

Smoothie
Addition

The
**Green
Boost**
Kitchen



BETTER THAN YOUR GRANDMA'S SMOOTHIES

Probably not lol...

Rivex

Welcome, Brave Blender Warriors!

Before we dive into the whirlwind world of smoothies, let's take a moment to acknowledge the noble journey you're about to embark upon. Yes, you — standing in the kitchen, armed with a blender, ready to face the fiercest of fruits and the most valiant of veggies. You're not just making smoothies; you're crafting elixirs of wellness, one blend at a time.

Here at Rivex Wellness, founded by two daring souls who ventured into the wilds of parenthood and lived to tell the tale, we know a thing or two about embarking on quests. Like that time we tried to sneak veggies into every meal and ended up with a green-tinted pancake...but that's a story for another day.

Our mission? To transform the mundane task of gulping down your greens into a thrilling saga of taste, health, and convenience. With our trusty Green Boost by your side (in Citrus Orange, Berry Bliss, and Natural, no less), you're about to become the hero of your own kitchen chronicle.

So, dear smoothie enthusiast, whether you're blending up a storm to fuel a day of adulting or simply trying to convince your mini-me's that "green stuff" can indeed be delicious, remember: every superhero needs their sidekick. And in this tale of epic culinary proportions, Rivex Wellness Green Boost is yours — imbuing every sip with not just nutrients, but a dash of adventure and a sprinkle of laughter.

Buckle up, blend on, and let's make every smoothie a testament to the fun-filled, whirlwind adventure of wellness that awaits. Here's to turning your blender into your new best friend — just don't let it borrow your car.

Now, let's blend some
magic, shall we? 🌀 🍓 🍊 🌿

Our Roots



Our Story

As parents to two beautiful children, we realized the importance of setting an example for our family's health and well-being. Our journey towards a healthier lifestyle began with a desire to lead by example, not just for ourselves but for our children as well. Our commitment to wellness led us to establish Rivex Wellness, a brand built on the belief that everyone deserves access to high-quality wellness solutions. We understand that life can be busy, and we wanted to create products that make it easier for you to prioritize your health and wellness.

Our Mission

Our mission at Rivex Wellness is to empower individuals like you to take control of your well-being and lead healthier lives. We know that the path to wellness can be unique for each person, so we offer a range of carefully crafted greens supplement powders in three delicious flavors to support your wellness journey.

Quality and Transparency

Your health is our top priority, which is why we're committed to the highest standards of quality, safety, and transparency. Our greens supplement powders are made with the finest ingredients and undergo rigorous 3rd party testing to ensure their effectiveness and safety.

[Full Ingredients List](#)





Citrus Sunrise Smoothie

Prep Time: 5 Minutes

Cost: Cheaper than a
BIG MAC

Serving Size: 2

Ingredients:

- 2 scoops Citrus Orange Green Boost
- 1 cup frozen mango chunks
- 1 Banana or more...
- 2 cups coconut water or your choice of juice
- 1 teaspoon flaxseed oil
- 1 tablespoon honey or another sweetener (optional, to taste)
- Ice cubes (optional, for a colder smoothie)

Instructions:

- 1** Combine all ingredients in a blender.
- 2** Blend all the ingredients together until you achieve a smooth and creamy consistency.
- 3** Once you're satisfied with the taste and texture, Serve immediately, garnished with a slice of orange if desired.

Grab your Green Boost here



Citrus Orange Green Boost



Berry Bliss Antioxidant Smoothie



Prep Time: 5 Minutes

Cost: Cheaper than Takeout

Serving Size: 2

Ingredients:

- 2 scoops Berry Bliss Green Boost
- 1 cup mixed frozen berries (blueberries, strawberries, raspberries)
- 1 cup fresh spinach leaves
- 2 cups almond milk
- 1 tablespoon chia seeds
- 1 tablespoon honey or another sweetener (optional, to taste)
- Ice cubes (optional, for a colder smoothie)

Instructions:

- 1** Place the mixed berries, spinach, almond milk, and Berry Bliss Green Boost in a blender.
- 2** Blend all the ingredients together until you achieve a smooth and creamy consistency.
- 3** Add chia seeds and pulse a few more times to mix them up.
- 4** Once you're satisfied with the taste and texture, Serve immediately, add a few berries on top if desired.

