

COMPLETE PROTEIN

Shape Up

FEEL LIGHT, HEALTHFUL AND ENERGISED



VITALITY HUB

WELCOME

Welcome to the *2022 SHAKE UP* guide, where we want to empower you to start your new year feeling healthy, nourished and energised while incorporating more wholefoods into your daily routine.

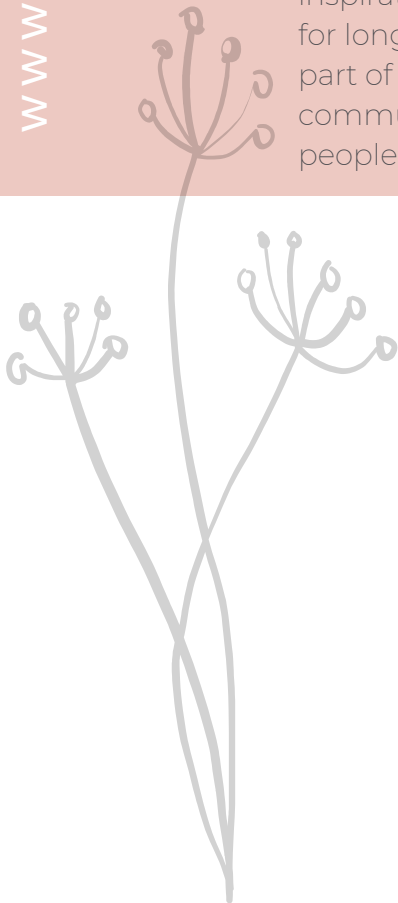
Inside this guide you won't find a diet or deprivation, instead you will find abundance and simplicity when it comes to your health. We want to be able to provide you with some simple tools to help you live more healthful and create healthy habits along the way to have you feeling energised and be able to ditch diets for good.

Our 14 day shake up guide is a starting point and a way to kickstart your results inside the *VITALITY HUB* program.

It truly can be as simple as swapping a meal for a smoothie, packed full of wholefoods to have you feeling more energised, lighter and satiated.

Remember you can gain access to our full program where you can enjoy 100's of healthy recipes, workouts, yoga, inspiration and support for long lasting health, vitality and be part of a beautiful supportive community of like minded people.

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SIGNS YOU MAY NEED A

Shake Up



- Lacking energy.
- Feeling tired all the time.
- Constipated and / or diarrhea.
- Hormonal imbalances.
- Feeling moody, depressed or anxious.
- Lack of sex drive and libido.
- Brain fog and forgetfulness - that feeling of not having a clear mind.
- Weight gain, especially in areas around your vital organs.
- Dull and lifeless skin or breakouts.
- Stubborn body fat that you cannot lose.
- Restless sleep.
- Excess body odour.
- Often bloated and experiencing stomach pains.
- Getting sick or run down far too often.

Does this Sound like You ?

Then you're like most people who join our program looking for a way to use food to relieve these symptoms and start to heal from the inside out.

What is often frustrating is that these issues aren't big enough to see a doctor or look into hard enough to find the cause, so they just become a part of everyday life, yet luckily for you health is our birthright. We were made to feel vibrant, vital and energised daily and our shake up program is a great start to getting back to health!



WHY SMOOTHIES ?

I want to ask you a really quality question
are you ready ?

"On a daily basis, are you consistently getting the recommended 7-12 servings of fresh organic fruits and vegetables into your body & those that you love ?"

If the answer is No, then that is the very reason we want to be able to share these simple Health Hacks with you. Wholefood based smoothies are a great way to get EXTRA nutrients into your diet (especially if you have little ones and want them eating more veggies) and also such a convenient way to get more of the variety of that wholefood goodness into your body in order to THRIVE and start feeling amazing.

in the fast paced world we live in, so many times we are grabbing things to fuel our bodies with that are quick and convenient, yet they may not be supporting our overall health and vitality. What if you could swap the toast or muffin as you run out the door with a nourishing smoothie?

What if you just made a commitment to yourself, to add in one simple change for the next 14 days to love your body and feel the difference ?

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HEALTH TIP

Like anything, there is a method to making the most out of adding this ritual into your day and making the most out of these next 14 days.

We are going to share with you what we believe in the *VITALITY HUB* makes up the perfect healthy smoothie - packed full of living plants to help boost your immune system, healthy fats for your central nervous system, plant based proteins and pre and probiotics for your digestive system and gut health.

It is all about getting the ratios right to help you to your health goals, have you feeling energised, satiated and keeping it family friendly all while making your cells sing and like everything in the *VITALITY HUB* - making it delicious.

