



JASON VALE

**SUPER
BLEND
ME!**

*Super Lean
Super Healthy
Super Fast*

**“Lost 16lbs . . . Body fat down 3% . . .
Muscle mass up 2%”**

Paul B



CONTENTS

JASON VALE – SUPER BLEND ME!	
The Global NutriBullet Phenomenon	9
A Plan Designed For Everyone	15
The Main Withdrawal Is In The Mind	25
The Incredible Results	35
THE SUPER BLEND ME! PLAN	
Seven Rules For Success	59
Seven Tips For Success	75
Super Blend Mastery	91
The Schedule	94
Lets Go Shopping	96
Plan Recipes	99
Special Guest Plan Recipes	119
Extra Special Guests	127
Extra Recipes	137
What A Load Of Balls	161
My Super Blend Me! Journal	171
LIFE AFTER SUPER BLEND ME!	
Congratulations! You’ve Done It!	221
The Japanese Rule	237
Five Cheeky Ways To Stay On Track	243
Blend It Forwards	253
Questions ☺ Answers	259

Super Blend Me! has been cleverly designed with everyone in mind. It doesn't matter if you have an enormous amount of weight to lose or you just want to get shredded – Super Blend Me! has the perfect amount of macronutrients (protein, fat and carbohydrates) as well as a plethora of micronutrients (vitamins, minerals and phytonutrients) to satiate and sustain you, whatever your lifestyle.

All the recipes have been balanced perfectly on the calorie front too. As you know, generally I am not a calorie person, but it's very easy to overdo it when making blends, so I've also taken a little nod in the calorie direction on this occasion (so you don't have to).

Super Blend Me!, due to its rich plant-protein-based recipes, has also been designed with exercise in mind. Whether you're an athlete or just someone who likes to exercise daily, you can exercise till your heart's content on this programme. To give you some idea, when I did the 21-day *Super Blend Me! Challenge*, I also decided to commit to cycling 21 miles on a spinning bike, for 21 days straight. I consistently beat my time every week, so if you're concerned that by taking part in the plan you won't have any energy to exercise, my results speak for themselves:

Week 1 21 miles in 58 minutes 12 seconds
Week 2 21 miles in 57 minutes 32 seconds
Week 3 21 miles in 53 minutes 55 seconds

Also, do not fear you'll lose muscle mass either, as the *Super Blend Me! Challenge* has been designed with amino acids in mind, the building blocks for protein. When you read some of the results from the test group, you'll see just how many people lost body fat but gained muscle mass. It could be easily argued that all protein ultimately comes from plants, as the largest land animals in the world are all vegan, and everything from a rhino to a fully-grown bull elephant gets *all* of their protein from the amino acids...found in *plants*. You've only got to look at the sheer muscle mass of a giraffe, bullock, elephant or even cow for that matter, to relax in the knowledge you'll be good to go on the protein front when getting your amino acids from plant-based foods. If you are a meat / dairy eater, you can

I DROPPED 10LBS IN 7 DAYS!

**LOST 19LBS (8.6KG)
IN 10 DAYS!**

LOST 3% BODY FAT!

