

YOUR  
SUPER®  
.COM



START NOW

## HOW TO GET STARTED

1. Go to [www.yoursuper.eu/startnow](http://www.yoursuper.eu/startnow) to watch recipe videos and download your E-Books and tracking sheets.
2. Get a free 10 minute intro call with someone from the Your Super team. Simply head to [www.yoursuper.eu/call](http://www.yoursuper.eu/call) to reserve your spot!
3. Get social! Connect with our community on Instagram [@yoursuperfoods](https://www.instagram.com/yoursuperfoods) and join our Facebook group: Superfoods and Healthy Lifestyle
4. Just a little reminder that small steps can lead to big changes! You got this :)
5. In case you have any other questions email: [hello@yoursuper.com](mailto:hello@yoursuper.com).



# ARE YOU EXCITED TO START YOUR JOURNEY?

We all know eating healthy is important... yet 9 out of 10 people don't eat enough fruit and veggies every single day! Congrats on making a step towards a healthier life :)

Not too long ago we were playing tennis at a professional level, enjoying an ideal lifestyle on and off the court. When Michael was diagnosed with cancer at age 24, all of that changed. While rebuilding his immune system, he learned how important it is to fuel your body with a whole food diet. Kristel mixed up a variety of superfood powders, with the help of her family of nutritionists.

Everyone who tested the mixes began to feel healthier, more energised, better digestion, fewer cravings. Why weren't more people using them? It quickly became obvious that our mission was to share these nutrient-dense superfoods with the world!

We source ingredients directly and, for each mix sold, we donate one packet of life-saving food to children suffering acute malnutrition.

We've included our favourite recipes in this booklet to get you started. We would love to hear how Your Super Mixes are changing your life via [hello@yoursuper.com](mailto:hello@yoursuper.com) and on social media [@yoursuperfoods](#).

Stay Healthy. Be Happy!  
XO Kristel & Michael



Certified



Corporation



CERTIFIED  
ORGANIC



NON  
GMO



GLUTEN  
FREE



100%  
VEGAN

# HOW TO USE SUPERFOODS

You can use the organic superfood mixes in water, juice, nut milk, smoothies, oatmeal, yoghurt, power balls, snacks... and even savoury foods like hummus, dips, dressings, sauces, soups and even sprinkle it over salads, avocado toast or pasta!

Get more recipes at: [www.yoursuper.eu/startnow](http://www.yoursuper.eu/startnow)



## SHAKE IT

Into water, juice or nut milk



## STIR IT

Into yoghurt, oatmeal or dressings



## BLEND IT

Into smoothies, snacks or dips



## SPRINKLE IT

Over toast, salad or pasta

For best results, use  
**5 SERVINGS PER DAY**  
of your favourite  
Your Super mixes.

(e.g. 2 servings Forever Beautiful, 1 serving  
Super Green, 1 serving Power Matcha and  
1 serving Muscle Power!)

## DID YOU KNOW?

- You can mix the mixes together! Our favourite combos include: Energy Bomb and Forever Beautiful, Muscle Power and Chocolate Lover... you can't do anything wrong. Just try out what you like!
- The recommended serving size for the superfood mixes is 5g which equals 1 teaspoon. For the two protein mixes it is 15g which equals 2 tablespoons.
- Yes you also can use all 7 mixes in one day - read here how Kristel used all of them in one day: [www.yoursuper.eu/7aday](http://www.yoursuper.eu/7aday)