Starting your day with a beautiful and nourishing smoothie packed full of plants is a great way to get your nutrients in before you even leave the house & bookends your day beautifully

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BUILDING YOUR PERFECT SMOOTHIE

CHOOSE YOUR BASE

- ALMOND MILK
- COCONUT MILK
- MACA MILK
- COCONUT WATER
- FILTERED WATER
- RICE / OAT MILK

**1-2 CUPS
DEPENDING ON
YOUR CHOICE
AND DESIRED
CONSISTENCY**

CHOOSE YOUR VEGETABLES

- BABY SPINACH
- KALE
- FROZEN ZUCCHINI
- COLLARD GREENS
- PARSLEY
- FROZEN CAULI

**1-2 CUPS OF
VEGETABLES IS
IDEAL + FROZEN
WILL ADD A
CREAMY / THICK
TEXTURE**

CHOOSE YOUR FRUIT

- ALL BERRIES
- FROZEN BANANA
- APPLE
- GRAPEFRUIT
- MANGO
- CITRUS

**STICK WITH NO
MORE THAN ONE
PIECE OF FRUIT,
1/4 - 1/2 A CUP
AS AN ESTIMATE**

CHOOSE YOUR NUTRIENT BOOSTERS + GOOD FATS

- JP+ COMPLETE PROTEIN
- NATURAL NUT BUTTER
- AVOCADO
- SEEDS
- JP+ FRUIT AND VEG CAPSULES
- CHIA SEEDS

**1 SERVING OF JP+
COMPLETE VEGAN
PROTEIN
(CHOCOLATE OR
VANILLA) + 1
SERVING OF GOOD
FATS + ADD INS
LIKE CINNAMON**



a healthy
outside
starts
from the
inside



WHY CHOOSE JP+ VEGAN COMPLETE



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PLANT BASED PROTEIN

Every serve contains 13.5g of plant based protein from pea, chickpea, brown rice and water washed NON GMO soy. It is HIGH BIOLOGICAL plant protein, meaning your body can absorb it to be used. It is a smooth taste and mixes well. .

1

DIETARY FIBRE + A BLEND OF SPROUTS

Each serving of our complete contains 7.7g of fibre which is great for stabilizing your blood sugar and creating a healthy digestive system. It is packed full of concentrated micro nutrients promoting good health and adding in key nutrients into your diet.

2

FREE FROM

The VITALITY HUB Jp+ Complete is Family Friendly, Free from GLUTEN, DAIRY, AND GMOs. It has no added artificial colours or flavours and is the best of mother nature.

