

## Butterfly Diet Recipe Bonuses

### **BONUS 1: RECIPES**

#### Smoothie Recipe

Please note the standard green powders and other super foods are about the same, given you may want to add or take away some of them.

Add to blender:

6 tablespoons raw green powder (spirulina, wheatgrass, chlorella, moringa or a combination of raw powdered multi green veggies)  
1 teaspoon to 1-tablespoon raw lecithin powder  
1-tablespoon tocotrienols  
1-tablespoon royal jelly powder  
1-tablespoon pee pollen  
6 enzyme capsules  
1-teaspoon maca powder  
2 capsules raw vitamineral supplement  
1-teaspoon raw mushroom powder (reishi/chaga etc)  
3 tablespoon flax oil or hemp oil or a cold pressed oil that has the 3-6-9-omega balance

**Optional:** raw honey, banana

The juice options: (16 ounces) Juice and add to blender

1. 1 apple juiced with kale, broccoli, celery, orange
2. 1 cup pineapple juiced with parsley, spinach, fennel
3. 1 cup grapes, juiced with broccoli, chard, bok choy
4. 1 cup papaya, 2 bunch kale
5. 1 cup kiwi, 3 bunch spinach
6. 1 cup pears, collard greens, broccoli
7. 2 mango, lettuce, kale

#### Soup Recipe

Please note the standard green powders and other super foods are about the same, given you may want to add or take away some of them.

Add to blender:

6 tablespoons raw green powder (spirulina, wheatgrass, chlorella, moringa or a combination of raw powdered multi green veggies)

1 teaspoon to 1-tablespoon raw lecithin powder  
1-tablespoon tocotrienols  
1-tablespoon royal jelly powder  
1-tablespoon pee pollen  
6 enzyme capsules  
1-teaspoon maca powder  
2 capsules raw vitamineral supplement  
3 tablespoon flax oil or hemp oil or a cold pressed oil that has the 3-6-9 omega balance  
**Optional:** sea salt, cayenne pepper, garlic, raw shitake or white mushrooms, raw corn

The juice options: (16 ounces) Juice and add to blender

1. 2 medium tomatoes juiced with kale, broccoli, celery, orange, green onion
2. 1 cucumber, juiced with parsley, spinach, fennel
3. 2 red peppers, juiced with broccoli, chard, bock Choy, green onion
4. 2 beats, 2 bunch kale, onion
5. 3 carrots, zucchini, cauliflower
6. 1 cup squash chopped, cauliflower, kale
7. 1 turnip, 1 onion, spinach, broccoli, cauliflower

PLEASE NOTE, YOU MAY TWEAK THESE TO YOUR OWN TASTE, IT'S YOUR TIME TO PLAY!

### **BONUS 2: DIVINAS FAVORITE KITCHEN ITEMS**

1. BREVILE JUICER
2. VITAMIX BLENDER
3. GARDEN OF LIFE MULTIVITAMINS, RAW PROTEIN PODER, RAW GREEN POWDER
4. COLD PRESS JUICER (FROM BREVILLE, THIS IS THE UPGRAGE FROM THE REGULAR BREVILE JUICER)
5. RAW NORI SEAWEEED (FOR BLENDING)
6. MEASURING SPOONS- TABLESPOON, TEASPOON ETC

### **BONUS 3: HOW TO ENJOY THE BUTTERFLY DIET**

1. SEE YOURSELF ENJOY IT
2. BELIEVE YOU CAN ENJOY IT
3. AFFIRM THAT YOU CAN ENJOY IT

4. SMILE AS YOU ENJOY IT
5. BE GREATFUL THAT IT GIVE YOU JOY AND HEALTH
6. BE IN THE PRESENT MOMENT WITH IT AS YOU SAVOR IT
7. KNOW THAT WHAT SAYS YOU CANT ENOY IT IS AN ILLUSION
8. FOCUS ON WHAT YOU WANT AND NOT WHAT YOU DON'T
9. TELL THE STORY OF HOW YOU ENJOY IT
10. SET THE INTENTION EVERY DAY TO ENJOY IT

#### **BONUS 4: DIVINA'S FAVORITE INSPIRATIONAL QUOTES ON THE DIET**

1. NOTHING TASTES AS GOOD AS BEING HEALTHY FEELS
2. DO NOT REWARD YOURSELF WITH FOOD, YOUR NOT A DOT
3. JUNK FOOD YOU'VE CRAVED FOR AN HOUR OR THE BODY YOU'VE CRAVED FOR A LIFETIME? YOUR DECISION
4. ITS EASIER TO WAKE UP EARLY IN THE MORNING AND WORK OUT, THAN IT IS TO LOOK IN THE MIRROR EACH DAY AND NOT LIKE WHAT YOU SEE.
5. THE FOOD YOU EAT CAN BE EITHER THE SAFEST AND MOST POWERFUL FORM OF MEDICINE OR THE SLOWEST FORM OF POISON.
6. TO LOSE WEIGHT PERMANENTLY REQUIRES FAITH – FAITH THERE IS A BIGGER LIFE WAITING FOR YOU BEYOND FOOD AND WEIGHT
7. IM NOT DIETING, IM CHANGING MY LIFESYLE
8. DEAR STOMACH. YOUR BORED. NOT HUNGRY. SO SHUT UP.
9. SUCK IT UP NOW, SO YOU DON'T HAVE TO SUCK IT IN LATER
10. EAT LIFE YOU LOVE YOURSELF. MOVE LIKE YOU LOVE YOURSELF. SPEAK LIKE YOU LOVE YOURSELF. ACT LIKE YOU LOVE YOURSELF.