



2021 SMOOTHIE CHALLENGE

INSERT CHALLENGE DATES HERE

NUTRITIONAL HEALTH / NUTRITIONAL GUIDANCE / CREATIVITY

The 2021 Smoothie Challenge challenges the mind and body to overcome excuses for not meeting your nutritional goals, and to help you step out of your comfort zone and reach your best-self! It's time to IGNITE yourself to start feeling the way you have always wanted to feel and challenge your body in a new way.

The Burn Boot Camp (insert location name) SMOOTHIE challenge is free and open to all members. The 30-day challenge begins on (insert date), and will push you to focus on your health, seek guidance and find accountability.

YOU WILL:

- Consume 100 grams of protein a day, 1 Afterburn Smoothie a day
- Attend two Focus Meetings throughout the 30-days
- You will decorate an Afterburn container
- Share 1 new recipe using Afterburn on the Private Member's Page
- EXTRA: Purchase 1 canister of Afterburn

THE DETAILS:

- FREE to all members
- Begins on (insert date here)
- Ends on (insert date here)
- Tasks to be completed outside of camp, unless otherwise noted
- Tasks range from daily, weekly, and monthly
- EARN rewards for completing the tasks
- FOCUS MEETINGS will be conducted the FIRST and THIRD week of the challenge

NUTRITIONAL HEALTH

DAILY GOAL

Consumer 1 Afterburn Smoothie a day

Protein can be mixed with almond milk, water, fruit or any combination of these



Refer to the 30 Smoothie recipes provided in this packet for reference
Meet 100 grams of protein intake a day
Eat additional forms of protein, like lean chicken, to meet your daily protein intake goal throughout the challenge

NUTRITIONAL GUIDANCE

MONTHLY GOAL

Attend 2 Focus Meetings during the challenge

Log your food for the challenge for maximum results. Be prepared to discuss what you need for us to support you!

CREATIVITY

MONTHLY GOAL

Decorate your Afterburn container and bring it into the gym to be on display

Containers must be brought in before the conclusion of the challenge to count

Share 1 Afterburn recipe on the Private Members Page

Be creative and try new things! Your recipe could be the new, hit smoothie that your peers love

BONUS POINTS

Purchase Afterburn during the challenge and receive additional rewards at the conclusion of the challenge

WHY 100 GRAMS?

UNDERSTAND WHY 100 GRAMS OF PROTEIN IS CONNECTED TO PERFORMANCE AND RESULTS.

Protein serves as the building block of all your body's cells. It helps repair and build new cellular tissue, oxygenates your blood and plays an indirect role in numerous



other functions. Protein is one of three macronutrients you need to consume in sufficient amounts to support your energy needs. (via Livestrong)
<https://www.livestrong.com/article/407500-is-100-grams-of-protein-daily-good/>

Each day 45% of your calorie intake should come from protein. Why? Increased protein helps maintain the lean muscle mass you already have which increases your metabolism and rebuilds the NEW muscle you want to gain.

Understand the “Re-Fuel” Window

In the first hour after exercising, look to replace the important nutrients lost during your workout. Many people in the fitness world call this the “refuel” or “anabolic window.” The goal here is to replenish muscle glycogen fuel stores to help repair the muscles. Glycogen is what keeps you going when your body isn’t getting energy from food—we love glycogen. When you break it down, glycogen is made up of glucose molecules, which are the main source of fuel for our cells. The way your body makes glucose is through breaking down the food you eat. The human body is incredibly smart when it comes to storing energy. When you don’t need the energy from food right away, glucose gets put into storage in the liver and muscles to use when you’re ready. These guys hate being alone, so they huddle together and call their new group “glycogen.” Then, when you do end up needing a boost of energy—to crush your next camp, for example—the group of glycogen is broken apart to release each glucose molecule into the bloodstream to be used as fuel for the cells, leaving the glycogen “storage facility” empty. Our job is to fill that storage container back up, which requires [protein](#) and carbohydrates.

10 Ways to Use Protein Powder Everyday

- [Coffee](#)
- [Smoothies](#)
- [Yogurt](#)
- [Oatmeal](#)
- [Pancakes](#)
- [Cookies](#)
- [Brownies](#)
- Shakes
- Added to Milk
- Waffles
- Cake

30-DAYS OF SMOOTHIES

RECIPES TO HELP YOU HIT CRUSH YOUR GOALS!

