



5-DAY

Green Smoothie

CHALLENGE





Ready To **Lose Weight And Get Healthy?**

This 5-Day Green Smoothie Challenge is a small “taste” of what you can expect inside the full **Smoothie Diet 21-Day Weight Loss Program**

If you love these recipes and are ready to take your health to the next level and **lose up to 18 lbs in 21 days**, then you’ll love the complete Smoothie Diet Program!

Also, the recipes in this program contain many different ingredients including nuts and seeds. If you have any food allergies, please carefully read each recipe so you know what you can and cannot have.

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Shopping List*

Veggies

- ☐ Spinach (3 cups)
- ☐ Kale (2 cups)
- ☐ Parsley (1 small bunch)
- ☐ Mint (1 small bunch)
- ☐ Frozen Cauliflower (1/2 cup)

Boosters

- ☐ Fresh Ginger (1 small piece)
- ☐ Vanilla Extract (2 tsp)
- ☐ Unsweetened Cocoa Powder
- ☐ Unsweetened Coconut Flakes

Fruits

- ☐ Bananas (3 medium)
- ☐ Pear (2)
- ☐ Green Apple (1)
- ☐ Orange (1)
- ☐ Frozen Pineapple (1 cup)
- ☐ Frozen Raspberries (1 cup)

Liquid

- ☐ Almond Milk (4 cups)

* All smoothie recipes are for 1 serving. If making for 2, simply double the ingredients. 1 bunch kale, parsley, mint, and 1 bag of spinach should be enough for 2 people.

Can't Find It? Use This Instead:

BANANAS: Avocados will give you the same creamy texture

KALE: Spinach, Swiss chard, collard greens, beet greens, romaine

SPINACH: Kale, Swiss chard, collard greens, beet greens, romaine

ORANGES: Clementines, tangerines, mangoes, papaya

PINEAPPLE: Oranges, mangoes, peaches

PEAR: Peaches, Apples, Plums



The Power of Prep!

Good prep is the key to super simple smoothie making. Having all your ingredients ready to throw in the blender makes this a breeze.

Wash, Cut, and Store Greens

You need two large zip lock bags with a paper-towel in each to absorb moisture. Excess moisture is the #1 reason greens go bad fast. Remove the kale leaves from the stems, chop, wash and spin dry in a salad spinner. Spinach usually comes pre-washed in bags and doesn't require any chopping. Remove the spinach from the bag it came in and transfer it to the ziploc. Do the same with the kale into the other bag. Store these in the fridge. When it comes time to make the smoothie you will just grab a small handful from the bag which is about 1 cup.

Fresh Vs Frozen

Frozen fruit can actually be a better bargain than fresh depending on the time of year. Also, if the fruit is flash frozen it may actually be fresher than the "fresh" fruit. The general smoothie recipe rule I follow is fresh greens plus 1 fresh fruit plus 1 frozen. If not using anything frozen I add a half cup of ice. *I don't recommend freezing everything before, this will turn your smoothie to ice cream and make it impossible to blend without adding more liquid which will water it down.*

Chop And Portion Fruit If Needed

Most of these recipes use 1 fresh fruit and 1 frozen portion. If using fresh fruit you can portion into small bags but honestly it's not hard to peel a fresh banana. Core an apple or pear the day you make the smoothie. If you buy a whole pineapple though you may want to pre-cut it so you have it ready in the fridge.



DAY 1

Blueberry Vanilla

Blueberries and vanilla make an amazing combination. Banana help thicken this smoothie up nicely, for a creamy, irresistible treat. Did you say this was green!? Serves 1

Ingredients

1 Cup Spinach
1 Banana
1 Cup Frozen Blueberries*
1 tsp Vanilla Extract
1 Cup Almond Milk

Directions

1. Add liquid, banana, spinach, vanilla extract and blend until smooth.

2. Add frozen blueberries and blend again until smooth.

** If using fresh, add 1/2 cup ice*

Did You Know?

Blueberries contain a type of flavonoid known as anthocyanins, which are responsible for the blue color. Blueberries may help protect vision, lower blood sugar levels and keep the mind sharp by improving memory and cognition.



DAY 2

Pineapple Coconut

You may think that herbs are only a flavor enhancer when cooking, and while that is true, they are also an excellent source of nutrients. This creamy mango smoothie is a delicious example of that. Serves 1

Ingredients

1/2 Cup Almond Milk
1 Cup Kale, stems removed
1 Orange, Peeled & Seeds Removed
1 Cup Frozen Pineapple*
5-7 Fresh Mint Leaves
2 tbsp Coconut Flakes

Directions

1. Add liquid, kale, orange, mint and coconut and blend until smooth.
2. Add frozen pineapple and blend again until smooth.

** If using fresh, add 1/2 cup ice. Add more liquid if needed.*

Did You Know?

Pineapple is an antioxidant powerhouse that helps fight aging and keeps your cells healthy. It also contains an enzyme called bromelain that not only helps improve your body's digestive process but also helps fight inflammation.