3

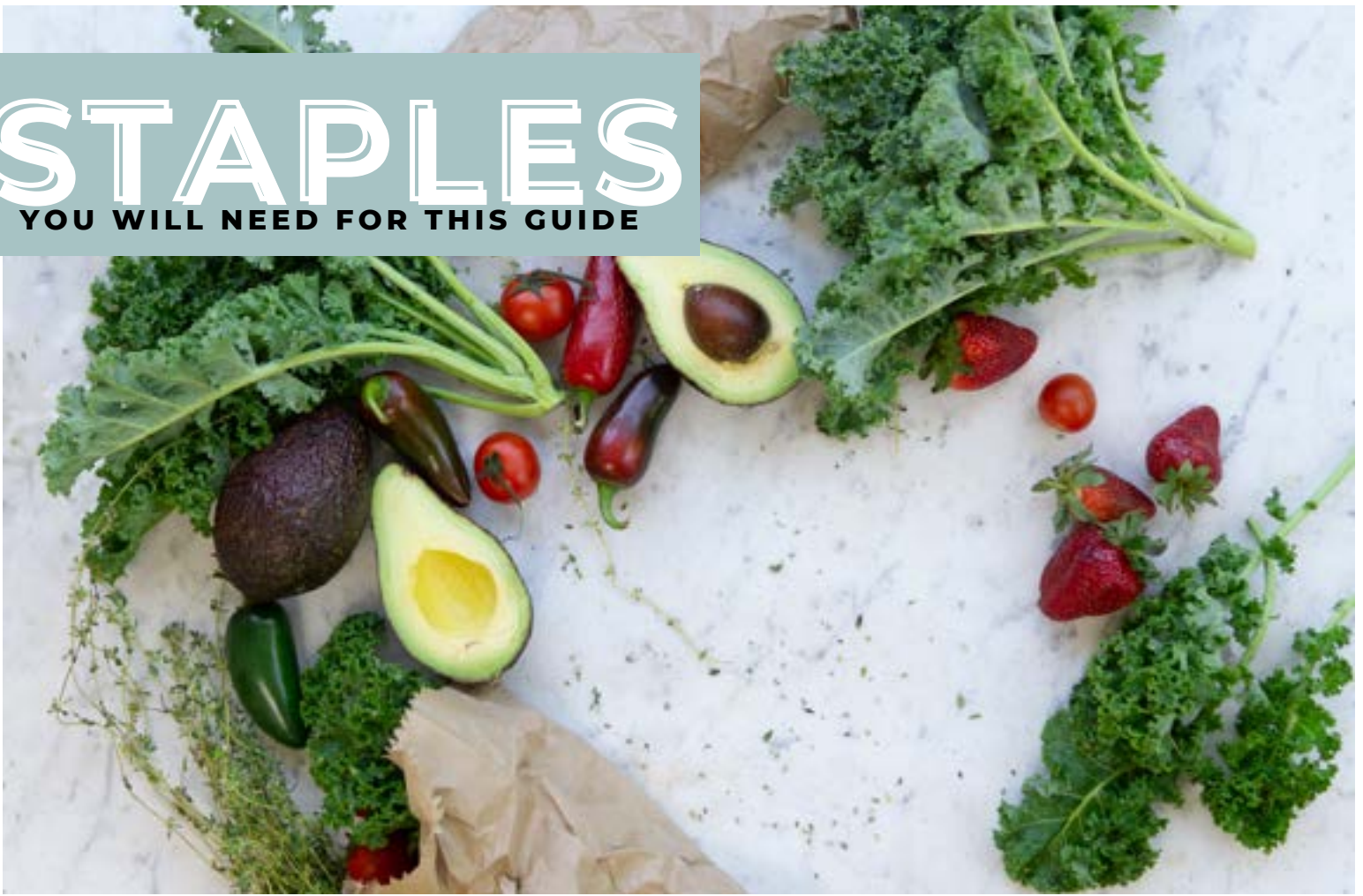
LOW GI + ADDED NUTRIENTS

Jp+ Complete has a low GI rating with the carbohydrates coming from amaranth, quinoa and millet - a balanced energy source and essential amino acids. It also contains yucca powder, pomegranite, spirulina, mushroom powder.

4

STAPLES

YOU WILL NEED FOR THIS GUIDE



FRIDGE

- Baby Spinach
- Oranges
- Lemons
- Zucchini
- Berries
- Red apples
- Fresh mint
- Kale
- Coconut Yoghurt
- Coco Quench coconut milk
- Unsweetened almond milk
- Fresh medjool dates

FREEZER

- Frozen cherries
- Frozen berries
- Frozen coconut flesh
- ice cubes
- Frozen zucchini
- Frozen cauliflower
- Frozen Pineapple

(You can buy these items frozen or fresh and wash, cut and freeze them in portions)

CUPBOARD

- Oats
- Almond Meal
- Raw Cashews
- Paleo Muesli
- Rice Malt Syrup
- Pure maple syrup
- Bananas
- Pumpkin Seeds
- Natural Almond Butter
- Natural Peanut Butter
- Coconut Oil
- Walnuts
- JP+ Complete protein in Chocolate and Vanilla



Salted Caramel Smoothie

Ingredients

- 1 scoop of vanilla complete protein
- 1-2 pitted medjool dates
- 1/2 frozen zucchini
- pinch of himalayan salt
- 1/2 frozen banana
- 1 heaped tsp of natural peanut butter or almond butter
- 1/2 tsp vanilla extract
- 1 cup of unsweetened almond milk
- handful of ice cubes
- 1 tsp maca powder
- pinch of cinnamon

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Berry Beautiful Smoothie

Ingredients

- 1 serving of Juice plus Vanilla Complete
- 1 tbsp flax seeds
- 1 cup raspberries, blueberries, strawberries or a mix
- 1/2 banana
- 1/4 cup spinach
- 1 tbsp almond butter
- Squeeze of lemon juice
- 1 cup of unsweetened almond milk
- Ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Green Glow Up Smoothie

Ingredients

- 1 Sachet of Vanilla Complete
- 1/2 of frozen zucchini
- 2 small handfuls of baby spinach
- 1/4 cup of frozen peas
- 1 small frozen banana
- cinnamon
- 1 Tsp of Natural Peanut Butter
- 1 cup of Unsweetened almond milk

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Chocolate Bomb Smoothie

Ingredients

- 1 Scoop of chocolate complete protein
- 1 cup of almond milk
- 1/2 frozen banana
- handful of ice
- 1 heaped tsp of natural peanut butter
- 1 tsp maca powder
- 1/2 frozen zucchini
- cinnamon