Chocolate Banana Smoothie 1 scoop chocolate Afterburn (whey or plant based) 1 cup unsweetened almond or oat milk ½ organic banana 5-6 ice cubes	Orange Julius Smoothie 1 c unsweetened almond milk ½ C orange juice ½ frozen banana ¾ serving vanilla Afterburn 5-6 ice cubes	Peppermint Nog Smoothie 1 scoop vanilla Afterburn 1 C unsweetened almond nog ¼ tsp cinnamon ¼ tsp nutmeg ¼ tsp peppermint extract 1 pinch sale 5-6 ice cubes	Orange Chocolate Smoothie 1 cup of vanilla almond milk ½ cup plain fat-free Greek yogurt 2 scoops of chocolate Afterburn 3 clementine oranges (leave skins on) 1 ½ cups ice
Cherry and Vanilla Smoothie	Chocolate Iced Mocha Smoothie	Pina Colada Protein Smoothie	Cake Batter Smoothie 1 cup unsweetened vanilla almond milk



1 c unsweetened almond milk 1 c dark, sweet frozen cherries ¾ serving vanilla Afterburn 5-6 ice cubes	1 scoop Chocolate AfterBurn 1 tbsp. cacao powder* 1 tbsp. ghee* or coconut oil 8 oz. freshly brewed coffee	1 scoop Vanilla AfterBurn ½ frozen banana 1 cup frozen pineapple ½ cup coconut water ¼ cup full-fat coconut milk Ice	½ cup vanilla Greek yogurt ½ teaspoon of cake batter extract ½ banana (frozen) 1 scoop vanilla Afterburn
Berry Green Smoothie ½ cup frozen strawberries ½ cup frozen blueberries 2 big handfuls of spinach 1 cup almond or coconut milk, unsweetened 1 scoop Vanilla Afterburn 5-6 ice cubes ¼ teaspoon Xanthan gum (optional)	Chocolate Covered Strawberry 8 ounces unsweetened Vanilla Almond Milk 1 scoop Chocolate Afterburn 1 teaspoon cocoa powder ¼ cup frozen strawberries	Blueberry Cheesecake Smoothie 10 ounces unsweetened vanilla almond milk 1 teaspoon sugar free cheesecake pudding mix 1 scoop vanilla protein ½ cup frozen blueberries 2-4 ice cubes	Chocolate Fudge Smoothie 1 cup of unsweetened almond milk 2 tsp cocoa powder 1 scoop chocolate Afterburn 1 overripe frozen banana 1/16 tsp salt ¼ tsp pure vanilla extract Optional 1-2 tbsp nut butter of choice
Green Mango Tango Smoothie 10-12 ounces unsweetened vanilla almond milk 1 scoop vanilla Afterburn 1 cup frozen mango Half of a medium banana, frozen in chunks Handful of spinach 2-4 ice cubes	Frosted Cinnamon Roll Smoothie 1 cup unsweetened almond milk 1 scoop vanilla Afterburn 1 tablespoon Peanut Butter ½ cup raw oats 2 teaspoon cinnamon 2 teaspoon vanilla extract 1 ½ cup ice	Pink Pineapple Smoothie 1 cup frozen pineapple chunks ½ cup frozen strawberries 1 small frozen banana or half a large, cut into chunks (about 80 grams without peel) 1 cup almond or coconut milk, unsweetened	Almond Joy Smoothie 1 scoop chocolate Afterburn 1 tbsp almonds ¼ cup unsweetened almond milk ½ cup yogurt 1 handful of ice