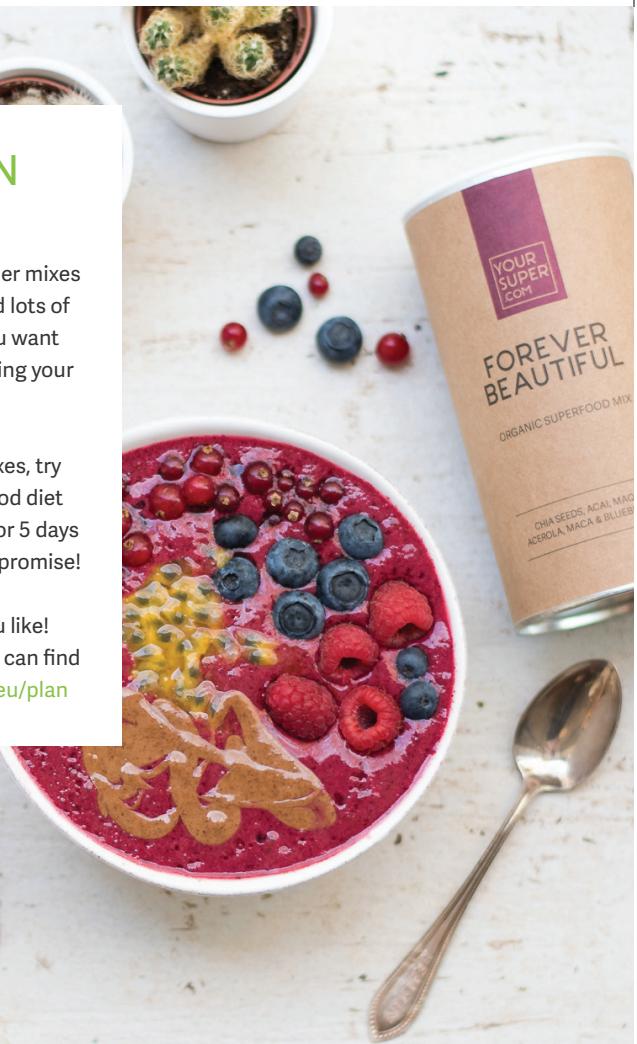
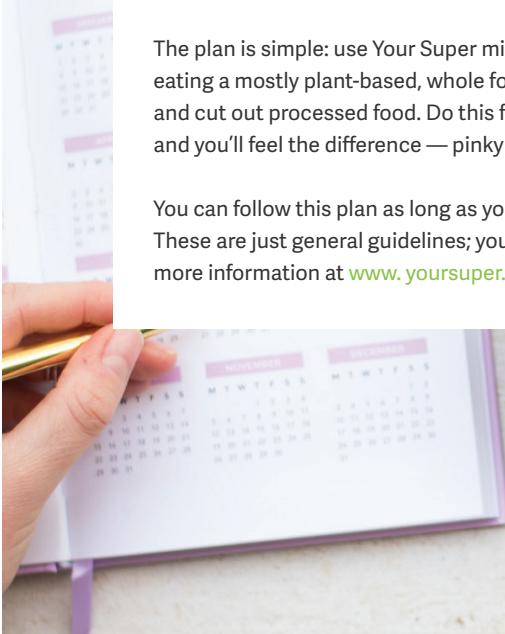


## YOUR SUPER PLAN

It is recommended to use 5 servings of your favourite mixes daily. Your Super mixes can be added to anything — you'll find lots of recipes in this booklet. However, if you want to continue making progress and feeling your best, this meal plan is for you!

The plan is simple: use Your Super mixes, try eating a mostly plant-based, whole food diet and cut out processed food. Do this for 5 days and you'll feel the difference — pinky promise!

You can follow this plan as long as you like! These are just general guidelines; you can find more information at [www.yoursuper.eu/plan](http://www.yoursuper.eu/plan)



## BREAKFAST

Start your day with a big Your Super smoothie with 3 of your favourite mixes. One of Kristel's favourites is 1 tsp Super Green, 1 tsp Power Matcha, 2 tbsp Muscle Power, 1 handful fresh spinach, 1 banana, 1 tbsp almond butter and 250ml water.

Another healthy way to start your day is with oatmeal. Combine 50g oats, 200ml water or plant-based milk, your favourite Your Super mixes, 1 tbsp raisins, 1 tbsp nuts and fresh fruits such as sliced apples or bananas. You can heat them up or eat them cold — whatever you prefer!

