



glowTERRA

Smoothies
Salads &
Supplements
30 Day Challenge

Brought to you by

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SISTERHOOD. FREEDOM. ESSENTIAL OILS.



Why Smoothies?

Here at The Freedom Tribe, we're on a mission to empower people to make conscious choices that support their health holistically — and enrich all areas of their lives.

When it comes to good nutrition, a powerful way to approach the food that goes in your body is this: Crowd out the bad with the good. Simple, right? Instead of scrutinising each morsel and wasting energy on avoiding nasty foods, simply ask yourself, “how can I add more nourishing, nutrient dense food into my diet?”

If you focus on packing maximum goodness into each meal, you will find you won't have any room left for unhealthy cravings.

So, what is one of the most convenient ways to maximise your daily nutrient intake?
Enter the humble smoothie.

The Protocol

Select:

2 Smoothies per day

2 Salads per day

Take supplements twice daily.


Simple.



Contents:

- 13 Smoothie Recipes
- 13 Salad Recipes





1 cup almond or coconut milk
2 Tbs cacao powder
1 banana
1 drop peppermint EO
1 Tbs chia seeds
1 Tbs desiccated coconut

Choc Mint smoothie

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1/2 avocado
1 Banana
1 Kiwi Fruit
1/2 Lemon (peeled)
1-2 Drops doTERRA lemon EO
Small handful mint
Large handful baby spinach
1 tspn chia seeds
Water or coconut water - enough to get
your blend on!

Sunshine Blend


smoothie

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1 frozen banana
1 cup cold roast pumpkin
1 handful pecans
1 cup water


1/2 -1 drop cinnamon bark EO (or swirl
through with a toothpick after blending
other ingredients)

Pumpkin & Pecan Pie smoothie

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2 frozen bananas
2 Tabs coconut milk
1/4 teaspoon vanilla extract
1 cup water
1/2 - 1 drop cinnamon, clove & ginger (or
swirl through with a toothpick after blending
other ingredients to give you a hint of
flavour without overpowering your
smoothie!)

Banana Chai smoothie

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2 Frozen bananas
1 Tablespoon cacao or cocoa
1 heaped Tablespoon roasted almond butter
or peanut butter
pinch of salt
1/2 cup coconut milk
1/2 cup water
1 drop spearmint EO

Choc Spearmint smoothie

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100g Greek or coconut yoghurt
1/2 ripe avocado
large handful spinach leaves
1 cup ice
1 cup water
1 Tablespoon coconut oil, liquefied
1-2 drops lime EO

Low Carb, High
Fat smoothie

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$\frac{1}{4}$ cup raw cashews
 $\frac{1}{4}$ cup coconut cream
 $\frac{3}{4}$ cup water
2 frozen bananas
2 teaspoons maple syrup
flesh of 1 small lemon
 $\frac{1}{2}$ teaspoon vanilla extract
2 drops lemon essential oil

Lemon Cheesecake Smoothie bowl

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1 can coconut milk
1 cup water or orange juice
Flesh of 3 small mangoes
1 teaspoon vanilla extract
5 drops Lime EO

Mango & Lime Smoothie

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$\frac{3}{4}$ cup vanilla yoghurt
 $\frac{3}{4}$ cup milk of choice
3 mandarins
 $\frac{1}{2}$ drops Wild Orange EO
 $\frac{1}{2}$ teaspoon vanilla extract
10 ice cubes

Wild Orange Smoothie

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1 apple

2 nectarines


1 cup coconut water

4-5 slices of pineapple

2-3 drops lime EO

Sunny Beaches Smoothie

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1 cup Kale
1 cup Spinach
1 Pear
1/2 Avocado
1 drop lime EO
1 cup ice

Go-go Green Smoothie

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1 banana
1 avocado
1 pear
1 apple
2 big handfuls of spinach
1/3 cucumber
2 scoops doTERRA Terra Greens
1/2 cup coconut water
2 drops Lime EO

Green gremlin Smoothie

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1 cup almond milk
1 cup kale
1/4 avocado
3 dates pitted
1 Tabs cacao powder
1 teaspoon maca powder
1-2 drops Peppermint Essential Oil

Choc mint maca Smoothie


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Pear & Basil Salad

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2 red Anjou pears
6 cups spinach
 $\frac{1}{2}$ cup walnuts, chopped
 $\frac{1}{3}$ cup gorgonzola
Vinaigrette
 $\frac{1}{2}$ cup olive oil
 $\frac{1}{4}$ cup white balsamic vinegar
1 tablespoon honey Dijon mustard
1 toothpick Basil oil
Dash of Himalayan salt

Instructions:

Blend together olive oil, white balsamic vinegar, Dijon mustard, and Himalayan salt.

Add Basil oil. Start with one toothpick to taste.

Once the dressing is flavored to your liking, toss vinaigrette with salad ingredients. Serve immediately.

Tips:

Make the vinaigrette a day ahead and chill in the refrigerator to give a chance for all the flavors to mingle.

Strawberry Almond Salad

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300g baby spinach
500g strawberries, cut in thick slices
1/2 cup sliced almonds, toasted
1/2 cup fat free feta cheese

Raspberry Vinaigrette:

2-4 drops Lime oil
1 punnet fresh raspberries
1 tablespoon honey
2 tablespoons dijon mustard
2 tablespoons red wine vinegar
1/4 cup olive oil

Instructions

In small bowl, mash raspberries.

