

YUMMY SMOOTHIES POWERED BY PLANTS

Welcome to the 12-day **CANCER-FIGHTING** Smoothie Challenge

You'll Get:

- 12 days of plant-based smoothies with ingredients scientifically proven to support cancer prevention
- 11 superfood ideas to support a healthy lifestyle
- 5 tips for perfect smoothies
- 3 liquids that boost your immune system
- A shopping list to get you started right away

