



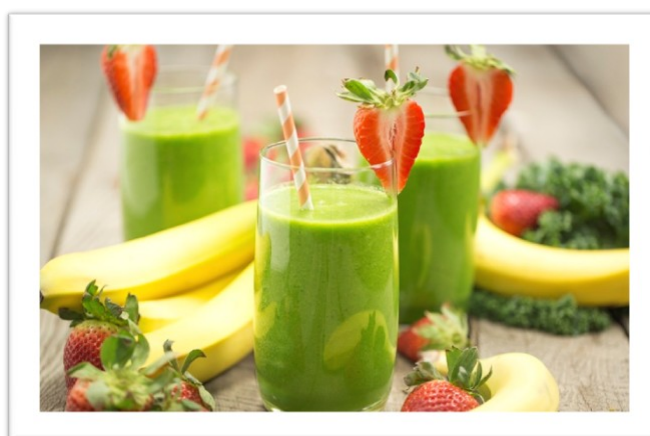
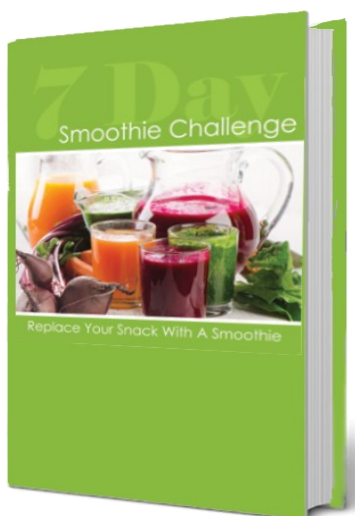
FREE

7 Day Green Smoothie Challenge

Healthy, Easy, Simple, Recipes

By adding a smoothie a day you can help promote:

- weight loss • increased energy • optimal health



VIBRANT Health & Wellness Coaching
"Lighting the path to a brighter and healthier life"

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Preface

Green smoothies were my first new discoveries and addition to my “real food” plan when I started my VIBRANT life - whole food journey.

Smoothies are quick, tasty, and sometimes easier than using a juicer.

Here are seven tasty smoothie recipes that use easy to find ingredients. While you could use a recipe a day, the same smoothie several times a week is also ok. Just remember to rotate or mix your greens from day to day.

I endeavor to include fresh fruit that is available all the time but when fresh isn't available consider using frozen fruit.

Don't be afraid of the "green" factor; appearances. Beyond adding additional nutrients, the lesser intense greens add more color than they do taste.

If the green taste is overwhelming simply add lime or lemon to calm the flavor down. Enjoy!

Frequently Asked Questions

Why Smoothies?

Smoothies provide nutrition to our nutrient lacking body in a convenient way. Smoothies are also very filling and satisfying.

What are some of the benefits of drinking smoothies?

Curbed appetite

Improved energy

Increased hydration.

When to Drink Smoothies?

Smoothies make great instant breakfast choices. In addition, many authors suggest consuming only fruits and vegetables in the morning. Smoothies help you to achieve that.

Will Smoothies Help Me Fight My Cravings?

Green smoothies are great for tackling cravings. For this reason, I like to keep at least bananas and spinach on hand for when a mean craving comes.

Do I have to buy organic ingredients?

You should buy organic in order to avoid excessive pesticides according to Environmental Working Group. If you can't buy all organic, here is a list of items you must buy organic due to their pesticide residues: Celery, Peaches, Strawberries, Apples, Blueberries, Nectarines, Bell peppers, Spinach, Kale, Cherries, Potatoes, and Grapes.

Side Note: Here is a list of fruits & vegetables you can skip buying organic: Onions, Avocado, Sweet Corn, Pineapple, Mango, Asparagus, Sweet Peas, Kiwi, Cabbage, Eggplant, Papaya, Watermelon, Broccoli, Tomato, Sweet Potato.

Which greens shall I use?

Greens have alkaloids that are good in small quantities but slightly toxic if you eat the same green day-after-day. Consider rotating or mixing up your greens. Some of the milder tasting greens are romaine, spinach, and some swiss chard. Progress your way into beet greens, kale, and other bitter greens.

I use baby spinach because it's less work but regular spinach also works well. Just note that regular spinach is slightly bitter than baby spinach.

Can I Substitute Water in Recipes?

Try substituting coconut water for regular water for an unique smoothie twist.

Try substituting half the water required with ice cubes for a cold treat.

How do I blend smoothies?

For High Speed Blenders:

Add all ingredients at once and blend for 20-30 seconds or until smooth.

Other Blenders:

First add greens and 1/2 of water and blend until broken up. Next add fruit and remaining water. Blend until smooth.

Additional: Remember to start on low and increasing to high. And Don't forget to clean the blender and cups after each use. Green smoothies stick and are harder to clean up later.