Add remaining vinaigrette ingredients and mix using wire whisk until combined.

Chill vinaigrette for 30 minutes.

Toss salad ingredients with raspberry vinaigrette.

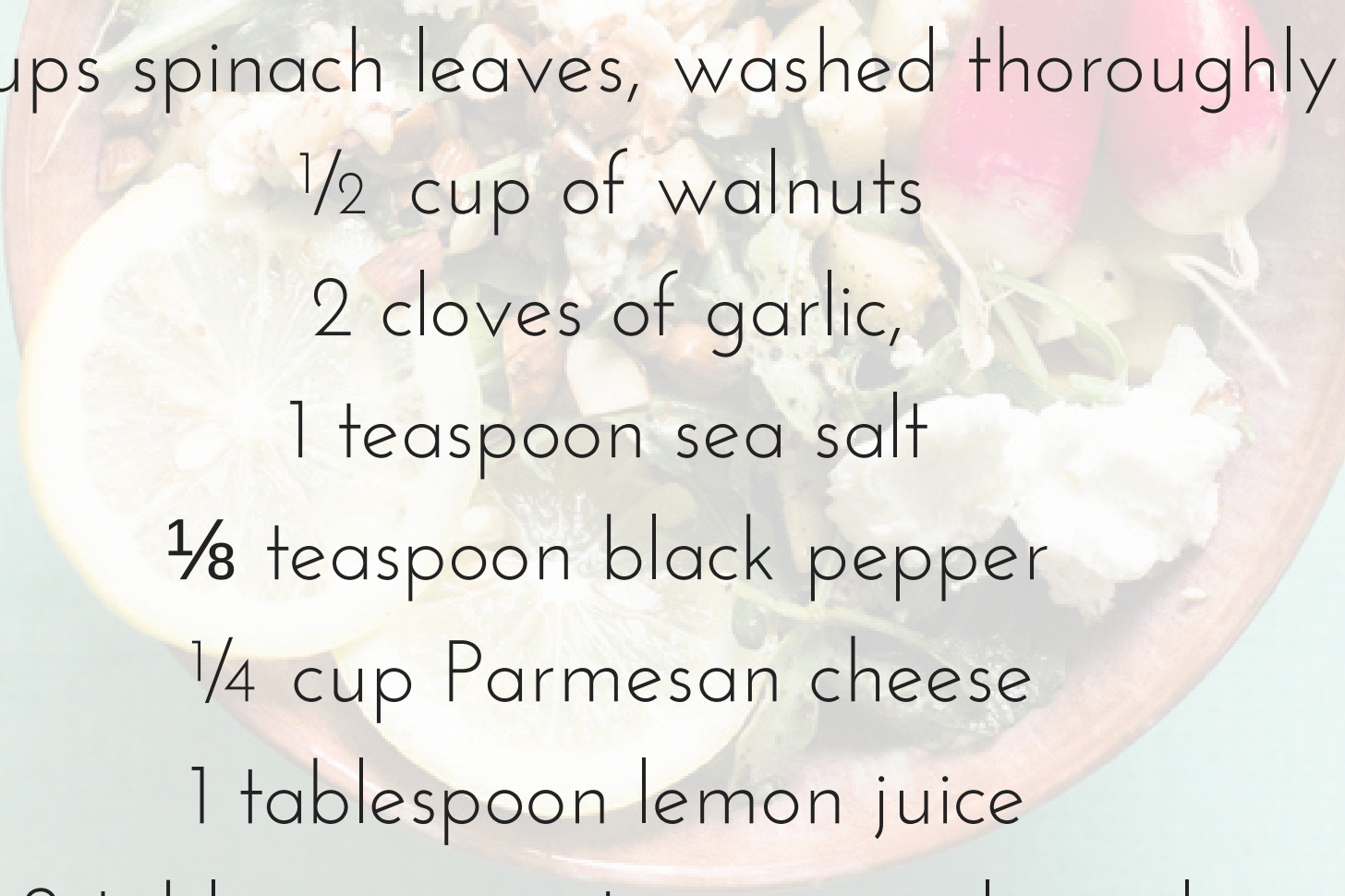
Tip: Refrigerate remaining vinaigrette for up to two weeks.

Basil & Spinach Pesto

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6 cups spinach leaves, washed thoroughly
1/2 cup of walnuts
2 cloves of garlic,
1 teaspoon sea salt
1/8 teaspoon black pepper
1/4 cup Parmesan cheese
1 tablespoon lemon juice
2 tablespoons extra-virgin olive oil
1 drop Basil oil
2 drops Lemon oil

Instructions

Combine all ingredients in a food processor.
Mix until combined. Scrape sides to get all the spinach leaves, if needed.

Store in air tight glass jar.

