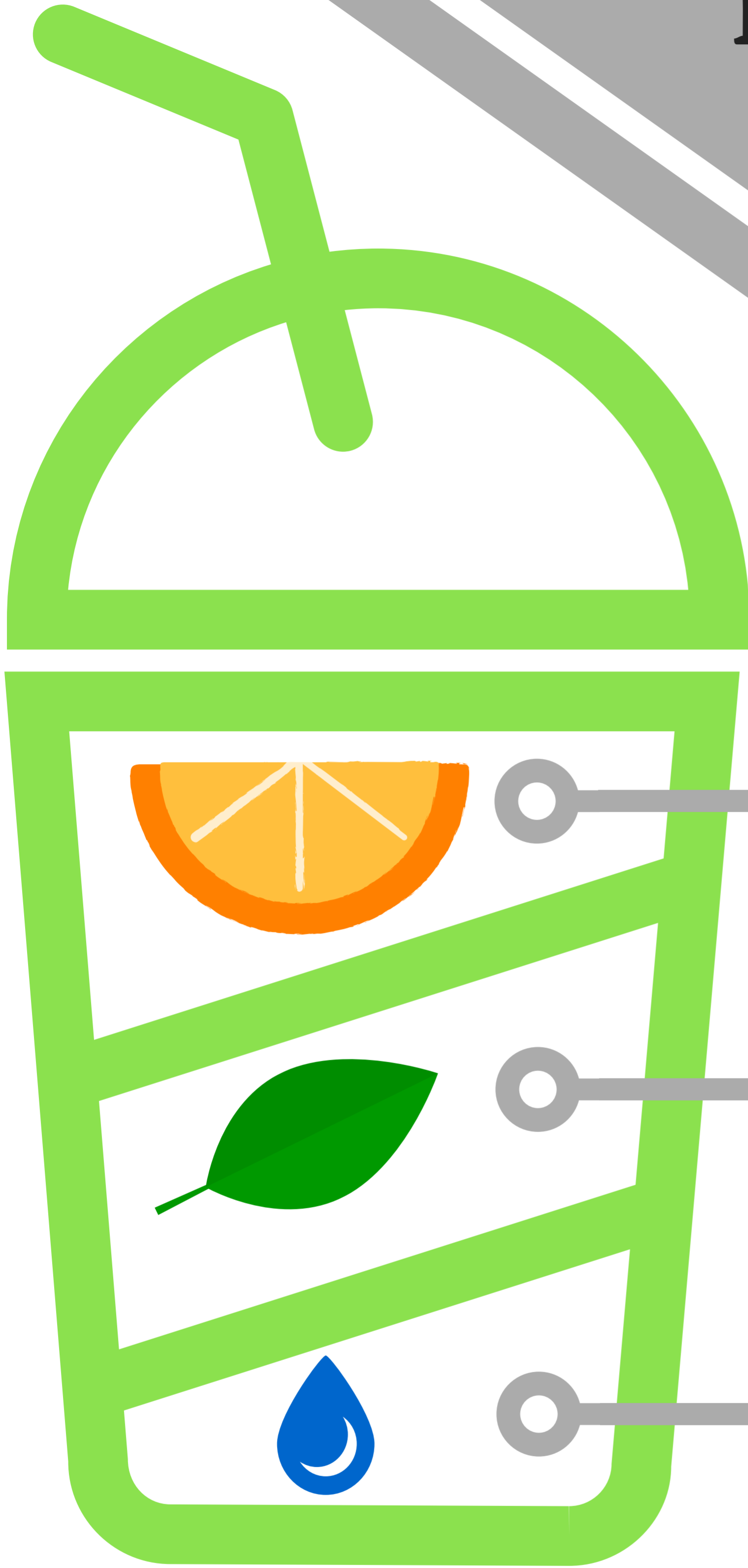


# BUILD A SMOOTHIE GUIDE



# THE BASICS



1 CUP - FRUIT

1 CUP - Leafy  
Greens

1 CUP - LIQUID



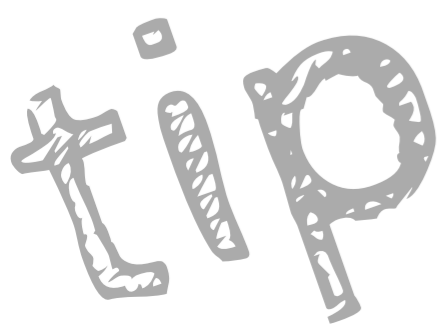
OPTIONAL - PUMP IT UP  
WITH some extras!

