THE 30-DAY GREEN SMOOTHIE CHALLENGE

SIMPLE GREEN SMOOTHIES

BY JADAH SELNER + JEN HANSARD • SIMPLEGREENSMOOTHIES.COM
THIS IS NOT A DIET. IT’S A LIFESTYLE.
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― Hippocrates
“I DON’T EVEN SEE IT AS A 30-DAY CHALLENGE... MORE LIKE AN EVERYDAY LIFESTYLE.”

- RAYNA JUDE AGUON

GREEN SMOOTHIE CHALLENGE 101

This 30-Day Green Smoothie Challenge is all about making green smoothies a part of your lifestyle. This is not a diet— It’s time to nourish your body with raw fruits and vegetables daily and reap the rawsome benefits. We are here to take you on a 30-day journey that we hope turns into a lifetime commitment. Here are some of the results you can expect during this challenge:

1. More energy
2. Shed some pounds
3. Boost your immune system
4. Clearer skin
5. Less time in the kitchen — green smoothies are the best fast food!

And if you’d like to kick the challenge up a notch, try two green smoothies a day for the entire month. Have them as snacks or meal replacements— it’s totally up to you.
THE RULES

If you’ve never embarked on a challenge like this before, you might be wondering what’s involved. What are the rules?

Well . . . there are no rules!

The Green Smoothie Challenge is not a diet plan. You won’t be required to radically change your normal eating pattern, eat strange things, or go hungry. Please eat nutritious meals and foods you’re accustomed to and enjoy (all within moderation, right?). All we ask is that you commit to consuming one green smoothie each day of the 30-Day challenge. By the end of the challenge, you should crave less processed foods and be drinking green smoothies daily as part of your new healthy lifestyle. Are you excited?!

YOUR 30-DAY GREEN SMOOTHIE CHALLENGE BASICS

Throughout the month, we’ll be giving you pointers, tips, and recipes to help keep you motivated and on track. We realize that no matter how motivated and strong your desire is to eat healthy, changing habits acquired over time can be difficult. So for the first few days we’ll be easing you into the challenge by introducing you to our easiest and least time-consuming—but totally delicious—basic green smoothie recipes, such as the “Beginner’s Luck” smoothie (you can find the delicious recipe on page 12.)

I just made this and it is great!!! I’m so glad I ran into your site. You’re the reason why I am taking steps to living a healthier lifestyle.

— SHANTOYA
In keeping with our “no rules” rule, we’ve kept the challenge as flexible as possible. As long as you drink 1-2 servings (2 to 4 cups) of green smoothie a day, you’re free to adapt other aspects of the challenge to suit yourself, your time constraints, and your lifestyle. Many participants find that drinking their daily smoothie leaves them so full and satisfied that they don’t feel like eating a full meal afterwards. And that’s fine! In fact, we recommend replacing one (or even two) meals a day with a green smoothie. If that’s what you choose to do, rest assured that our smoothie recipes pack at least as much of a nutritional punch as you’d get from a typical meal—and usually, more.

Green smoothies can be your breakfast of champions, your healthy fast-food lunch or even your lean and mean dinner. Feel free to substitute your green smoothie for any meal of the day. Do whatever works best for you. And while we recommend that you start the 30-Day challenge with the Beginner’s Luck smoothie, if you’d prefer to try out some of the other recipes instead, go ahead. Or get creative and invent your own! Just make sure you take into account the perfect ratio of vegetables to fruits that we talk about in chapter 2.

JOIN OUR FACEBOOK + INSTAGRAM COMMUNITIES

And don’t worry, we’ll be with you every step of the way to ensure that you and your blender become BFF’s. Join our rawkin’ Facebook community for answers to your questions, recipe inspiration, and support!

We encourage you to share your commitment to the 30-Day Challenge on Instagram and your Facebook wall. Letting your friends know what you’re doing means they can support you as well. [Please tag @simplegreensmoothies so we can see your posts and encourage you.]

We invite you to post photos on our wall as well as share which ingredients you used in your green smoothie each day. We can’t wait to hear how the challenge goes for you, so we can do the happy dance for you when you’ve made it 30 days!
INSPIRATION! TESTIMONIALS & SUCCESS STORIES

If the 30-Day Green Smoothie Challenge sounds interesting to you, but you haven’t quite made up your mind to join us yet, read on. We held our first live challenge in January 2013 and received rave comments from our participants. We aren’t bragging—well, maybe a little—but we hope their success will inspire you, too!