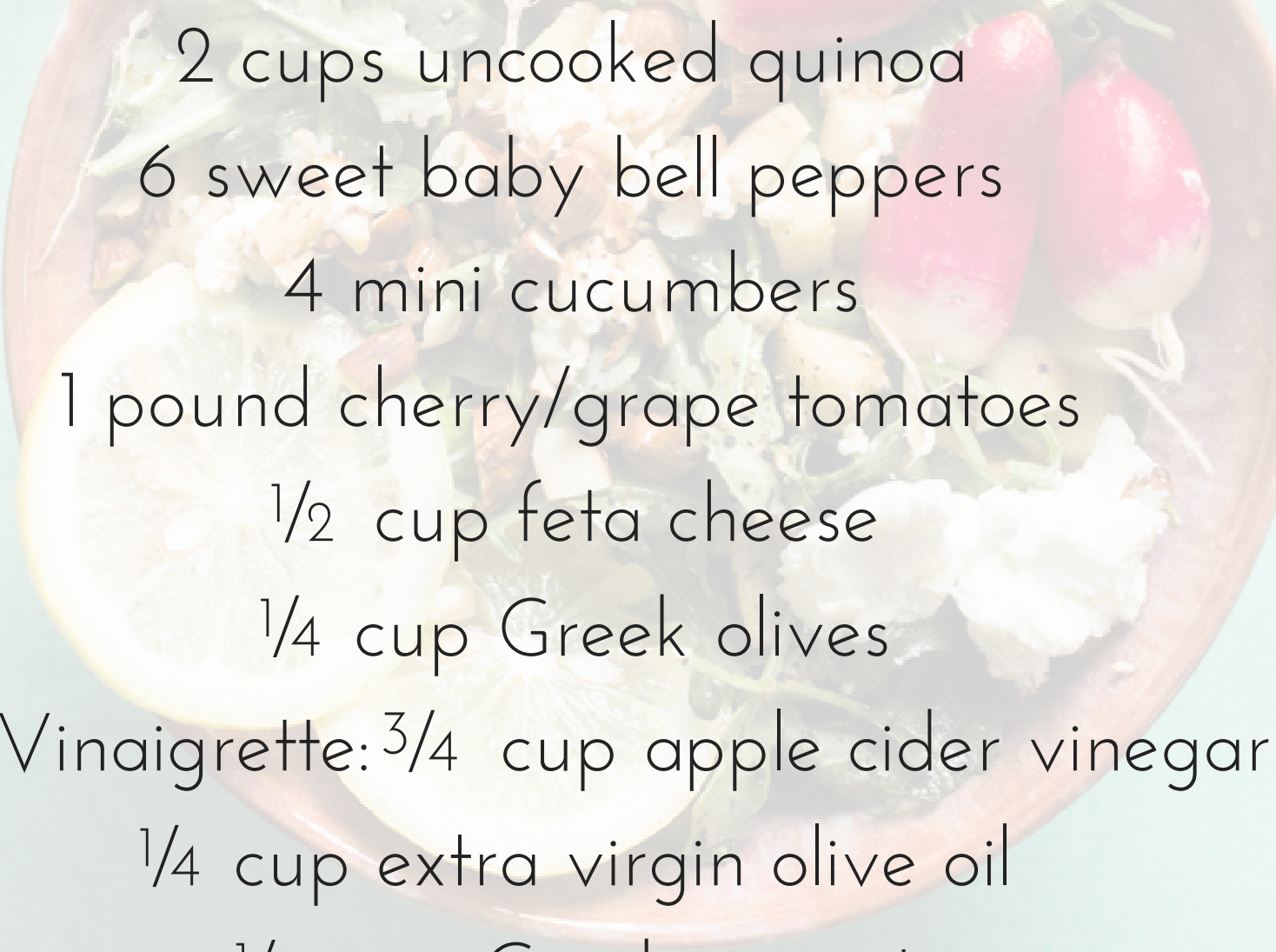
Tip: This sauce can be stored for up to three months.

Quinoa & Dill Salad

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2 cups uncooked quinoa
6 sweet baby bell peppers
4 mini cucumbers
1 pound cherry/grape tomatoes
1/2 cup feta cheese
1/4 cup Greek olives
Dill Vinaigrette: 3/4 cup apple cider vinegar
1/4 cup extra virgin olive oil
1/2 cup Greek yogurt
1/4 teaspoon onion powder
1/4 teaspoon garlic powder
2 drops Dill oil 1 pinch of salt

Instructions:

Cook quinoa according to directions on package and let cool
Cut up all vegetables and combine with olives, cheese, and cooked quinoa. Combine all dressing ingredients and blend together until smooth. Toss salad with dressing and chill. Tips:

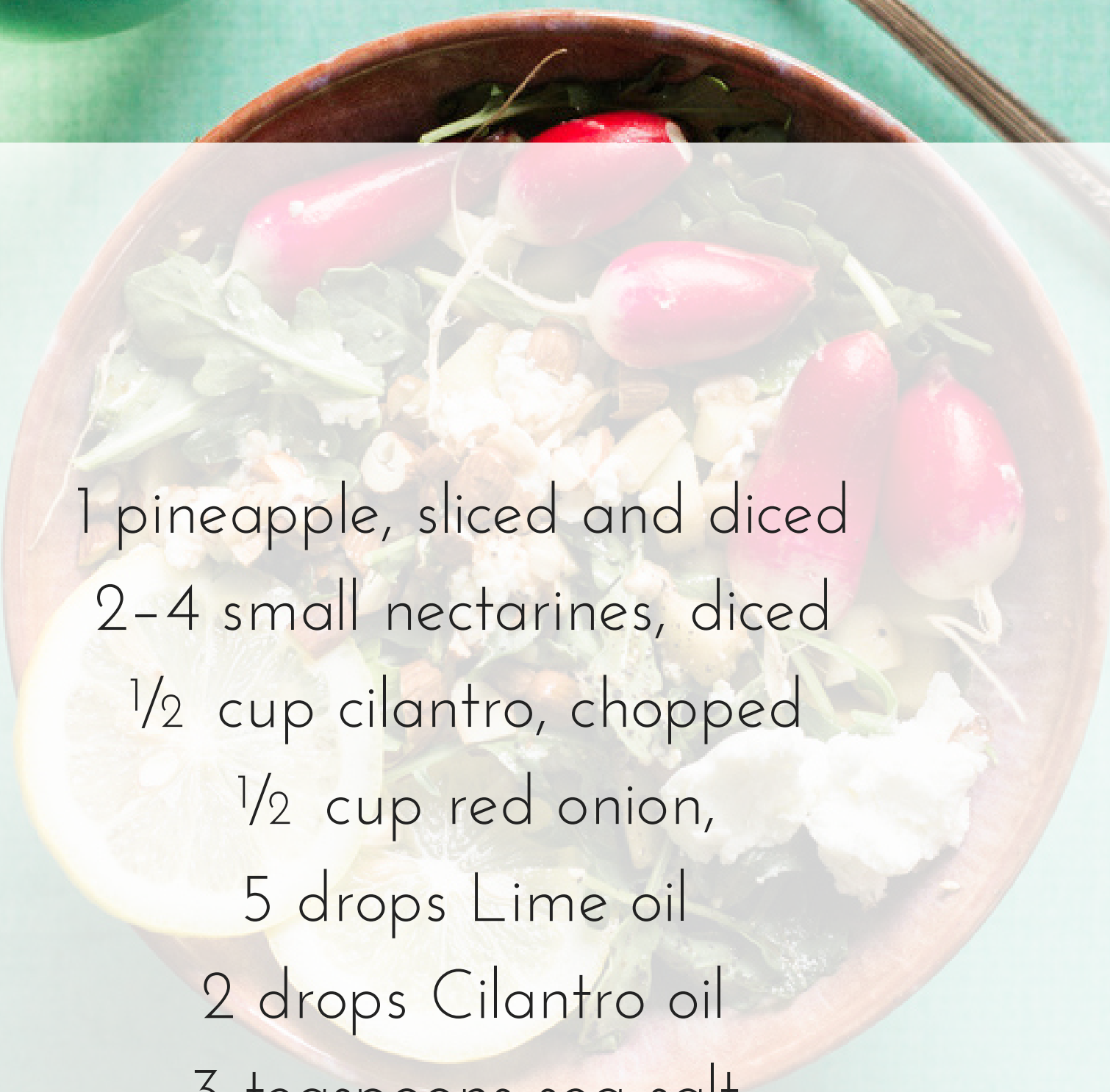
If you don't have Dill essential oil, try Marjoram, Basil, Cilantro, Coriander, or Lemon essential oil.

Pineapple Salsa

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1 pineapple, sliced and diced
2-4 small nectarines, diced
1/2 cup cilantro, chopped
1/2 cup red onion,
5 drops Lime oil
2 drops Cilantro oil
3 teaspoons sea salt

Instructions:

Mix all ingredients together.

Allow salsa to sit and chill for at least four hours before eating to allow time for flavors to combine.

Tips:

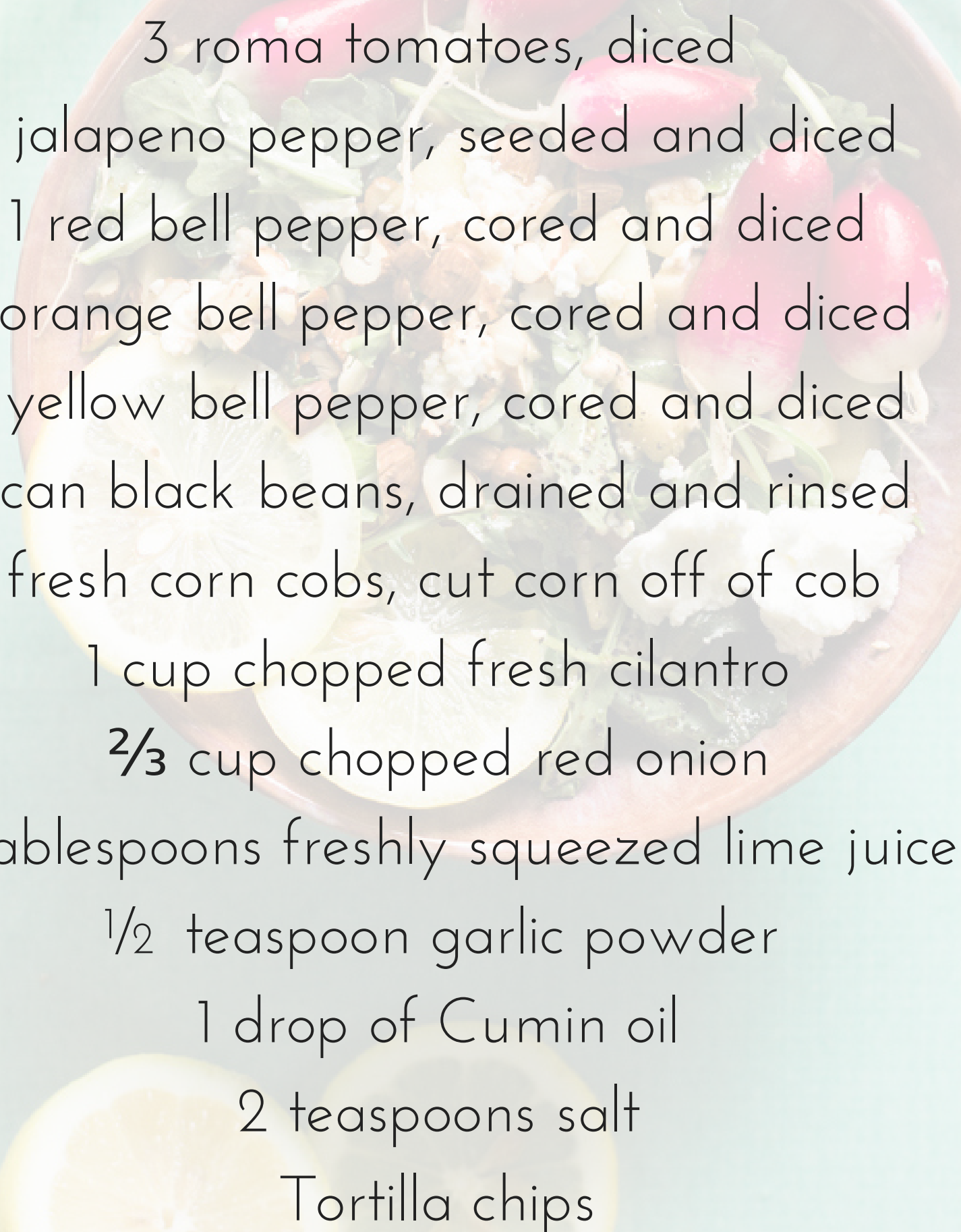
Serve with chips, over fish tacos, or as a tangy fruit salad all on its own.

Cumin Rainbow Salad

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- 
- 3 roma tomatoes, diced
 - 1 jalapeno pepper, seeded and diced
 - 1 red bell pepper, cored and diced
 - 1 orange bell pepper, cored and diced
 - 1 yellow bell pepper, cored and diced
 - 1 can black beans, drained and rinsed
 - 2 fresh corn cobs, cut corn off of cob
 - 1 cup chopped fresh cilantro
 - $\frac{2}{3}$ cup chopped red onion
 - 2 tablespoons freshly squeezed lime juice
 - $\frac{1}{2}$ teaspoon garlic powder
 - 1 drop of Cumin oil
 - 2 teaspoons salt
 - Tortilla chips

Instructions:

Combine the tomatoes, jalapeno, bell peppers, black beans, corn, cilantro, and red onion in a large bowl.

In a separate bowl whisk together lime juice, garlic powder, Cumin essential oil, and salt until combined. Pour the juice over the salsa and toss until well combined. .


Serve immediately, or cover and refrigerate.

Fresh Caprese Salad

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$\frac{1}{2}$ cup tomatoes
 $\frac{1}{4}$ cup mozzarella cheese balls
2-3 tablespoons olive oil
2 tablespoons balsamic vinegar
1-2 drops Basil oil
Fresh basil leaves for garnish

Instructions:

Place tomatoes and cheese in bowl.

In a jar or small bowl, mix balsamic vinegar and olive oil.

Mix in Basil oil, adjusting drops as needed.

Pour oil and vinegar mixture over tomatoes and cheese.

Tips:

For best presentation, reserve the oil and vinegar mixture and either provide for dipping in or pour over the salad at the last minute.

Fresh Rainbow Salad

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2 raw medium beets (any colour), trimmed, scrubbed, and quartered

1/4 red cabbage, quartered

1 whole purple cabbage (for serving)

2 large carrots, scrubbed and trimmed

1/4 white cabbage, quartered

2 pears, stems removed and quartered

1 cup walnut halves, roughly bashed

2 handfuls fresh curly parsley or mint, chopped

Rainbow Salad Sauce:

1 tablespoon mayonnaise

2 teaspoons mustard

3 tablespoons cider vinegar

6 tablespoons extra-virgin olive oil

6 drops of dōTERRA Wild Orange essential oil

Sea salt and ground pepper

Worcestershire sauce

Hot sauce (chilli)

Handful of walnuts chopped (or your choice of seeds or nuts)

Handful of fresh mint and parsley chopped

Put a coarse grater attachment into a food processor and push ingredients through in the following order (to stop the beets from staining everything): beets, red cabbage, carrots, white cabbage, and pears. (If your food processor is a bit small, do this in batches.) If you don't have a food processor use a large grater.

Turn vegetables out onto a platter so you get a pile of rainbow colours.

Mix the mayonnaise, mustard, vinegar, wild orange essential oil and olive oil, then season with salt, pepper, worcestershire, and hot sauce.

Add walnuts and herbs and toss everything together until you get a big, beautiful plate of dressed vegetables.