# THE INGREDIENTS

1

## 1 CUP OF FRUIT (FRESH OR FROZEN)

- APPLES
- APRICOTS
- AVOCADO
- BANANAS
- BLACKBERRIES
- BLUEBERRIES
- CANTALOUPE
- CHERRIES
- CLEMENTINES
- COCONUT
- CRANBERRIES
- CUCUMBER
- GRAPEFRUIT
- GRAPES
- GUAVA
- HONEYDEW
- KIWI
- LEMON
- LIME
- MANGO
- NECTARINES
- ORANGES
- PAPAYA
- PEACHES
- PEARS
- PINEAPPLE
- PLUMS
- POMEGRANATE
- RASPBERRIES
- STRAWBERRIES
- TANGERINES
- WATERMELON



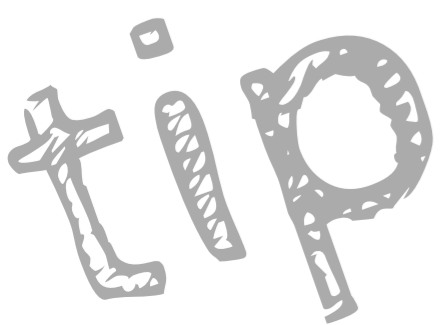
- USE FROZEN FRUIT TO ADD THICKNESS & IF CHUNKS ARE LARGE, CUT SMALLER SO IT'S EASIER ON YOUR BLENDER

# INGREDIENTS CONT'D

2

## 1 PACKED CUP OF Leafy Greens

- arugula
- Beet Greens
- BOK CHOY
- BROCCOLI
- BRUSSEL SPROUTS
- COLLARD Greens
- DANDELION Greens
- KALE
- LETTUCE
- MUSTARD Greens
- SPINACH
- SPRING Greens
- SWISS CHARD



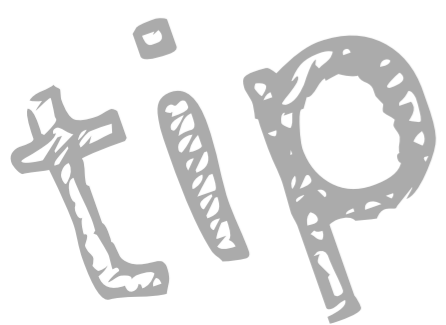
- THE DARKER THE GREEN THE BETTER!
- A HANDFUL OF GREENS IS USUALLY AROUND A PACKED CUP

# INGREDIENTS CONT'D

3

## 1 CUP OF LIQUID

- almond milk
- coconut milk
- coconut water
- fruit juice
- milk
- rice milk
- soy milk
- tea (iced)
- water
- ice (add as desired for extra thickness)



- when it comes to dairy milk try to go for milk from grass fed cows

# INGREDIENTS CONT'D

4

PUMP IT UP WITH SOME EXTRAS!

## SUPERFOODS

- acai POWDER
- avocADo
- Bee POLLen
- cacao POWDER
- CHia seeds
- COCONUT OIL
- FLax seeds (GROUND)
- FLax seed OIL
- GOJI Berries
- HEMP seeds
- KEfir
- maca POWDER
- SPIRULina
- SPROUTS

## HEALTHY FATS

- CHia seeds
- COCONUT OIL
- FISH OIL
- FLax seeds (GROUND)
- FLax seed OIL
- HEMP seeds
- NUTS
- NUT BUTTERS
- seeds

# INGREDIENTS CONT'D

## THICKENERS

- avocAdo
- CHIA seeds
- ICE CUBES
- LOW FAT YOGURT  
(or Greek yogurt  
for extra  
protein!)
- NUT BUTTERS

## SWEETENERS

- DATES (CHOPPED)
- FIGS (CHOPPED)
- Honey
- maple syrup
- Stevia
- vanilla extract

## HERBS & SPICES

- Basil
- Cardamom
- Cayenne
- Cinnamon
- Ginger
- Mint
- Nutmeg
- Parsley
- Turmeric

# INGREDIENTS CONT'D

## OTHER SMOOTHIE BOOSTERS

- oatmeal
- OTHER VEGGIES (LIKE CARROTS & ZUCCHINI)
- PROBIOTICS
- PLANT BASED PROTEIN POWDER
- WHEY BASED PROTEIN POWDER

tip

- CHOOSE FOODS GROWN AS CLOSE TO HOME AS POSSIBLE, PREFERABLY ORGANIC, TO ENSURE YOU ARE GETTING THE FRESHEST MOST NUTRIENT RICH FOODS WHILE SUPPORTING YOUR LOCAL FARMERS
- MOST PROTEIN POWDERS DO MORE HARM THAN GOOD, SO GO WITH QUALITY, WHOLE FOOD BASED PROTEIN POWDERS
- BE CREATIVE! PLAY AROUND WITH LOTS OF DIFFERENT COMBINATIONS (EVEN FEEL FREE TO TWEAK MY RECIPES BELOW!) AND HAVE FUN CREATING YOUR OWN UNIQUE RECIPES THAT ARE BOTH NUTRIENT DENSE AND DELICIOUS!