## LUNCH

Try making a healthy plant-based salad for lunch. One of Kristel's favourites includes romaine lettuce, cooked brown rice, tomato and cucumber slices and capers. Topped with an easy homemade dressing, which is 1 tsp Super Green, 2 tbsp tahini, 2 tbsp water, pepper and salt.

Find more salad and dressing recipes here:  
[www.yoursuper.eu/plan](http://www.yoursuper.eu/plan)

## SNACKS

Snacking doesn't have to be unhealthy; it's about making the right choices! Make another smoothie, eat some fresh fruits, dip veggies into hummus or make some bliss balls. Kristel loves snacking on a sliced banana topped with almond butter and Chocolate Lover!

Find lots of healthy recipe ideas in this booklet and here: [www.yoursuper.eu/plan](http://www.yoursuper.eu/plan)

## DINNER

It's recommended eating a plant-based meal at night. Download our best recipes here: [www.yoursuper.eu/plan](http://www.yoursuper.eu/plan). If you're not super hungry, you can make a big Your Super protein smoothie. Kristel's favourite includes 1tsp Forever Beautiful, 1 tsp Super Green, 2 tbsp Skinny Protein, 100g frozen blueberries, 1 banana and 200ml water.

### ♥ TIP:

Make sure you stay hydrated throughout the day by drinking enough water. Try adding Forever Beautiful to your water for an all natural and yummy beauty water!

# HOW TO: MAKE A SMOOTHIE

Use these step-by-step guidelines to create your own delicious smoothies! Smoothies are such a great way to take in and absorb many micronutrients at once.



## STEP 1: CHOOSE A LIQUID

Water, plant-based milk (almond milk, oat milk, coconut milk, hemp milk, etc.), coconut water or fresh juice



## STEP 2: ADD YS MIX(ES)

1-2 tsp for Super Green, Energy Bomb, Forever Beautiful, Chocolate Lover, Mellow Yellow, Magic Mushroom and Power Matcha. 2 tbsp for Skinny Protein and Muscle Power



## STEP 3: ADD INGREDIENTS

Fruit: Mango, pineapple, banana, (frozen) berries, orange, lime, etc.  
Veggies: Cucumber, avocado or zucchini  
Leafy greens: Spinach, kale or chard  
Extras: Ginger, coconut oil, cinnamon or nut butter



## STEP 4: BLEND & ENJOY!

Blend everything together until smooth. If you like your smoothies cold, add some extra ice cubes or use frozen ingredients. Make sure to blend your smoothies long enough — 30-60 seconds



## HOW TO: BUILD BLISS BALLS

Energy balls are a great healthy snack option - loaded with nutrients to keep you focused and going strong no matter what life throws at you. The best part: you'll only need a few ingredients, a food processor or blender and 5 minutes of your time!



### STEP 1: CHOOSE YOUR BASE

Choose 1 cup of any of the following:

Nuts: Almonds, peanuts, cashews, pecans, hazelnuts

Seeds: Sesame, pumpkin, hemp, sunflower, flax

Grains & Extras: Oats, buckwheat, cacao nibs, etc



### STEP 2: SWEET & STICKY

Choose 1 cup of any of the following: Dates, raisins, apricots, cranberries, goji berries, etc

Extra flavor: Nut butter, maple syrup, coconut sugar etc



### STEP 3: ADD YOUR FAVOURITE VS MIX

CHOOSE 2-4 SERVINGS OF YOUR SUPER MIXES

1-2 tsp for Super Green, Energy Bomb, Forever Beautiful, Chocolate Lover, Mellow Yellow, Magic Mushroom and Power Matcha

2 tbsp for Skinny Protein and Muscle Power



### STEP 4: EXTRA FLAVOUR

Add a pinch of spice such as: Cinnamon, chia spices, nutmeg, turmeric, vanilla



# FOREVER BEAUTIFUL



Chia Seeds  
(Bolivia)