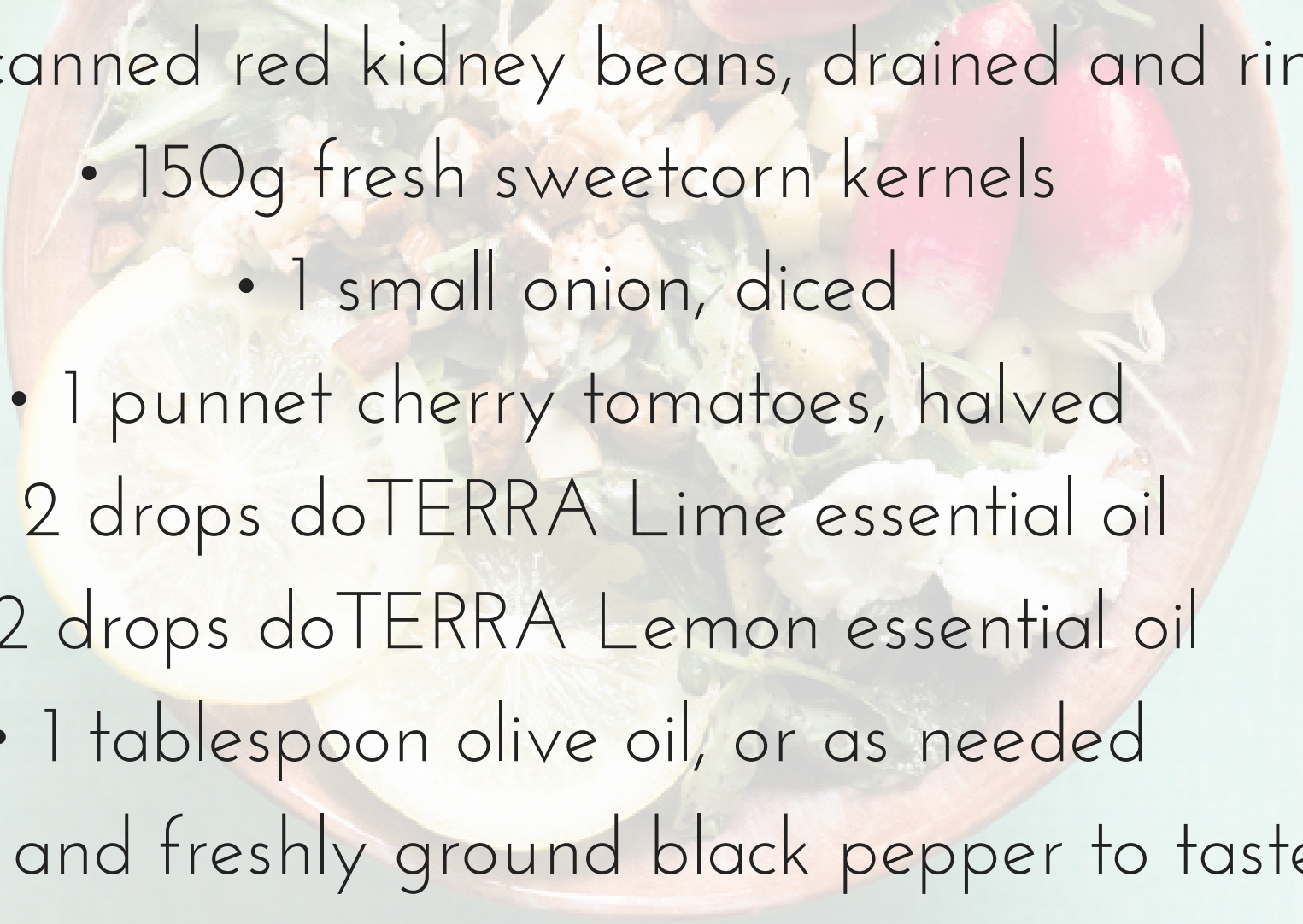
Place individual servings on a large leaf of purple cabbage

Bean & Corn Salad

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- 
- 400g canned red kidney beans, drained and rinsed
 - 150g fresh sweetcorn kernels
 - 1 small onion, diced
 - 1 punnet cherry tomatoes, halved
 - 2 drops doTERRA Lime essential oil
 - 2 drops doTERRA Lemon essential oil
 - 1 tablespoon olive oil, or as needed
 - Salt and freshly ground black pepper to taste
 - Large bunch fresh basil, finely chopped