DAY 3

Ginger Raspberry

Ginger is great for detoxing — it will help soothe any upset stomachs you get from adjusting your diet. When paired with raspberries and banana, it's delicious. Serves 1

Ingredients

- 1 Cup Almond Milk
- 1 Cup Spinach
- 1 Cup Frozen Raspberries*
- 1 Banana
- 1 tsp Grated Ginger

Directions

1. Add liquid, banana, spinach, and ginger and blend until smooth.
2. Add frozen raspberries and blend again until smooth.

** If using fresh, add 1/2 cup ice*

Did You Know?

The natural chemical responsible for raspberries' mouthwatering aroma is similar to capsaicin, the substance that puts the heat in hot peppers and has been shown to fire up metabolism.



DAY 4

Chocolate Chip

Frozen cauliflower offers creaminess and nutrients without adding unpleasant flavor. Unsweetened Cocoa powder give this smoothie a chocolate flavor without adding sugar. Serves 1

Ingredients

1 Cup Almond Milk
1 Cup Kale, Stems Removed
1/2 Cup Frozen Cauliflower*
1 Pear, core removed
1 tbsp Cocoa Powder
1 tsp Vanilla Extract

** If using fresh, add 1/2 cup ice*

Directions

1. Add liquid, cocoa powder, kale, vanilla extract, pear and blend until smooth.
2. Add frozen cauliflower and blend again until smooth.

Did You Know?

Cocoa contains the substance phenethylamine, which is a neurotransmitter found in the brain that acts as a mood elevator and natural antidepressant. It's also one of the highest polyphenol-containing foods which are powerful antioxidants.



DAY 5

Apple Pear

Apple and Pear add a crisp refreshing taste to this amazing green smoothie. Parsley is a great herb for detoxing the body as well. Serves 1

Ingredients

1/2 Cup Almond Milk*
1 Cup Spinach
1 Banana
1 Green Apple
1/2 Pear
1/4 Cup Parsley Leaves
1/2 Cup Ice

** Add more liquid if needed.*

Directions

1. Add liquid, spinach, apple, pear, and parsley and blend until smooth.
2. Add 1/2 cup ice and blend again until smooth.

Did You Know?

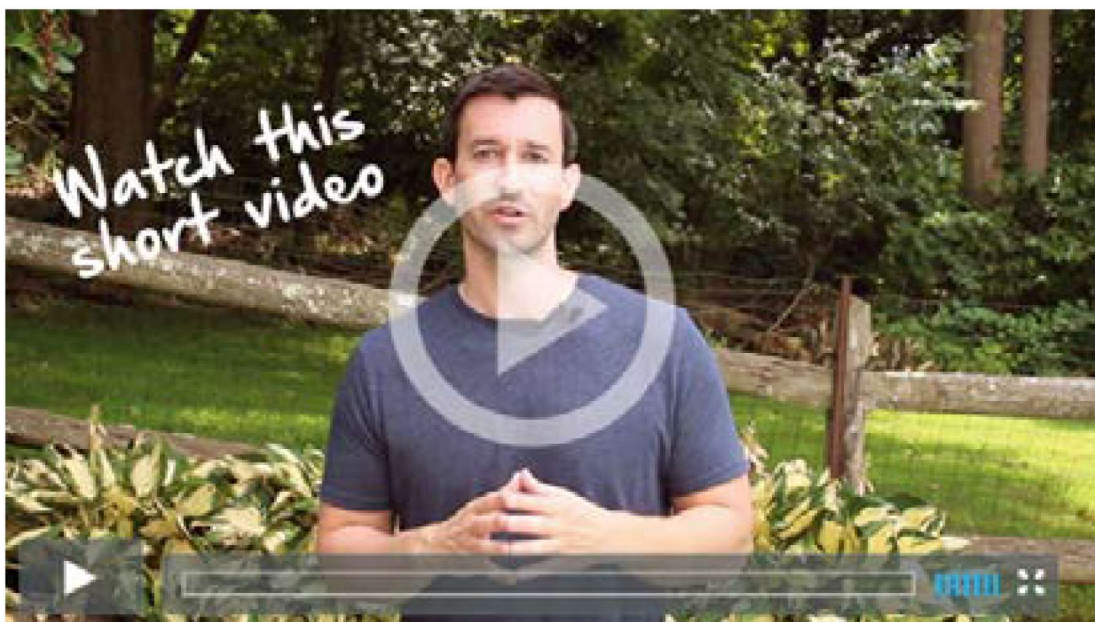
Apples and pears are a rich source of a powerful kind of fiber called pectin. It's what's used as a gelling agent to make jams and jellies, and in our stomach it can delay stomach emptying through a similar mechanism keeping you full longer.

Ready To Lose Weight Fast... *and Keep It Off Forever?*



People all over the world are losing **MORE** weight
in **LESS** time following the deliciously simple
Smoothie Diet 21-Day Weight Loss Program

Watch this short presentation below to see how you can use
smoothies to **Lose Up to 18 lbs In 21 days...and keep it off!**



[Click here](#) to watch the presentation