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Cherry Ripe Smoothie

Ingredients

- 1 Sachet of Chocolate complete protein
- 1 cup of frozen cherries
- 1/2 cup of frozen coconut flesh (you could use flesh from a fresh coconut too)
- 1-2 cups of unsweetened coconut milk or coconut water
- Ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Choco Mint Smoothie

Ingredients

- 1 scoop of chocolate complete protein
- 1 Tbsp raw cacao
- 1 handful of baby spinach
- 1/2 frozen banana
- Frozen zucchini.
- handful of fresh mint leaves (or you could sub for a few drops of food grade peppermint essential oils)
- 1 cup of unsweetened almond milk
- handful of ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Green Goddess Smoothie

Ingredients

- 1 Sachet of Vanilla Complete
- 1/2 of frozen zucchini
- 2 small handfuls of baby spinach
- 1/2 frozen banana
- a few chunks of frozen mango
- cinnamon
- 1 tsp of hemp or pumpkin seeds
- 1 cup of Unsweetened almond milk

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Lemon Cheesecake Smoothie

Ingredients

- 1 cup of coco quench coconut milk
- 1 tsp of vanilla paste
- 1/2 cup of frozen cauliflower
- juice and zest of one lemon
- 1 scoop of vanilla complete protein
- 1/4 cup of raw soaked cashews
- 1 medjool date (take the pit out)
- ice
- cinnamon

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Apple Pie Smoothie

Ingredients

- 1 red apple peeled and cut up
- 2 tbsp of whole oats
- 2 tbsp of unsweetened coconut yoghurt
- 1 tsp of natural almond butter
- 1 cup of unsweetened almond milk
- 1 serving of vanilla complete protein
- 1 tsp cinnamon
- dash of ground nutmeg
- 1/2 tsp vanilla paste
- handful of ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Dragon fruit Smoothie

Ingredients

- 1/2 - 1 small frozen banana
- 1/2 frozen zucchini
- 1 cup frozen dragon fruit
- 1 scoop of vanilla complete
- 2 tsp hemp seeds
- cinnamon
- 1 handful of baby spinach
- 1/2-1 cup of unsweetened almond milk or coconut water / milk
- ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Vanilla Banana Smoothie

Ingredients

- 1/2 - 1 small frozen banana
- 1/2 frozen zucchini
- 1 tsp of organic honey
- 1 scoop of vanilla complete
- 2 tsp hemp seeds
- cinnamon and nutmeg
- 1 cup of unsweetened almond milk
- ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Shake Up and Go

Ingredients

- 1 shaker
- ice
- 1-2 cups of your liquid of choice
- 1 serving of chocolate or vanilla complete protein.

Method

- Add in the liquid and ice to your protein shaker blender bottle and shake well.
- Add in your protein to the liquid and shake for 30-60 seconds until all combined.
- Go about your day knowing in less than 2 mins you are nourishing your body on the go.



Get up and Glow Smoothie

Ingredients

- 1-2 cups of almond milk
- 1 serving of vanilla complete protein
- 1 cup of baby spinach
- 1/2 cup of fresh or frozen pineapple chunks
- 1/4 -1/2 of an avocado
- 1-2 tsp of chia seeds
- ice

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Iced Coffee Smoothie

Ingredients

- 1 cup of unsweetened almond milk
- Lots of Ice
- 1 Shot of Coffee (cooled)
- 1 scoop of vanilla complete protein
- 1 small chunk of frozen banana
- 1 chunk of frozen zucchini
- 1 tsp of hemp seeds

Method

- Start off adding your liquid into a high speed blender and then add in your frozen ingredients as the base.
- Add in all other ingredients
- Blend until smooth

- You can substitute the liquid for another of choice.
- You may need to add a little water if needed.



Bonus Complete Protein Recipes

Make the most out of our beautiful complete protein blend with these bonus treat and snack recipes using the protein - it is so incredibly versatile in smoothies, cooking, baking and sweet treats for the whole family to add in more whole foods.

Complete Protein Pancakes

Ingredients

- 2 eggs
- 1 banana
- 1 scoop of vanilla complete protein
- 1/2 cup of oats
- 1 tbs of spelt flour
- pinch of cinnamon
- 1/2 tsp of baking powder
- pinch of salt
- 2 tbs of almond milk - add a little at a time, you may need a little less or a little more.

