



The 30-day Smoothie Challenge!



What is the 30-day Smoothie Challenge?

The 30-day smoothie challenge is a corporate wellness program designed to provide employees with nutrient-dense, whole food smoothies for 30 days. Our smoothies are perfectly pre-packaged for a meal replacement or a yummy satisfying snack.



Here's how it works:

During the challenge period, we will deliver 10 individual 16 oz, pre-portioned smoothie packages every other week so your employees can make a daily smoothie at home or in the office. We focus on sourcing the highest quality ingredients, and work with organic farms who value sustainable practices whenever possible. We believe that small, healthy changes make a difference.

Did you know that many conditions and illnesses can be avoided, reversed or managed by eating good healthy foods that provide nutrients and vitamins to the body? The Pedal Powered Smoothie Bar is on a mission to educate, enlighten and empower people with the knowledge of how to feed the body what it needs to feel better! We believe that when you take control of your health, you take control of your life.

How much work is involved in making a smoothie?

Not much! We've done most of the work for you. Just add a cup of water or a liquid base of choice (e.g. coconut water or almond milk) turn the blender on, starting with the lowest speed. Slowly increase the speed and maintain the blender on the highest speed until all of your ingredients are smooth, generally 30-60 seconds depending on your blender model.

What equipment do you need?

All you'll need is a blender. Some recipes might require you to have a knife. We'll pre-portion your ingredients, so you don't have to measure a thing. It's easier than 1-2-3.

Which is the best blender to use for smoothies?

Any blender can make a great smoothie, but every blender works a bit differently depending on blades, power, and settings.

Where do you source your ingredients?

We source the highest quality ingredients for our smoothies. We partner with farmers to ensure our produce is organic, local and seasonal whenever possible. In addition to fresh fruits and vegetables, our smoothies include superfoods like chia seeds and flaxseeds. Additionally, all of our ingredients are organic and non-GMO.

How long do the ingredients last?

Our ingredients are meant to last for at least 2 to 3 weeks. Just place your smoothie packages in freezer and when you are ready add the ingredients to your blender.

What's my investment?

The investment for the 30-day program is \$180 per employee. This can be strictly an employee-paid program or the company can choose to subsidize a percentage of the cost.

Why should I join this service?

This service is designed to provide your body with vital nutrients, minerals and vitamins for 30 days! There is no guess work, no prepping, no waste and no mess. Simply add a liquid base and blend. Store in freezer and blend on your schedule. We do all the work! All you have to do is blend, enjoy and begin the healing process.

Did you know that the Mayo Clinic is an avid proponent of the benefits of plant based foods to prevent and fight cancer? A diet that focuses on fruits, vegetables, whole grains, legumes and nuts is actually prescribed for active cancer patients.



How do employees sign up?

We will prepare a Google sign-up sheet specific for your company. All you'll need to do is send out the link to employees. Once we have 25 to 30 employees each participant will receive an email with a health history form and a link to process payment.

How can I get more information about the program?

Have questions? No problem, we are always happy to help! Email dvblake@pedalpoweredsmoothiebar.com with your inquiry or call 510-967-9500, and we'll be sure to get back to you.

