

A DAY AT A GLANCE

UPON WAKING: hot lemon water, tea, or black coffee (no creamer or sugar)

BREAKFAST MACROBLAST & LUNCH MACROBLAST



SAMPLE BREAKFAST
MACROBLAST:

BERRY GOOD MORNING

(within 1-2 hours of waking)

- Spinach & carrots
- Blueberries & strawberries
- 1 blue scoop nut or seed butter
- 1 serving NutriBullet LEAN Boost
- 1 blue scoop chia seeds
- Dash of cinnamon
- Filtered water to MAX line
- 2-3 ice cubes



SAMPLE LUNCH
MACROBLAST:

LIPID LOVE

(4-6 hours after breakfast)

- Spinach & kale
- Blackberries & blueberries
- 1 blue scoop avocado
- 1 blue scoop pepitas
- 1 serving NutriBullet LEAN Boost
- 2 fresh mint leaves
- Unsweetened vanilla almond milk to the MAX line

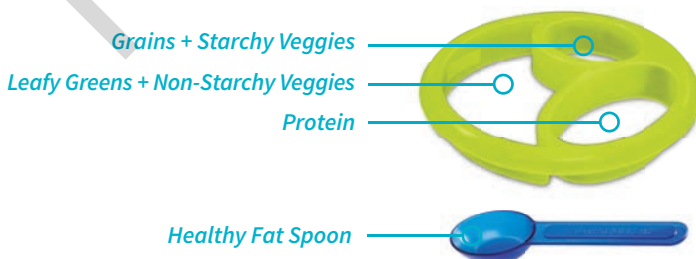
See other side for details on how to build the perfect MacroBlast.

OPTIONAL SNACKS: 1-2 snacks/day *(Between meals if needed only)*

SAMPLE SNACKS: roasted chickpeas or celery with almond butter

DINNER / PORTION PERFECT PLATE DIVIDER:

The *Portion Perfect Plate Divider* makes eating a balanced meal a no-brainer. Simply place the divider on a standard 8-inch plate and fill each pod with the designated food. Use your large blue spoon to add a dash or drizzle of healthy fat like avocado, olive oil, or seeds, then lift the divider to reveal your perfectly portioned plate.



SAMPLE PLATE:

SALSA CHICKEN, SPINACH & SQUASH, & SWEET POTATO



For more recipes, see the NutriBullet LEAN 7-Day Transformation System recipe book and NutriBullet LEAN app.

MACROBLAST 101

A **MacroBlast** is a NutriBlast made with specific portions of greens, fruits, proteins, fats, and nutritious “boosts.” We call the process of building a MacroBlast “MacroStacking.” The NutriBullet LEAN features MacroBlast Mode, which extracts your ingredients in a specific pattern to maximize their nutritional potential.

HOW TO MAKE A MACROBLAST

- 1 Locate your LEAN Cup, Large Blue Spoon, and Small Orange Spoon**
- 2 Fill the LEAN Cup with ingredients to their indicated levels:**
 - Raw leafy greens and non-starchy vegetables to the GREEN LINE (spinach, kale, romaine, Swiss chard, celery, cucumber, etc.)
 - Fruit and/or starchy vegetables to the RED LINE (apple, beet, blueberries, cherries, oranges, strawberries, cooked sweet potato, tomato, etc.)
- 3 Add 1 serving of NutriBullet LEAN Boost (or plan-approved protein powder)**
- 4 Add 2 servings of healthy fats using the Large Blue Spoon** (avocado, nuts, nut butter, seeds, coconut oil, etc.)
- 5 Add 1-3 boosts and freebies using the Small Orange Spoon** (fresh herbs, dried herbs, spices, lemon juice, etc.)
- 6 Add liquid to the MAX Line** (water, unsweetened nut milk, chilled tea, etc.)
- 7 Activate MACROBLAST Mode**
 - As soon as the G Button glows GREEN in Classic NutriBlast Mode, press the G Button until it changes from GREEN to BLUE.
 - BLUE indicates that MacroBlast Mode has begun. This will commence a pre-programmed cycle that extracts in short pulses and then one longer extraction period before automatically turning off.

