

YOUR
SUPER[®]
.COM



START NOW

HOW TO GET STARTED



1. Go to 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 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.



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 and on social media [@yoursuperfoods](https://www.instagram.com/yoursuperfoods).

Stay Healthy. Be Happy!
XO Kristel & Michael

Certified



Corporation



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



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



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



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

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

DINNER

It's recommended eating a plant-based meal at night. Download our best recipes here: 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 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 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 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 YS 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)

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)

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)

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



Cacao
(Peru)



Carob
(Spain)



Coconut
(Sri Lanka)



Chia Seeds
(Bolivia)



Lucuma
(Peru)

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, ¼ 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 ½ 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



Find more recipes on our
blog at: yoursuper.eu/blog

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



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!

Start now: www.yoursuper.eu/subscribe



RECEIVE YOUR
SUPER MIXES
EVERY 30 DAYS



SWAP & SKIP
YOUR MIXES
AT ANY TIME

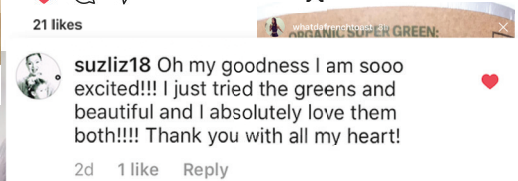
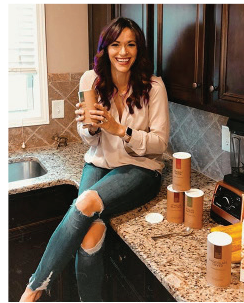


ACCESS TO
EXCLUSIVE
CONTENT



HAPPY CUSTOMERS :)

Let us know how Your Super mixes are helping you live a healthier life on: www.yoursuperfoods.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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