Directions

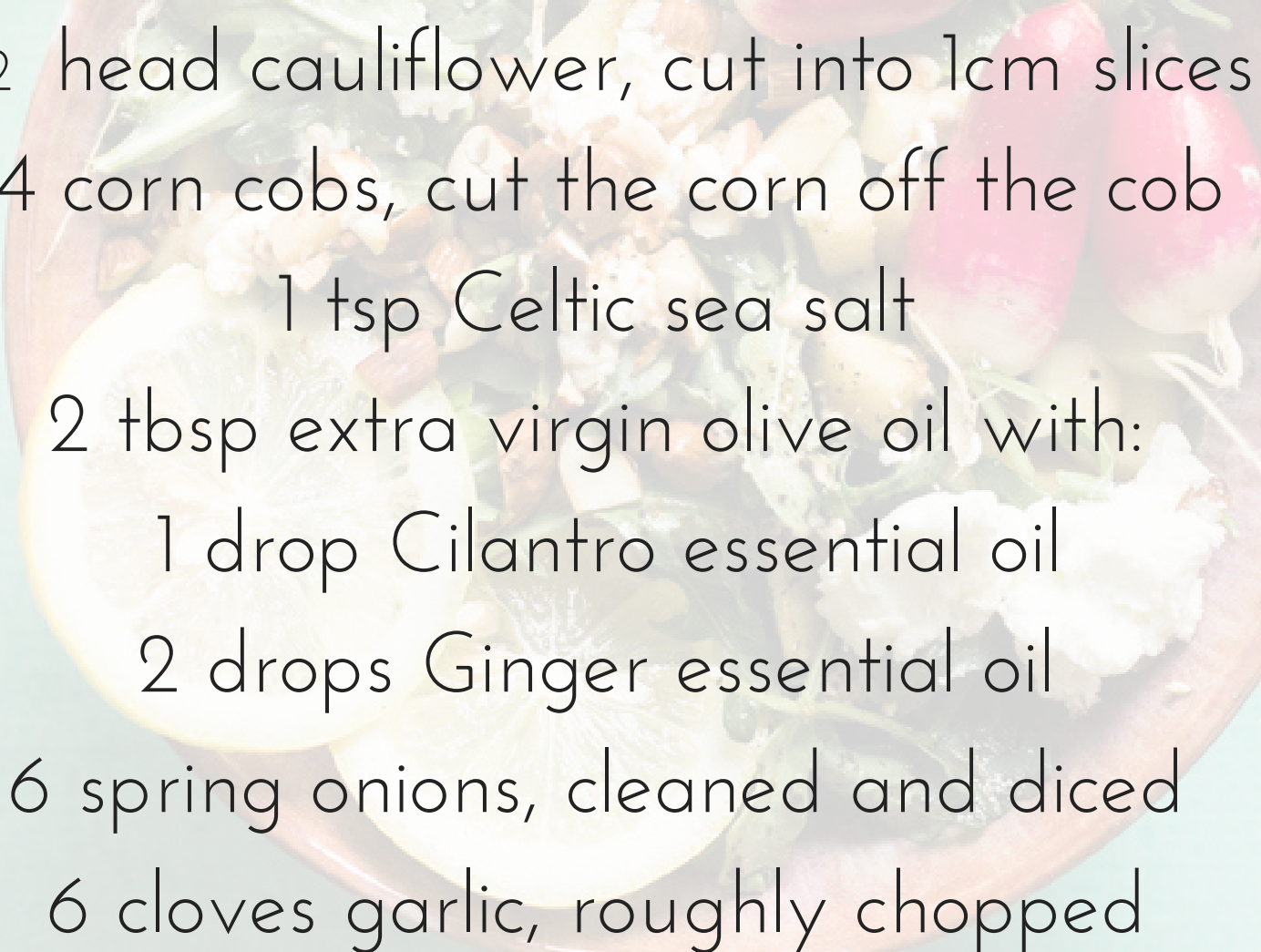
In a large bowl, gently toss beans, sweetcorn, onion, tomatoes, Lemon and Lime essential oil. Drizzle with olive oil and season with salt and pepper. Mix in basil just before serving.

Cauliflower & Corn Salad

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$\frac{1}{2}$ head cauliflower, cut into 1cm slices
4 corn cobs, cut the corn off the cob
1 tsp Celtic sea salt
2 tbsp extra virgin olive oil with:
1 drop Cilantro essential oil
2 drops Ginger essential oil
6 spring onions, cleaned and diced
6 cloves garlic, roughly chopped

Method

Add all the above to a big mixing bowl and massage thoroughly with your hands.

Layer on a lined baking tray or dish. Sprinkle with Herbamare (a mixture of organic herbs and salt).

Bake on high 200°C. After 20 minutes in the oven, give them a stir and return to the oven to crisp up – they need to be very well cooked and deliciously crisp.

Kale & Grapefruit Salad

- 
- 2 pink grapefruit •
 - 4 drops dōTERRA Lemon essential oil •
 - 4 drops dōTERRA Grapefruit essential oil •
 - 1/2 cup fat-free plain yogurt •
 - 2 tablespoons extra-virgin olive oil •
 - 1/2 teaspoon salt •
 - 1 drop dōTERRA Black Pepper essential oil •
 - 230g thinly sliced kale •
 - 1/3 cup toasted hazelnuts •
 - 1 small radish