Tropical Green Smoothie

Antioxidants help to prevent and repair damage to body tissues, our skin included. Vitamin C is one of the greatest antioxidants we have available, and it's abundant in pineapple. The addition of avocado brings with it other skin-specific nutrients such as vitamins E, A and zinc.

1 1/2 cups fresh spinach
1 cup coconut water, unsweetened
1 cup pineapple, frozen
1/4 avocado

Blend spinach and coconut water until smooth. Add remaining ingredients, and blend until smooth. Enjoy!

**Use a frozen fruit to make smoothie cold.*

Hearty Green Smoothie

The apple, banana, rolled oats, coconut oil, and (of course) leafy greens make the perfect combination for a green smoothie you can drink before every workout!

2 cups fresh spinach
2 cups almond milk, unsweetened
1 large apple, cored, any variety
1 banana
1/3 cup rolled oats
1 tablespoon coconut oil
1/2 teaspoon ground cinnamon

Blend spinach and almond milk until smooth. Add remaining ingredients, and blend until smooth.

Mango Maca Smoothie

A balanced life starts with a balanced body. Keep your hormones in check and load up on the essential nutrients your body craves with a sweet Blast that's bursting with tropical flavors.

Maca is an adaptogen that not only helps restore hormone balance, it also boosts energy and immune function. Add sweet, tropical fruits like mango and pineapple for an extra boost of vitamins and antioxidants, and you've got a healthy, energizing treat to keep you balanced.

- 1 Cup Swiss Chard
- 1 Cup Mango
- ½ Cup Pineapple
- 1 Date
- 1 Tablespoon Maca Powder
- 1 ½ Cups Unsweetened Almond Milk

Add all ingredients to your blender cup and extract for 30 seconds, or until smooth.

Strawberry Green Smoothie

Doctors and dietitians often say that stress affects virtually every tissue in the body. It can leave you feeling worn out since it depletes your body of essential nutrients. For this reason, it's important to adopt a mindful approach on everyday life. Starting your morning with a bright green smoothie is a fabulous way to neutralize the daily stresses of life and feel stronger so that you can take on the day!

By consuming a green smoothie daily, you can help reduce stress and prevent it from hurting your body. It's a terrific way to boost your health and improve your overall wellbeing and inner stability, so sit back, relax, and enjoy a delicious green smoothie.

- 2 Cups Leafy Greens of your choice
 - 1 Banana
 - 2 Tablespoons Flax Seeds
 - 1 Cup Frozen Strawberries
 - 1 ½ Cups Coconut Water
- Add all ingredients to your blender cup and extract until smooth



Orange Greensicle Smoothie

Get the flavor of an Orange Creamsicle in a light, refreshing green smoothie. This creamy treat is so tasty, everyone will be asking for seconds!

- 3 med oranges, peeled
- 1/2 cup plain non-fat Greek yogurt
- 1/2 tsp vanilla extract
- 1 1/2 tbsp honey (or sweetener of choice, to taste)
- 1 cup fresh spinach, loosely packed (more if desired)
- 2 cups ice cubes

Add all ingredients to the blender cup and extract for 40-50 seconds or until smooth.

Chocolate Detox Smoothie

Packed with antioxidants, this coconut cacao detox Blast will fuel your day the right way, helping boost your serotonin and energy levels and hydrating you with the electrolytes your body needs.

- 1 Handful Spinach
- 2 Tablespoons Cacao
- 1/2 Cup Coconut Flakes
- 3 Leaves Mint
- 1/2 Cup Strawberries
- 1/4 Teaspoon Cinnamon
- 1 Cup Almond Milk
- 1 Cup Coconut Water

Add all ingredients to your blender cup and extract for 40 seconds, or until smooth.

Classic Green Smoothie

A green smoothie is one of the best things you can put in your body. For some people, though, it can be hard to get past the color. With the right recipe and the perfect balance of fruits and vegetables, you'll quickly learn they taste so much better than they look!

2 Handfuls Mixed Greens

½ Cucumbers

1 Stalk Celery

1 Lemon, peeled

1 Apple, cored

4 Ice Cubes *

1 Cup Coconut Water

Add all ingredients to the blender cup and extract for 30 seconds or until smooth.

CONGRATULATIONS,

You have just completed your first VIBRANT Health and Wellness “7 Day Green Smoothie Challenge”!

Now, I want you to do me a favor... take a moment and examine how you feel. Do you have more energy? Do you feel uplifted, charged and excited about your accomplishment?

I believe that your answer to those questions were an emphatic “YES!”

Next question: Are you ready to take your health and wellness food journey to the next level? If your answer to this question is “YES!”, join us in the “12 Day Lighten Up Detox”. Click the lemon on the right to receive more information



Until next time, continue to...

Live VIBRANTLY,

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“Lighting the Path to a Brighter and Healthier Life”

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For information about VIBRANT Health and Wellness Coaching and its founder;
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