Acai  
(Brazil)



Maqui  
(Chile)



Maca  
(Peru)



Acerola  
(Brazil)



Blueberry  
(Finland)

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**FUNCTION**  
For healthy skin

**FUN FACT**  
Contains a full portion of Vitamin C per serving

**COMBINE WITH**  
Energy Bomb & Muscle Power





## OUR FAVOURITE RECIPES

### BEAUTY WATER

Stir 1 tsp. Forever Beautiful in 400ml of water

### YOGHURT

Stir 1 tsp. Forever Beautiful in yoghurt and top it off with fruit

### OATMEAL

Cook 50g oats with 200ml water, 3 dates (chopped) and ½ banana. Remove from heat and stir in 1 tsp. Forever Beautiful and 1 tsp. Energy Bomb.

### BERRY SMOOTHIE

Blend 1 tsp. Forever Beautiful, 2 tsp. Muscle Power, 100g frozen mango and 200ml almond milk

### ACAI BOWL

Blend 1 tsp. Forever Beautiful, 1 tsp. Super Green, 1 banana, 200g frozen berries and a splash of water

### POWER BALL

Blend 2 tsp. Forever Beautiful, 50g cashews, 50g raisins and a pinch of cinnamon

### DRESSING

Stir 1 tsp. Forever Beautiful with 1 tbsp. olive oil, 1 tbsp. balsamic plus a pinch of pepper and salt

### TOAST

Sprinkle 1 tsp. Forever Beautiful over an almond butter toast

# SUPER GREEN



Wheatgrass  
(Germany)



Barley Grass  
(Germany)



Moringa  
(India)



Baobab  
(Ghana)



Spirulina  
(Germany)



Chlorella  
(Portugal)

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## FUNCTION

For immunity

## FUN FACT

Easy way to increase your daily greens

## COMBINE WITH

Forever Beautiful, Power Matcha & Skinny Protein



# OUR FAVOURITE RECIPES

## IMMUNITY SHOT

Stir 1 tsp. Super Green in 100ml of water and a squeeze of fresh lemon juice

## INSTANT GREEN JUICE

Stir 1 tsp. Super Green in 400ml of water

## YOGHURT

Stir 1 tsp. Super Green in yoghurt and top it with fruit

## GREEN SMOOTHIE

Blend 1 tsp. Super Green, 1 banana, 50g spinach, 200ml water and optional 1 tbsp. almond butter

## SMOOTHIE BOWL

Blend 1 tsp. Super Green, 1 tsp. Power Matcha, 1 banana, 200g frozen mango and a splash of water

## POWER BALL

Blend 2 tsp. Super Green, 25g of almonds, 25g oats, 50g dates and a squeeze of lime juice

## DRESSING

Stir 1 tsp. Super Green with 1 tbsp. peanut butter, 1 tbsp. water plus a pinch of salt and pepper

## TOAST

Sprinkle 1 tsp. Super Green over toast with hummus

## CURRY

Stir 1 tsp. Super Green into your curry



# ENERGY BOMB



Acai  
(Brazil)



Guarana  
(Brazil)



Maca  
(Peru)



Lucuma  
(Peru)



Banana  
(Peru)

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## FUNCTION

For energy

## FUN FACT

Guarana gives you 6-8hrs of long-lasting energy

## COMBINE WITH

Forever Beautiful & Muscle Power



# OUR FAVOURITE RECIPES

## PRE-WORKOUT SHOT

Stir 1 tsp. Energy Bomb into 100ml of almond milk

## ENERGY JUICE

Stir 1 tsp. Energy Bomb into any kind of juice

## YOGHURT

Stir 1 tsp. Energy Bomb in yoghurt and top it with fruit

## OATMEAL

Cook 50g oats with 200ml almond milk and 30g raisins. Remove from heat and stir in 1 tsp. Energy Bomb and 1-2 tbsp. Muscle Power. Top with fruit

