choose from either a 7-, 10-, 14- or full 21-day Super Blend Me! Challenge depending on your goals, and Jason has even included a handy working journal as part of the book, so you can log your progress and keep on track. This unique and exciting plan has already been put to the test by a trial group of over 50 people, and the results were incredible.

how to make wellness shots: Raw Solla Eiríksdóttir, 2019-02-13 A modern and fresh take on vegetarian, vegan, and raw food – now available in paperback for the first time Raw, by acclaimed Icelandic cook Solla Eiríksdóttir, was first published in 2016, when the concept of raw food was relatively new. Now a widely accepted route to healthy eating, her book features 75 healthy and delicious mainly raw recipes, introducing readers to an approach to ethical and sustainable eating that has found its way into the everyday diets of people around the world. Divided into five chapters – breakfast, snacks, light lunches, main dishes, and sweet treats – the book abounds with bright, fresh tastes such as turmeric tostadas, quinoa pizza, kelp noodles with tofu, and vegan vanilla ice cream.

how to make wellness shots: Cooking with Tenina Tenina Holder, 2016-05 More delicious recipes by the wildly popular Tenina Holder Once again, Tenina creates a fun, light-hearted and welcoming cooking atmosphere, with a remarkable yet achievable menu. Her culinary creativity mixes with her humble and organic style to produce great new meal ideas with both new and familiar approaches. Each section of Cooking with Tenina builds to the next-starting with simple soups and family-favourites and progressing through to dinner party masterpieces. The recipes inside are sure to make everyone's mouth water, and the progressive structure encourages both beginner-cooks and kitchen experts to have a go at making Tenina's scrumptious creations. Cooking

with Tenina, not only includes the recipes for an abundance of delectable dishes, but it also provides instructions for using the Thermomix to make pantry essentials and ingredients themselves-helping to save time and money. Her years of experience with the Thermomix make such tips and pearls of wisdom invaluable.

how to make wellness shots: Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition E-Book Jennifer Hamborsky, MPH, MCHES, Andrew Kroger, MD, MPH, Charles (Skip) Wolfe, 2015-10-19 The Public Health Foundation (PHF) in partnership with the Centers for Disease Control and Prevention (CDC) is pleased to announce the availability of Epidemiology and Prevention of Vaccine-Preventable Diseases, 13th Edition or "The Pink Book" E-Book. This resource provides the most current, comprehensive, and credible information on vaccine-preventable diseases, and contains updated content on immunization and vaccine information for public health practitioners, healthcare providers, health educators, pharmacists, nurses, and others involved in administering vaccines. "The Pink Book E-Book" allows you, your staff, and others to have quick access to features such as keyword search and chapter links. Online schedules and sources can also be accessed directly through e-readers with internet access. Current, credible, and comprehensive, "The Pink Book E-Book" contains information on each vaccine-preventable disease and delivers immunization providers with the latest information on: Principles of vaccination General recommendations on immunization Vaccine safety Child/adult immunization schedules International vaccines/Foreign language terms Vaccination data and statistics The E-Book format contains all of the information and updates that are in the print version, including: · New vaccine administration chapter · New recommendations regarding selection of storage units and temperature monitoring tools · New recommendations for vaccine transport · Updated information on available influenza vaccine products · Use of Tdap in pregnancy · Use of Tdap in persons 65 years of age or older · Use of PCV13 and PPSV23 in adults with immunocompromising conditions · New licensure information for varicella-zoster immune globulin Contact bookstore@phf.org for more information. For more news and specials on immunization and vaccines visit the Pink Book's Facebook fan page

how to make wellness shots: Dairy-Free Cookbook for Kids Danielle Fahrenkrug, 2020-09-08 100 Deliciously dairy free, kid-friendly recipes even your pickiest eater will love It can be a challenge to create dairy free meals that are affordable, nutritious, and friendly to kids' tastes. The Dairy-Free Cookbook for Kids is everything a dairy free cookbook should be—it helps simplify mealtime with 100 quick, scrumptious recipes for meals the entire family can enjoy. Kids won't feel like they're missing out with family favorites like Everyday Oat Pancakes, Classic Chicken Nuggets, Lasagna Roll-Ups, and Chocolate Chunk Marshmallow Bars. The tasty recipes in this dairy free cookbook require minimal, simple ingredients you can find at your local grocery store and can be completed in less than an hour. This dairy free cookbook includes: Guide to living dairy free—This dairy free cookbook includes helpful info about reading food labels, stocking your pantry, and cooking with common dairy substitutes. Tips for picky eaters—Explore 10 pointers for helping your picky eater adapt to dairy free foods while still enjoying a balanced diet, like making food fun and letting them prepare a dinner from this dairy free cookbook. Make dairy free staples—Discover easy recipes for making everyday food staples that are free from dairy, like 6 kinds of plant-based milk, homemade shredded cheese, alfredo sauce, and beyond. Whip up delicious dairy free meals for the whole family in no time—this dairy free cookbook will be your new favorite kitchen companion.