Grab your Green Boost here

Berry Bliss Green Boost



Natural Green Detox Smoothie



Prep Time: **5 Minutes**

Cost: **Depends on location**

Serving Size: **1**

Ingredients:

- 1 Scoop Natural Green Boost
- 1/2 cucumber, chopped
- 1 green apple, cored and sliced
- 2 stalks celery, chopped
- 1 cup kale leaves, stems removed
- Juice of 1/2 lemon
- 1/2 inch piece of ginger, peeled
- 1 cup water or coconut water (for a sweeter taste)
- Ice cubes (optional, for a colder smoothie)

Instructions:

- 1** Add the cucumber, green apple, celery, kale, lemon juice, ginger, and Natural Green Boost to a blender.
- 2** Add water or coconut water to help blend, depending on your preferred consistency.
- 3** Once you're satisfied with the taste and texture, Serve immediately, garnished with a kale leaf, and or slice of lemon if desired.

Each recipe is designed to maximize the flavor and health benefits of your Green Boost products, making them perfect for a health-conscious person like you!

Grab your Green Boost here

Natural Green Boost



Rivex Wellness Smoothie Grocery List

 A Quest for Wellness: Enough to Conquer 7 Days 

Fruit Battalion:

- Frozen Mango Chunks: 3.5 cups (for those Citrus Sunrise smoothies that make you feel like you're on a tropical getaway, even if it's just a Tuesday morning).
- Mixed Frozen Berries: 3.5 cups (because every day deserves a Berry Bliss moment, especially Mondays).
- Green Apples: 7 (one for each day of facing the wilds of life with gusto).
- Bananas: 7 medium (the bendy backbone of any smoothie, doubling as a quick snack if you get ambushed by hunger).

Vegetable Vanguard:

- Cucumbers: 3.5 (for when you need to find your zen in the blender).
- Fresh Spinach Leaves: 7 cups (because what's a quest without a little green armor?).
- Celery: 14 stalks (for that crunch of courage).
- Kale Leaves: 7 cups (the leafy laurels of victory).

Liquid Legion:

- Coconut Water: 10.5 cups (because every warrior needs to stay hydrated, and water just doesn't always cut it).
- Almond Milk: 14 cups (for those smoothie sieges that require a nutty ally).
- Water or additional Coconut Water: For the Natural Green Detox, 3.5 cups (choose your hydration strategy wisely).

The Flavorful Forces:

- **Citrus Orange** Green Boost: 14 scoops (like liquid sunshine for your soul).
- **Berry Bliss** Green Boost: 14 scoops (because every hero needs a blissful berry boost).
- Natural Green Boost: 7 scoops (for when you want to keep it real and grounded).

Secret Weapons:

- Flaxseed Oil: 3.5 teaspoons (slip into those omega-3s like a ninja).
- Chia Seeds: 3.5 tablespoons (tiny but packed with power, much like a well-placed motivational speech).
- Lemons: 3.5 (for when life gives you lemons, you make a detox smoothie).
- Ginger: Enough for 3.5 inches (adding a bit of spice to life and smoothies).

Armed with this list, brave Rivex Warriors, you're ready to blend up storms of wellness that'll fuel your adventures, be they in boardrooms, classrooms, or the great outdoors. As you embark on this week of smoothie crafting, remember: each scoop of Green Boost is not just a step towards health; it's a leap towards conquering your daily dragons with a smile (and maybe a bit of green on your face).