MUSCLE INCREASED 3%

**LOST 11.5LBS (5.2KG) IN 7 DAYS!
LOST 4CM OFF HIPS**

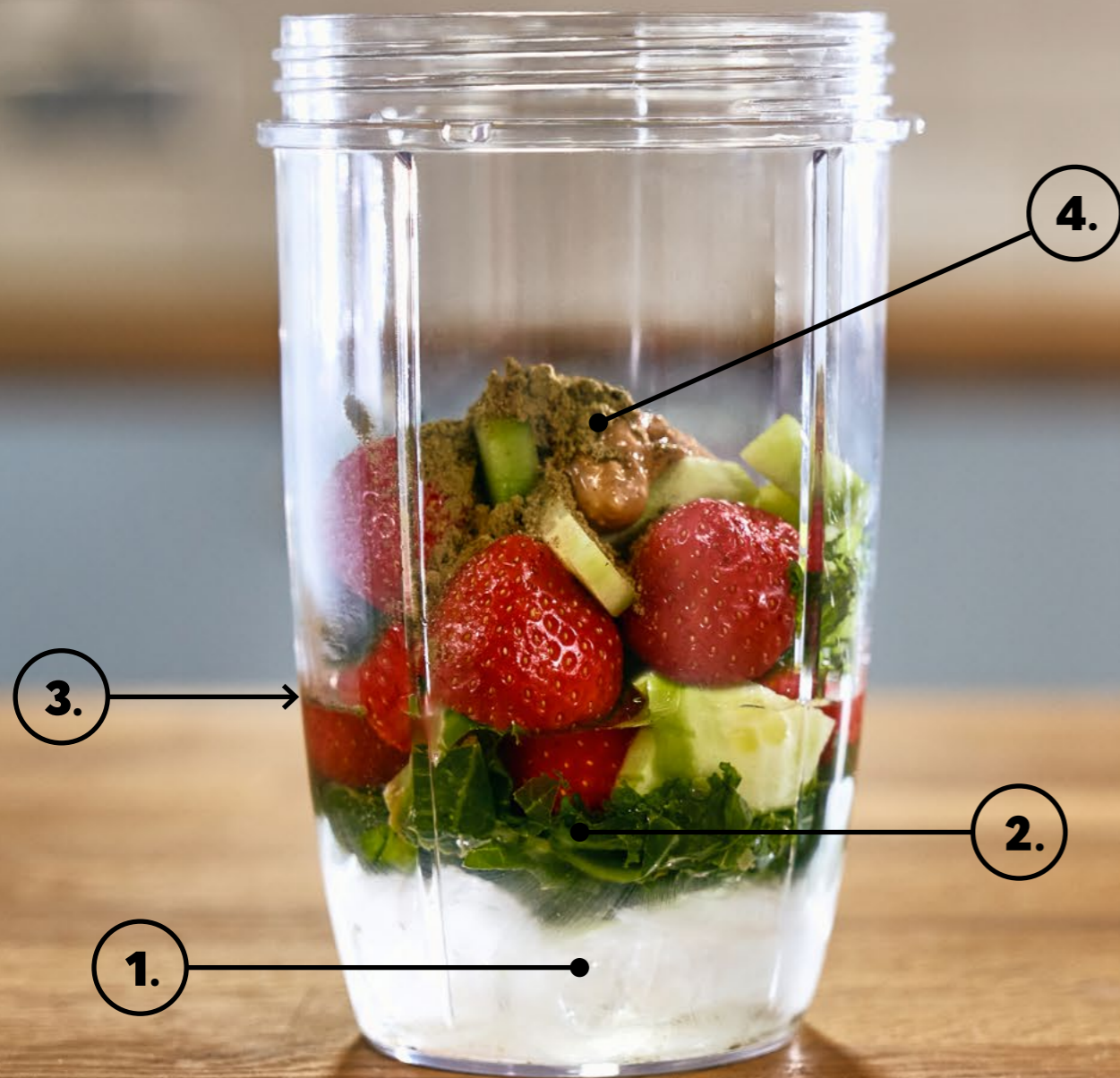
OVER 4% REDUCTION IN BODY FAT

When it came to testing Super Blend Me! – there was no shortage of volunteers. I put a small post on my Facebook page, and in just 24 hours we had over 3,000 people apply to be part of the trial. I think the reason for such interest was partly due to this being my first plant-protein-based plan, and partly due to the fact they knew they wouldn't have to clean a juicer!

What you need to know about the trials I conduct is that I always like them to be as real as possible. I don't buy the fruit and veg for those taking part, nor do I make the *Super Blends* for them, and I certainly don't hold their hand along the way. The trial conditions are the same as if the person had just got the book or the app and were following the plan at home, so are completely left to their own devices. It's worth noting that because the book hadn't been fully written when the test group did their challenges, you're actually in a much better position than they were. Not only do you have the benefit of an improved plan, due to the tweaks made as a result of feedback from the trial group (for example, you'll never have to taste the first version of the *Tahini Protein Berry Blast*, which you'll be very pleased about!) but, because of the trial, you also get to see the sorts of amazing results that can be achieved, before you start. In addition, you have the benefit of the simple but extremely effective *Freedom Thinking Technique*, which helps more than many often give it credit for. If you have the Super Blend Me! app, you'll also be able to take advantage of the plethora of videos, including *the 7 Tips* and *7 Rules For Success*, which I've added some meat to. None of this was available to the people taking part in the trial and yet, as you will see, they still achieved off the scale, stupid results and enjoyed their journey.

READ THE RESULTS AND BREATHE THEM IN

Please don't just skip or scan-read through the results, they are a very important part of your mental preparation for the challenge, so take the time to fully take them on board and absorb the sheer magnitude of what you are reading. It is highly likely, after all, that the results you are about to read will be your biggest motivation to not only try a *Super Blend Me! Challenge*.



1. Keep It Cool

First thing to put into your blender when making your *Super Blends* is ice. The key to a good tasting blend is temperature, especially when veggies are involved. In addition to keeping your *Super Blends* deliciously cool I have also added ice as part of the overall liquid content; however, if you want to leave it out, you can, it just means you will just end up with a slightly thicker, warmer blend. If you are using frozen fruits then your *Super Blend* is already going to be cool, but a little extra ice won't hurt!

2. Keep It Healthy

Second thing to add to your blender are any fruits, veggies, leaves or seeds the recipe requires. Spinach, kale, cucumber, avocado, banana, mint, mango, berries, etc. all get added at this very important second stage, and it's where the core nutrition of the *Super Blend* lies.