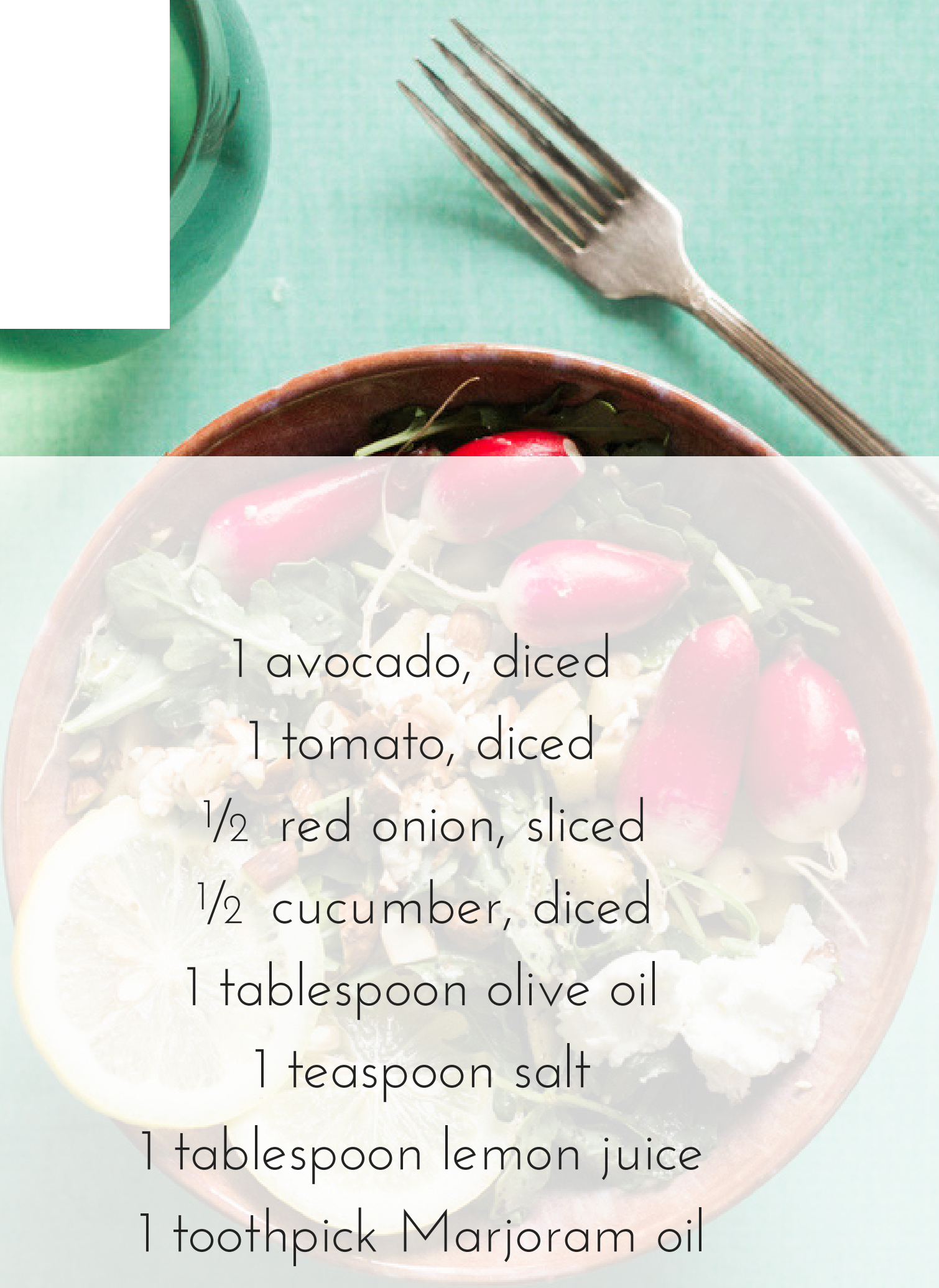
Method: 1. Peel and segment grapefruit; 2. Combine grapefruit juice with Grapefruit, Lemon and Black Pepper essential oil, yogurt, olive oil, salt. Whisk until well mixed. 2. Toss in kale. Top with remaining, radish, grapefruit, and hazelnuts.

French Cucumber Salad

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1 avocado, diced
1 tomato, diced
1/2 red onion, sliced
1/2 cucumber, diced
1 tablespoon olive oil
1 teaspoon salt
1 tablespoon lemon juice
1 toothpick Marjoram oil

Instructions

Combine avocado, tomato, red onion, and cucumber in bowl. Set aside.

Pour olive oil into small bowl and mix in toothpick dipped in Marjoram essential oil.

Combine olive oil mixture and vegetables.

Add lemon juice and stir.


Top off with salt and serve immediately.

Roast Vegetable Salad

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2 red capsicums, seeded, quartered
2 large zucchini, cut into 3cm pieces
1 eggplant, cut into 3cm pieces
2 red onions, cut into thin wedges
250g cherry tomatoes
250g pearl couscous
120g Baby Spinach
2 tablespoons extra virgin olive oil
2 tablespoons white wine vinegar
100g fetta, cut into 2cm pieces
1 drop doTERRA Oregano essential oil

Directions

Preheat oven to 200°C. Line 2 large baking trays with baking paper. Arrange the capsicum, zucchini, eggplant and onion on the lined trays. Roast for 40 mins or until light golden and tender. Set aside to cool. Meanwhile, line a baking tray with baking paper. Place the tomatoes on the lined tray and roast for 20 mins or until tomatoes just collapse. Cook the couscous in a saucepan of boiling water for 5 mins or until just tender. Refresh under cold water until cool. Drain well. Transfer to a bowl. Thickly slice the capsicum. Add to the couscous in the bowl with the spinach and rocket, zucchini, eggplant and onion. Combine olive oil, vinegar and Oregano essential oil in screwtop jar and shake. Drizzle over salad and then toss to combine. Arrange on a large serving platter. Top with fetta.