Method

- Blend all ingredients in a high powered blender until smooth
- Heat a little coconut butter or macadamia oil in a non stick pan over medium heat
- Pour in batter to desired size and cook until bubbles on one side and flip, cook until golden.
- SERVE with some fresh berries and a drizzle of PURE maple syrup.
- Serves 2 people



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Chocolate Orange Bliss Balls

Ingredients

- 1 cup of medjool dates - pitted
- 2 scoops of chocolate complete protein powder
- 2 tbs raw cacao powder
- Zest from 2 oranges
- Juice from one orange
- 2 tbs almond butter
- 2 tbs coconut oil
- 1 cup of almond meal
- 1/2 cup of desiccated coconut

Method

- Place all of the ingredients into a food processor or a thermomix and blend until combines and sticky. You may need to pulse at the start until it starts to come together.
- Try the mixture and adjust it to your taste or it may need a little more liquid (add water if so) or it may need more dry to bring it together more.
- Wet your hands thoroughly and roll mixture into bite size balls, roll in extra coconut and place in the freezer to set.



Banana Walnut Protein Muffins

Ingredients

- 3 ripe bananas
- 1 cup of oat flour
- 1/2 cup of whole oats
- 1/2 cup of gluten free wholemeal flour or spelt flour
- 2 tsp of cinnamon
- 1/2 tsp of salt
- 1 tsp bi carb soda
- 1/2 cup of rice malt syrup
- 1/2 cup of coconut yoghurt
- 2 eggs
- 2 tsp vanilla paste
- 1/3 cup of coconut oil
- 1/4 cup raw walnuts
- 1 scoop of vanilla complete protein

Method

- Preheat the oven to 165 degrees
- Peel and mash the bananas
- Measure the coconut oil into a separate bowl and melt slowly on the stove top and leave to cool.
- Into a separate bowl, mix together all of the dry ingredients until combined.
- In the bowl with the mashed banana, mix in all of the wet ingredients until combined and then add in the coconut oil and then slowly mix in all the dry ingredients - make sure you mix until combined, but not too much that you overwork the batter.
- Lightly grease muffins tins with coconut oil and divide mixture into 12 serves - decorate with your crushed raw walnuts and 1 slice of fresh banana.
- Bake in the middle shelf for 45 mins, or until cooked through and golden



Complete Cookie Dough Balls

Ingredients

- 1 cup of raw cashews
- 1 cup of whole oats
- 1 sachet of vanilla complete protein powder
- 2 tbs coconut oil
- 2 tbsp rice malt syrup
- 1/3 cup of dark choc chips
- 1-2 tsp of vanilla paste

Method

- Place the cashews into a food processor or blender and blend until a fine crumb with no chunks and empty into a bowl.
- Place the whole oats into the processor or blender and do the same until a fine flour like consistency and then add into the bowl with the cashew flour.
- Add rice malt syrup, melted coconut oil, vanilla complete, vanilla paste and stir until combined.
- Stir in chocolate chips so they are distributed into the batter and all combined - the mixture should be sticky.
- Wet your hands and roll into evenly sized small balls and set in the freezer.



Cleansing Juices & Tonics

Carrot Cleansing Juice

- 3 small carrots, roughly chopped
- 1 orange, peeled and chopped
- 1 lemon, peeled and chopped
- 1 knob of ginger, peeled and chopped
- 1 knob of turmeric, peeled and chopped
- 2 cups of filtered water



Celery Juice

- 1/2 bunch of celery, washed and roughly chopped.
- 2 cups of filtered water



Method for all juices.

- In a high powered In a high powered blender you want to add in all of your ingredients that are chopped, then add in your water.
- Start off slow speed and start to blend, then 15 seconds at high power, add more water and blend again if needed.
- Use a mesh sieve or a nut milk bag to pass the juice through, this will extract some of the fibre, but makes it smooth and enjoyable.
- Serve in a big glass with ice and a straw.

Shake Up Breakfasts

Overnight Oats

Ingredients

- 1/2 cup gluten free oats
- Pinch of cinnamon
- 1 tsp of black chia seeds
- 3/4 - 1 cup coconut or unsweetened almond milk
- 1/2 scoop / sachet complete protein (either flavour)
- Raw cacao powder (optional if you want it extra chocolatey)
- pinch of pink himalayan salt

Method

- Combine all ingredients in a container and mix well.
- Store in the fridge overnight.
- Serve the next morning with a mix of your favourite toppings.
- For example, I would have a small handful of frozen berries, 1/2 chopped banana and a sprinkle of raw walnuts.
- *SERVES 1*



“

It is never a
bad time to
start taking
care of
yourself”