# REFRESHES

# CIRTUS BERRY ENERGY BOOST

## INGREDIENTS

- 1 CUP WATER
- 1 HANDFUL SPINACH
- 3/4 CUP FROZEN BERRIES
- 1 TBSP CHIA SEEDS
- 1 PEELED SEEDLESS CLEMMENTINE
- JUICE FROM 1/2 A LIME

## DIRECTIONS

- COMBINE ALL INGREDIENTS IN BLENDER AND ENJOY!



# POST-CLIMBING RECOVERY

## INGREDIENTS

- 1 CUP OF WATER
- 2 TBSP TART CHERRY JUICE CONCENTRATE
- 1 CUP FROZEN BERRIES
- 1 HANDFUL SPINACH
- 1 TBSP HEMP SEEDS
- 1 TBSP CHOPPED DATES
- 1/2 TBSP PUMPKIN SEED BUTTER
- 1/4 TSP HIMALAYAN SALT

## DIRECTIONS

- COMBINE ALL INGREDIENTS IN BLENDER AND ENJOY!
- IF POSSIBLE, PREP BEFOREHAND AND CONSUME IMMEDIATELY AFTER CLIMBING



# GREEN MANGO COCONUT

## INGREDIENTS

- 1 CUP COCONUT MILK
- 1/2 CUP PLAIN LOW/NO FAT YOGURT
- 1 CUP FROZEN MANGO
- 1 HANDFUL SPINACH
- 2 TBSP MELTED COCONUT OIL
- 2 TBPS UNSWEETENED COCONUT SHREDS
- 1/2 TSP CINNAMON

## DIRECTIONS

- COMBINE ALL INGREDIENTS IN BLENDER AND ENJOY!
- TOP WITH SOME EXTRA COCONUT SHREDS IF DESIRED



# SUPERFOOD POWER

## INGREDIENTS

- 1 CUP COCONUT MILK
- 1 CUP KALE (STEMS removed)
- 1 CUP FROZEN raspberries
- 1 TBSP HONEY
- 1 TBSP cacao POWDER
- 1 TBSP MELTED COCONUT OIL
- 1 TBSP GOJI Berries
- 1 TBSP HEMP SEEDS

## DIRECTIONS

- COMBINE ALL INGREDIENTS IN BLENDER AND ENJOY!



# MINT CHOCOLATE CHIP

## INGREDIENTS

- 1 CUP COCONUT MILK
- 1 HANDFUL SPINACH
- 1/4 CUP PACKED MINT LEAVES
- ABOUT 7 CUBES OF ICE
- 1/2 TBSP HONEY
- 2 + 1/2 TBSP RAW CACAO NIBS

## DIRECTIONS

- COMBINE ALL INGREDIENTS IN BLENDER EXCEPT 1/2 TBSP CACAO NIBS
- ADD REMAINING NIBS, PULSE A COUPLE TIMES, AND ENJOY!



# ● ● ● ● ● ● ● ● ● about me



I'm Cristina Lizarazo and aside from being passionate about climbing, I also share a passion in health and wellness and using a wholesome and mindful approach to achieving great results in climbing. I've been climbing since 2006 and began practicing yoga shortly after. Although I began yoga as a means to calm my active mind, I immediately noticed

gains in my climbing as well. The benefits I experienced with yoga, both personally and in climbing, motivated me to become a certified yoga instructor and pursue a healthier lifestyle.

I now integrate yoga, mindset, and nutrition into my daily routine, and am currently undergoing a certification as a Holistic Sports Nutrition Specialist. With my knowledge and experience, I now follow a wholesome training approach to enhance my climbing performance. I believe that to truly unlock your climbing potential you must first establish a solid foundation. Integrating yoga, nutrition, and mindset into your life is the best way to develop a strong mind and body, and serves as the foundation that you can build upon to not just become a stronger climber, but more importantly, a better one.

My mission is to help mindful climbers unlock their true climbing potential so they can conquer life on and off the rock!

Are you ready to conquer?

Then why not join me for a whole week of climbing and yoga in paradise! Together we can start establishing your solid foundation by incorporating yoga and wholesome meals into your daily routine, and watching how it translates to your climbing as we scale the magnificent granite boulders that cover the island of Virgin Gorda.

If you're interested in joining me on a Climbing & Yoga Retreat then just [click here to receive updates](#) on upcoming retreats and exclusive discounts!

For more information on taking a holistic approach to climbing visit <http://conquerthecrux.com>

For any questions please never hesitate to contact me at: [cristina@conquerthecrux.com](mailto:cristina@conquerthecrux.com)