3. Keep It Drinkable

Third thing to add to your blender is the liquid side of life. Unlike juicing, if you don't add liquid to the other ingredients in your blend, you'll be eating it rather than drinking it! In your *Super Blend Me! Challenge* you'll find just four key liquids – almond milk, coconut milk, coconut water and oat milk.

4. Keep it Super!

Last thing to add to your blender are any powders, pastes or butters that the recipe calls for. These are, in my opinion, the key ingredients that will transform your blend into a *Super Blend*. Firstly, when you add in rich, creamy nut butters such as almond or cashew, there is no question the taste and texture is transported from okay to true super status. Secondly, although fruits, veggies and leaves make up the core nutrition of your blend, the powders, pastes and butters also raise the nutritional game substantially. The optional *Super Blend Me!* powders – *Green*, *Berry* and *Protein* – is where you'll find ingredients like spirulina, wheatgrass, goji berries, etc.



Turbo Charge Super Blend

HOW TO DO IT!

Remove the core from the apple and chop. Peel the pineapple and cucumber and chop into small pieces. Add the ice to your blender, scoop in the flesh of the avocado, squeeze in the lime juice, followed by all other ingredients. Blend for 15 – 30 seconds.

**Pea or hemp protein powder are also good alternatives.*

PLAN RECIPES



INGREDIENTS:

Serves 1

Ice

1 small handful

Apple

½

Pineapple

2½ cm slice or 1 handful

Cucumber

5 cm chunk or 1 handful

Avocado (ripe)

¼ medium

Lime (juice of)

1

Spinach

1 handful

Coconut Water

200 ml

Protein SBM! Powder*

1 tablespoon



Grape 'n' Blueberry Protein Super Blend

HOW TO DO IT!

Add the ice to your blender, followed by all other ingredients. Blend for 15 – 30 seconds.

**Bio-live, coconut or other alternative.*

***Pea or hemp protein powder are also good alternatives.*

EXTRA RECIPES



INGREDIENTS:

Serves 1

Ice

1 small handful

Red Grapes

1 handful

Blueberries

1 handful

Spinach

1 small handful

Coconut Milk (carton)

200 ml

Yoghurt*

1 tablespoon

Almond Butter

1 teaspoon

Protein SBM! Powder**

1 tablespoon

OPTION 1

THE 2-3-2 SUPER BLEND SYSTEM

I have added this one first as it's the system I personally live by and the one I most highly recommend. This is the perfect follow-on plan for anyone who wishes to keep their weight and health in check, but at the same time wants the freedom to be human!

I think it's naive to think that just because you've done a week (or more) on nothing but *Super Blends*, that you're going to be cleaner than clean for the rest of your life. You might well be one of the few who are, but most wish to opt for a 'nutrition for reality' approach. If you do have a lot more weight to lose, or you really need to get your health on track, then you may well be super clean, or even continue on *Super Blends*, until you reach your health and weight goals. However, once you have arrived at that place you may feel the human need to be, well, more human! We are looking for something that works on every level, and for me, this works a treat and means I can actually live in the normal human world and have friends, too!

The principles of the 2-3-2 System are quite simple:

2 DAYS A WEEK ON BLENDS OR JUICE
3 DAYS LOW H.I. LIVING
2 DAYS ON ANYTHING YOU LIKE!

My two days on pure juices / blends tend to consist of either four juices a day, or a blend for breakfast and then two or three fresh juices throughout the day. However, I am conscious that for most reading this, *Super Blends* will be your preference. Most are attracted to *Super Blend Me!* because it means they don't have to clean a juicer, so if this was one of your motivations for taking on the challenge, I am guessing you're now hooked and, if you choose the 2-3-2 System, you'll opt for



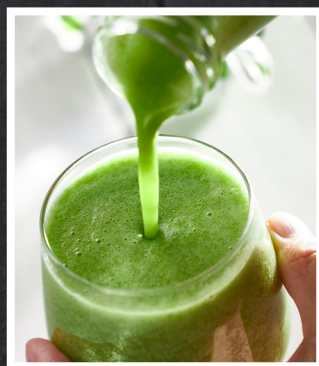
OVER 5 MILLION JASON VALE BOOKS SOLD

SUPER BLEND ME!

The Plan For Those Who Want To Get . . .

**Super Lean!
Super Healthy!
Super Fast!**

But Don't Want To Clean A Juicer!



**Choose from either a 7, 10, 14 or full 21-day
Super Blend Me! Challenge depending on your goals!**

“What an amazing experience! I lost 19lbs, 2 inches off my waist and hips, 3 inches off my chest and over 4% reduction in my body fat”

GARETH

“Oh my gosh, I am too excited to wait and send this! I have just completed the blend plan and I have lost a total of . . . 18lbs!!!”

NICOL

Jason Vale – also known as “the **Juice Master**” – is a man on a mission to “**juice the world!**” He is the **bestselling author** of over a **dozen books** on health, addiction and juicing; **eleven #1 iOS and Android apps**; and the groundbreaking, **feature-length documentary SuperJuiceMe!**