## BERRY SMOOTHIE

Blend 1 tsp. Energy Bomb, 1 banana, 100g frozen strawberries and 200ml water

## SMOOTHIE BOWL

Blend 1 tsp. Energy Bomb, 1 tsp. Forever Beautiful, ½ avocado, 200g frozen berries, a splash of water and optional 1 tsp. maple syrup

## POWER BALL

Blend 2 tsp. Energy Bomb, 50g cashews and 50g dried apricots

## TOAST

Sprinkle 1 tsp. Energy Bomb on peanut butter toast

## SALAD

Sprinkle 1 tsp. Energy Bomb over your salad



# POWER MATCHA



Matcha  
(Japan)



Maca  
(Peru)



Moringa  
(India)



Wheatgrass  
(Germany)



Barley Grass  
(Germany)

## FUNCTION

For focus

## FUN FACT

Matcha is used by Buddhist monks for thousands of years for a better concentration during meditation

## COMBINE WITH

Super Green & Chocolate Lover





## OUR FAVOURITE RECIPES

### INSTANT GREEN TEA

Stir 1 tsp. Power Matcha in 250ml of water

### MATCHA LATTE

Mix 1 tsp. Power Matcha into cold or warm almond milk

### YOGHURT

Stir 1 tsp. Power Matcha and 1 tsp Chocolate lover into yoghurt and top with fruit

### GREEN SMOOTHIE

Blend 1 tsp. Power Matcha, 1 avocado, 1 date, ½ lime and 200ml coconut milk

### SMOOTHIE BOWL

Blend 1 tsp. Power Matcha, 1 tsp. Super Green, 1 banana, 50g frozen spinach and a splash of water

### POWER BALL

Blend 2 tsp. Power Matcha, 50g cashews, 50g dates and 1 tbsp. shredded coconut

### DRESSING

Stir 1 tsp. Power Matcha with 1 tbsp. lemon juice, 1 tbsp. olive oil, ½ tsp. vinegar plus a pinch of salt and pepper

### TOAST

Sprinkle 1 tsp. Power Matcha over avocado toast

### SALAD

Sprinkle 1 tsp. Power Matcha over your salad

# CHOCOLATE LOVER



## FUNCTION

For a good mood

## FUN FACT

Satisfy your chocolate cravings without feeling guilty

## COMBINE WITH

All other mixes



# OUR FAVOURITE RECIPES

## CHOCOLATE MILK

Stir 2 tsp. Chocolate Lover in 200ml of warm nut milk

## CHOCOLATE OATMEAL

Cook 50g oats with 200ml water. Remove from heat and stir in 2 tsp. Chocolate Lover and 1-2 tbsp. Muscle Power

## YOGHURT

Stir 2 tsp. Chocolate Lover and 1 tsp. Forever Beautiful into yoghurt and top it off with fruit

## CHOCOLATE SMOOTHIE

Blend 2 tsp. Chocolate Lover, 1 tsp. Super Green, 1 banana and 1 cup almond milk

## CHOCOLATE ICE CREAM

Blend 2 tsp. Chocolate Lover, 2 frozen bananas, 1 tbsp. peanut butter, and 50ml nut milk

## CACAO BALLS

Blend 2 tsp. Chocolate Lover, 50g almonds, 50g dates and optional a pinch of salt

## CHOCOLATE SPREAD

Stir 2 tsp. Chocolate Lover into 30g of nut butter

## TOAST

Sprinkle 2 tsp. Chocolate Lover on peanut butter toast

## MOUSSE

Blend 2 tsp. Chocolate Lover, 1 avocado, 1 tbsp. maple syrup and 2 tbsp. coconut milk



# MELLOW YELLOW



Turmeric  
(India)



Ashwagandha  
(India)



Ginger  
(India)



Cinnamon  
(India)



Lucuma  
(Peru)