So, blend boldly, laugh often, and let's turn this week into a saga of smoothies, wellness, and maybe a little bit of mischief. After all, what's life at Rivex Wellness without a bit of fun stirred into the mix? Here's to smoothies that taste like victory and feel like a hug from your blender.

Cheers! 

Happy blending, and may your fruits be ripe and your veggies ever-crisp!

Brock on the stalk, coming at you with a dose of green goodness! I'm here to tell you that even the leafiest of us can lead to greatness. Don't leaf your dreams behind—embrace your inner green and let it propel you to new heights. Stay strong, stay grounded, and remember, you've got the power to turn any meal into a mean, green, health machine. Let's rock it with Brock it!



Hey there, smoothie superstar! Berry here, reminding you that small packages can pack a big punch. Just like me, never underestimate your power to make a huge impact on your day. Blend with boldness, sip with joy, and let every berry burst fuel your wellness journey. Remember, greatness comes in all sizes and flavors

Hello, my sweet and spiky friends! Spike here, bringing a slice of sunshine and a dash of zest to your day. Remember, life is a tropical beach, and you're the coolest pineapple on it. Stand tall, wear your crown with pride, and tackle those challenges with a tangy twist. Keep blending, keep smiling, and let your unique flavors shine. Life's too short to be bland, so let's make it sweet and sharp!



As you embark on each new day, remember Berry's courage, Brock's strength, and Spike's zest for life. These three might be from different parts of the garden, but together, they blend perfectly to remind us that diversity, courage, and a little bit of fun are key ingredients in the recipe for wellness. So, go ahead, Rivex Warriors, blend up your dreams, sprinkle in some laughter, and drink up the joy of living. Your mascots are cheering for you at every blend, sip, and giggle. Here's to living a life as flavorful and vibrant as our smoothies! Cheers! 🍇🥦🍍

The Grand Finale

Brave Blenders, Assemble!

As we close the lid on this whirlwind adventure through the land of fruits, veggies, and the almighty Green Boost, let's pause and reflect—not just on our newfound smoothie crafting skills, but on the epic journey of wellness we've embarked upon together.

But what's an adventure without a few parting words of wisdom and a sprinkle of Rivex humor? Here are some golden nuggets (no, not the chicken kind) to keep you blending like a pro and laughing like a kid who just discovered the blender button:

1. **The Early Bird Gets the Smoothie:** Prep your ingredients the night before. There's nothing like waking up, tossing everything in the blender, and pretending you're a morning person.
2. **Freeze Frame:** Got ripe fruit? Freeze it! Not only will you save it from the dark abyss of the compost, but you'll also make your smoothies creamier than a unicorn's dream.
3. **Mix and Match:** Don't be afraid to experiment. Throw in that half of an avocado, a scoop of peanut butter, or even a handful of spinach into your Berry Bliss concoction. The worst that can happen is you end up with a smoothie that looks like a potion from a witch's cauldron—but hey, it'll taste magical!
4. **Clean as You Go:** Or, at the very least, soak your blender. Future You will be so grateful they won't have to chisel out dried smoothie remains. Plus, it's a great arm workout.
5. **Embrace the Smoothie 'Stache:** If you don't have a smoothie mustache by the end of your drink, did you even smoothie, bro? Wear it with pride!

And there you have it, folks—a smoothie journey to remember, complete with highs, lows, and a bit of green stuck in your teeth. Remember, in the kingdom of Rivex Wellness, every blend is an opportunity for joy, every sip a celebration of health, and every smoothie mustache a badge of honour.

So, as we bid adieu to our recipe book (for now), keep your blenders close, your Green Boost closer, and your sense of humour closest. Here's to smoothie adventures that make wellness not just a goal, but a joyous journey. May your cups overflow with health, happiness, and a hefty dose of hilarity.

Until our next blending bonanza, keep those blades spinning and those laughs coming. Cheers to you, Rivex Warriors. Blend on, and may your wellness be as endless as your smoothie possibilities! 🚀🥤🍏

Rivex: Where Every Blend is a New Beginning.