how to make wellness shots: Last Shots Stephen King, Robin Furth, Peter David, 2019-07-02 Enter once more the world of Roland Deschain—and the world of the Dark Tower...presented in a stunning graphic novel form that will unlock the doorways to terrifying secrets and bold storytelling as part of the dark fantasy masterwork and magnum opus from #1 New York Times bestselling author Stephen King. "The man in black fled across the desert, and the gunslinger followed." With these unforgettable words, millions of readers were introduced to Stephen King's iconic character Roland Deschain of Gilead. Roland is the last of his kind, a "gunslinger" charged with protecting whatever goodness and light remains in his world—a world that "moved on," as they say. In this

desolate reality—a dangerous land filled with ancient technology and deadly magic, and yet one that mirrors our own in frightening ways—Roland is on a spellbinding and soul-shattering quest to locate and somehow save the mystical nexus of all worlds, all universes: the Dark Tower. Now, in the graphic novel series adaptation Stephen King's *The Dark Tower: The Gunslinger*, originally published by Marvel Comics in single-issue form and creatively overseen by Stephen King himself, the full story of Roland's troubled past and ongoing saga is revealed. Sumptuously drawn by Richard Isanove, Sean Phillips, Luke Ross, and Michael Lark, plotted by longtime Stephen King expert Robin Furth, and scripted by New York Times bestselling author Peter David, *The Gunslinger* adaptation is an extraordinary and terrifying journey—ultimately serving as the perfect introduction for new readers to Stephen King's modern literary classic *The Dark Tower*, while giving longtime fans thrilling adventures transformed from his blockbuster novels. Two incredible tales on the road to the Dark Tower! Young Sheemie possesses the awesome power to shatter the very Beams of the Dark Tower—the fulcrum of existence itself. But Sheemie doesn't want to destroy reality; trapped in the prison of Devar-Toi, all he wants is for his friends to rescue him. Roland is coming for him even now, but Sheemie must evade hideous guards and the monstrous Great Old Ones while he waits...Traveling through the Desatoya Mountains, Roland comes across a haunted camp. There he relives one of his past adventures, in which he and his ka-tet were trapped by supernatural enemies. How will the young gunslinger survive the sinister assault? And how does it relate to his current quest?

how to make wellness shots: *A Shot to Save the World* Gregory Zuckerman, 2021-10-26 An inspiring and informative page-turner. –Walter Isaacson Longlisted for the FT/McKinsey Business Book of the Year Award The authoritative account of the race to produce the vaccines that are saving us all, from the #1 New York Times bestselling author of *The Man Who Solved the Market* Few were ready when a mysterious respiratory illness emerged in Wuhan, China in January 2020. Politicians, government officials, business leaders, and public-health professionals were unprepared for the most devastating pandemic in a century. Many of the world's biggest drug and vaccine makers were slow to react or couldn't muster an effective response. It was up to a small group of unlikely and untested scientists and executives to save civilization. A French businessman dismissed by many as a fabulist. A Turkish immigrant with little virus experience. A quirky Midwesterner obsessed with insect cells. A Boston scientist employing questionable techniques. A British scientist despised by his peers. Far from the limelight, each had spent years developing innovative vaccine approaches. Their work was met with skepticism and scorn. By 2020, these individuals had little proof of progress. Yet they and their colleagues wanted to be the ones to stop the virus holding the world hostage. They scrambled to turn their life's work into life-saving vaccines in a matter of months, each gunning to make the big breakthrough—and to beat each other for the glory that a vaccine guaranteed. A #1 New York Times bestselling author and award-winning Wall Street Journal investigative journalist lauded for his “bravura storytelling” (Gary Shteyngart) and “first-rate” reporting (*The New York Times*), Zuckerman takes us inside the top-secret laboratories, corporate clashes, and high-stakes government negotiations that led to effective shots. Deeply reported and endlessly gripping, this is a dazzling, blow-by-blow chronicle of the most consequential scientific breakthrough of our time. It's a story of courage, genius, and heroism. It's also a tale of heated rivalries, unbridled ambitions, crippling insecurities, and unexpected drama. *A Shot to Save the World* is the story of how science saved the world.

how to make wellness shots: **5:2 Juice Diet** Jason Vale, 2015-10 Jason Vale - the world's number one name in juicing - brings you his final 'juice diet plan' ever - the 5:2 Juice Diet. By taking 5:2 beyond simple calorie counting and combining the science behind it with some incredible, nutrient-rich and delicious juice recipes, Jason Vale's 5:2 Juice Diet revolutionizes 5:2 and takes the potential health benefits to another level. Jason believes that where you get your calories from on your 'fasting' days and the rest of the week does matter. In this book, you will not only find all the beautiful, nutritious, calorie-controlled recipes for his 4 Week 5:2 Juice Diet Challenge - all in full colour - but also delicious creative healthy recipe ideas for the other days to ensure you get not just

weight loss, but nutrition for life Jason is an international authority on health, with over a dozen books including his global bestselling 7lbs in 7 days: Juice Master Diet and his ground-breaking documentary Super Juice Me . He is frequently featured on radio, television and in the press in the UK, Ireland, America, Australia and beyond, and his unique approach focuses on the right psychology and nutritional tools to make weight loss and good health easy and delicious for everyone. The book contains: * The Full 5:2 Juice Diet Plan * Shopping List For Each Week * Jason's 4 Week 5:2 Juice Diet Challenge * Full Q & A * The Science Behind 5:2 * Wholefood Recipes For Non 'Fast' Days * A Week In The Life Of ... Plus of course the usual dose of Jason inspiration

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