Pepper  
(India)

## FUNCTION

For less stress and inflammation

## FUN FACT

Ayurvedic herb Turmeric decreases inflammation

## COMBINE WITH

Muscle Power & Super Green





## OUR FAVOURITE RECIPES

### TURMERIC SHOT

Stir 1 tsp. Mellow Yellow in 100ml of water

### YELLOW LEMONADE

Stir together 1 tsp. Mellow Yellow, 400ml of water, 1/4 sliced orange and 1 tsp. maple syrup (optional)

### GOLDEN LATTE

Mix 1 tsp. Mellow Yellow a into warm oat milk and add 1 tsp. coconut sugar (optional)

### TROPICAL SMOOTHIE

Blend 1 tsp. Mellow Yellow, 2 tbsp. Muscle Power, 100g frozen mango, 1 banana and 200ml almond milk

### OATMEAL

Cook 50g oats with 200ml water, 1 banana and 2 tbsp. raisins. Remove from heat and stir in 1 tsp. Mellow Yellow.

### POWER BALL

Blend 2 tsp. Mellow Yellow, 25g cashews, 25g quick oats and 50g dates

### DRESSING

Stir 1 tsp. Mellow Yellow with 1 tbsp. almond butter, 1 tbsp. water plus a pinch of salt and pepper

### CURRY

Stir 1 tsp. Mellow Yellow into your curry

# MAGIC MUSHROOM



Cacao  
(Peru)



Chaga  
(China)



Ashwagandha  
(India)



Lucuma  
(Peru)



Reishi  
(China)



Cinnamon  
(India)



## FUNCTION

For a strong immune system

## FUN FACT

Chaga and reishi mushrooms have been used for medicinal purposes for hundreds of years

## COMBINE WITH

Forever Beautiful, Power Matcha & Muscle Power

# OUR FAVOURITE RECIPES

## HOT CHOCOLATE

Stir 1 tsp. Magic Mushroom in 200ml of warm nut milk and add 1 tsp. maple syrup (optional)

## CHOCOLATE OATMEAL

Cook 50g oats with 200ml water, 1 banana and 2 tbsp. raisins. Remove from heat and stir in 1 tsp. Magic Mushroom

## YOGHURT

Stir 1 tsp. Magic Mushroom and 1 tsp. Forever Beautiful into yoghurt and top it off with fruit

## DOUBLE CHOCO SMOOTHIE

Blend 1 tsp. Magic Mushroom, 1 tsp. Chocolate Lover, 1 banana and 1 cup almond milk

## MAGIC SMOOTHIE

Blend 1 tsp. Magic Mushroom, 1 tsp. Super Green, 2 tbsp. Muscle Power, 1 banana, 1 cup oat milk and 1/2 cup ice cubes

## CACAO BALLS

Blend 2 tsp. Magic Mushroom, 50g cashews, 50g dates and a pinch of salt (optional)

## MAGICAL SPREAD

Stir 1 tsp. Magic Mushroom into 30g of almond butter

## TOAST

Sprinkle 1 tsp. Magic Mushroom on almond butter toast



# SKINNY PROTEIN



Hemp  
Protein  
(Germany)



Pea  
Protein  
(Spain)



Moringa  
(India)



Spirulina  
(Germany)



Alfalfa  
(Germany)

## FUNCTION

For healthy weight

## FUN FACT

This mix doesn't contain any sugar or carbs

## COMBINE WITH

Super Green, Power Matcha & Chocolate Lover





## OUR FAVOURITE RECIPES

### GREEN MILK

Stir 2 tbsp. Skinny Protein in 250ml of almond milk

### OATMEAL

Cook and stir 1 tbsp. Skinny Protein together with 50g cup oats, 200ml almond milk, 30g raisins, 1 apple, pinch of cinnamon and 1 tbsp. almond butter

### GREEN SMOOTHIE

Blend 2 tbsp. Skinny Protein, 1 tsp. Super Green, 1 banana, 1 cup almond milk and a pinch of cinnamon