		1 scoop vanilla Afterburn	
Lemon Bar Smoothie ¾ cup nonfat milk ¼ cup water 2 tbsp fresh lemon juice 1 scoop vanilla Afterburn 1 tsp pure vanilla extra 1tsp lemon zest 1 cup ice	Blueberry Almond Smoothie 1 scoop vanilla Afterburn ½ cup unsweetened almond milk ½ cup blueberries 1 tbsp almond butter 1 tsp almond extract Cover with water and blend	Salted Caramel Smoothie 2 scoops of vanilla Afterburn 1 tsp of caramel extract Pinch of salt Ice and water	Samoa Cookie Smoothie 1 ½ cups ice ¼ cup full-fat coconut milk ½ cup almond milk 2 scoops chocolate Afterburn 1 tbsp unsweetened coconut flakes 1 tbsp caramel sauce (paleo version if possible) 1 tsp toasted coconut flakes 1 tbs dairy-free chocolate chips
Vanilla Pear Perfection Smoothie 8 oz almond milk 2 scoops of vanilla Afterburn 1 pear cubed Dash of cinnamon ½ cup of ice	Peppermint Mocha Smoothie 2 scoops of vanilla Afterburn 8 oz of almond milk ½ tsp peppermint extract 1/8 tsp of cinnamon 1 tsp of dandy blend 6 cubes of ice	Oatmeal Cookie Smoothie 1 scoop of chocolate Afterburn ½ cup of old-fashioned oats 1 ½ tsp ground cinnamon 1 tsp vanilla extract 8 oz unsweetened almond milk 1 cup ice	Butterfinger Smoothie 1 scoop chocolate Afterburn 1 tbsp peanut butter 1 tbsp sugar free butterscotch pudding mix 1 unsweetened almond milk 1 cup water 1 cup ice cubes
Carrot Cake Smoothie 1 cup unsweetened almond milk	Orange Cranberry Greens Smoothie 1 cup baby spinach	Apple Pie Smoothie 1 apple	Golden Milk Smoothie ½ banana (frozen) ¼ tsp ginger



1 scoop of vanilla Afterburn ½ cup carrots roughly chopped 1 cup ice ½ tsp vanilla extract ½ tsp cinnamon Stevia to taste 1 tbsp unsweetened shredded coconut flakes	1 banana (frozen) 1 cup cranberries (whole and frozen) 1 navel orange 1 scoop vanilla Afterburn ¼ tsp cinnamon 8 oz unsweetened almond milk	½ cup vanilla almond milk 1 scoop of vanilla Afterburn 1 tbsp almond butter 1/4 cup oats ½ tsp cinnamon 1 dash nutmeg ½ tsp vanilla extract ½ cup vanilla Greek yogurt	1 cup mango chunks (frozen) 1 cup vanilla almond milk 1 pinch black pepper ½ tsp cinnamon ½ tsp turmeric 1 scoop vanilla Afterburn
Banana Blast Smoothie 1 or 2 scoops of vanilla Afterburn 1 ½ cups of almond milk ½ small green apple ½ frozen banana ½ tsp cinnamon Add ice	Cherry Chocolate Smoothie 2 cups fresh or frozen pitted cherries 8 oz of almond milk 1 cup ice 2 scoops of chocolate Afterburn chopped cherries for garnish (optional)	Golden Milk Smoothie ½ banana (frozen) ¼ tsp ginger 1 cup mango chunks (frozen) 1 cup vanilla almond milk 1 pinch black pepper ½ tsp cinnamon ½ tsp turmeric 1 scoop vanilla Afterburn	Pumpkin Cinnamon Smoothie 1 scoop vanilla Afterburn 8 oz of almond milk ¼ cup pumpkin puree 2 tbs honey ½ tsp pumpkin pie spice ice



TRACKER

BEFORE/AFTER CHALLENGE ASSESMENT

	BEFORE	AFTER
WEIGHT	_____	_____
BODY FAT %	_____	_____

BEFORE

Why have you made the choice to participate in the SMOOTHIE Challenge?

What do you hope to gain from participating in the SMOOTHIE Challenge?

AFTER

What challenged you the most and how did you overcome that challenge?

List three takeaways from the challenge:

- 1).
- 2).
- 3).

NUTRITIONAL HEALTH

DAILY = 5 RAFFLE TICKETS

Highlight when you have completed a goal. Turn in challenge packet papers to receive raffle tickets to earn possible prizes! (FPs to change below to reflect challenge start date)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs
SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs
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SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs	SMOOTHIE 100Gs			

NUTRITIONAL GUIDANCE

MONTHLY GOAL = 5 RAFFLE TICKETS PER MEETING

FOCUS MEETING #1 _____
FOCUS MEETING #2 _____

CREATIVITY

MONTHLY GOAL = 5 RAFFLE TICKETS PER ITEM

DECORATED AFTERBURN CONTAINER AND TURNED IT IN.
SHARED 1 AFTERBURN RECIPE ON BURN BOOT CAMP MEMBER'S ONLY PAGE.

BONUS POINTS = 5 RAFFLE TICKETS EACH

PURCHASE A CANISTER OF AFTERBURN. *(Highlight all that apply. Raffle tickets given upon purchase. Maximum number of purchases is five for 25 tickets total possible.)*

CANISTER #1
CANISTER #2
CANISTER #3
CANISTER #4
CANISTER #5