### SMOOTHIE BOWL

Blend 2 tbsp. Skinny Protein, 200g frozen berries, 1 tbsp. almond butter, 2 dates and a splash of water

### POWER BALL

Blend 2 tbsp. Skinny Protein, 50g almonds, 50g raisins and 1 tbsp. peanut butter

### DRESSING

Stir 1 tbsp. Skinny Protein with 1 tbsp. tahini, 1 tbsp. water plus a pinch of salt and pepper

### DIP

Stir 1-2 tsp. Skinny Protein into hummus

### PASTA

Stir 1-2 tbsp. Skinny Protein into your pasta sauce

# MUSCLE POWER



Rice Protein  
(Spain)



Pea Protein  
(Spain)



Maca  
(Peru)



Lucuma  
(Peru)



Banana  
(Peru)

## FUNCTION

For more plant protein

## FUN FACT

Adaptogen maca is an energising root from Peru

## COMBINE WITH

Energy Bomb, Super Green & Chocolate Lover



# OUR FAVOURITE RECIPES

## MUSCLE POWER MILK

Stir 2 tsp. Muscle Power in 200ml of almond milk

## OATMEAL

Cook and stir 2 tbsp. Muscle Power together with 50g oats, 200ml water, 1 banana and 1 tbsp. peanut butter

## YOGHURT

Stir 1-2 tbsp. Muscle Power in yoghurt and top it off with fruit

## GREEN SMOOTHIE

Blend 2 tbsp. Muscle Power, 1 tsp. Super Green, 1 banana, a handful of spinach and 200ml of water

## BANANA SMOOTHIE

Blend 2 tbsp. Muscle Power, 2 bananas, 200ml almond milk and 1 tbsp. peanut butter

## POWER BALL

Blend 2 tbsp. Muscle Power, 50g cashews and 50g raisins

## DIP

Stir 2 tbsp. Muscle Power into hummus

## COOKIES

Stir 2 tbsp. Muscle Power, 2 tsp. of Chocolate Lover, 1 banana, 50g oats, 50ml almond milk into a dough. Bake for 20 minutes in the oven



# 100% TRANSPARENCY

We source all our ingredients directly, know where they come from and try to have a positive impact on the local communities in the origin of the ingredients. All of our ingredients are tested by third party labs to ensure they are of the highest quality. Read more about our sourcing at: [www.yoursuper.eu/sourcing](http://www.yoursuper.eu/sourcing)



## GIVING BACK

Your Super is B Corp certified — the highest standard for social corporate responsibility. The driving force behind Your Super, the whole reason we're in business, is to create change and improve people's health across the globe. Our customers, our employees, our suppliers, our community and the environment will always come before our bottom line.

Every year 2.6 million children around the world die from severe malnutrition. That's one child every 12 seconds. Life-threatening conditions currently affect 20 million children worldwide, but with your help, this can be prevented!

We believe everyone deserves to be happy and healthy, which is why we've partnered with Action Against Hunger to donate a life-saving food bar to those in need for every Your Super mix purchased (1:1).

Certified



Corporation



# SUBSCRIBE & **SAVE 20%** EVERY SINGLE MONTH!

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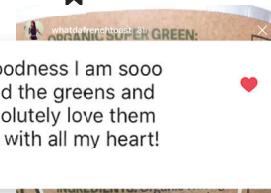


ACCESS TO  
EXCLUSIVE  
CONTENT



## HAPPY CUSTOMERS :)

Let us know how Your Super mixes are helping you live a healthier life on: [www.yoursuper.eu/review](http://www.yoursuper.eu/review)



Just ordered for my dad battling Leukemia, and a starter packs for my bf and I ! Reading all the comments and your replies shows me what an amazing company you have and how you genuinely care about others. I cant wait to start <3 - Karla



Stay Healthy. Be Happy!



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