“Well, let me say I have been sooo happy to join this challenge! It not only has helped with energy but has also helped with my stomach problems. Since I have joined this challenged I have got many of my family members to join and many of my co-workers at Bottala Orthodontics to join! Thank you for all the support and easy way to improve my friends, family and my health! Can’t wait to continue this every day for the rest of my life!” - Kylene Donnert

“I’m so glad I found your program, this really helped kick start my clean eating, healthy, fitness adventure and I feel amazing. You are an inspiration!” - Casey Marie

“I just started. I feel that green smoothies are a great way for me to get a variety of vegetables since I am not a fan of salads. Making smoothies gives the taste of fruits, the nutrients of vegetables, and I don’t even have to chew! They’ve been a great improvement to my diet.” -Christopher Williams II

“My wife convinced me to try the 30-Day Challenge and while I wasn’t crazy about the idea, I am so glad I did it. The spinach and kale are easily disguised, and most of the recipes were surprisingly good! I am almost done with my 30 days and I’ve lost 10 pounds!” -Josh Norland

“Thanks so much for creating this page!! I have lost 10 pounds in 11 days and I’m always looking forward to my daily smoothie! I stay full for so much longer and it is getting me prepared for my 90-day beach body challenge!! This will be a regular challenge/regular occurrence for me from here on out! I feel wonderful!” - Christina Miller

“I’ve been on the green smoothie way of life for the past several weeks and I’m hooked! Since I’ve started the green smoothie challenge my desire for soda and sugary drinks has gone to zero. I feel rejuvenated and full of life. I thank my wife for introducing me to them!” -Steven Grimes
“Been drinking green smoothies for 3 months now, love a lot of the new ideas for the smoothies! Glad we did the challenge. Trying things we never thought we would enjoy, even my 1 year old grandson loves ‘em. Thanks!”  - Kent Butler

“I think I’m actually going to make this a life time challenge. I noticed I have more energy and my face has cleared out! Also it’s a great way for my 8 year old to have her daily veggies. She looks forward to making the smoothies with me and loves to try out different combinations. Thanks for sharing. This is just what I needed. Cheers to a healthier life!”  - Maricela Gonzalez-Martinez

“I love this challenge! I’m addicted to these smoothies and can’t wait to drink them each morning and afternoon.”   - Kaitlyn Leigh McDonald

“My 17 year-old daughter, 14 year-old daughter, 8 year-old son and 4 year-old daughter all LOVE them. My 4 year-old always asks if she can have some more of the ‘green drink.’”  - Cynthia Salinas Montana

“I’m a convert. This challenge has been amazing, the recipes are delicious—even my toddler loves them. I plan on sticking to two smoothies a day Monday through Friday. Thank you for making this fun and yummy!” - Rashida Alake B

“I’m loving the challenge! I plan on continuing after my 30 days are up. I have more energy, my face has cleared up and I’ve lost 5 lbs. in 2 weeks! It’s so easy and all the smoothies have been super tasty!!!!”   - Jenni Walsh

“I have always found it a struggle to eat fruits and veggies like my momma tried to teach me. The 30-Day Challenge has made it easy for me to get the nutrients I need, the green smoothies taste great, and momma is proud!”   - Daniel Mottayaw

“Just hopping on the green smoothie band wagon and I believe I’m here to stay. I purchased a 1000 watt ninja professional and made your Vitamin C Immunity Booster…it tastes fantastic and I have never been this full from drinking a glass and a half of anything!!!!”   - Robert Carson
“I will for sure continue, I’ve been feeling great to the point that I’ve changed the way I’m eating. It has helped a lot and gives me a lot of energy.”
— Veronica Laguna

CHAPTER 2

BEGINNER’S LUCK TIPS, TRICKS & SUGGESTIONS

While you’re gearing up for the challenge, there are a few things you can do to get yourself into a green smoothie state of mind. Use this pre-challenge lead time to prepare mentally and physically to nurture your body with whole fruits and vegetables.

Start by being conscious of how many fruits and vegetables are available at your grocery store, and how many you either pass by or haven’t even tried yet. Add a few more fruits and vegetables to your cart on your next shopping trip, and make note of a few new ones that you’d like to try in the coming weeks.

Try to eliminate junk food, processed foods, and heavy meat products as much as possible in the run-up to your challenge, to get your body used to eating more lightly and healthfully. Drink more water, and sip hot tea in the morning if it’s cold in your neck of the woods. Water is good for you, and more is always better! And finally, gather up the few pieces of equipment you’ll need for your challenge, so you’ll have everything on hand when you’re ready to begin.
EQUIPMENT WE RECOMMEND

You won’t need to spend a huge amount of money putting together the equipment you need for the 30-Day Green Smoothie challenge. In fact, two of the top 3 things we recommend are either free or cost just pennies.

The first product that makes green smoothies better is a powerful blender. Both Blendtec and Vitamix are excellent brands, not just because their performance is top-notch, but also because their warranty coverage is incredible. Choosing between the two is a matter of personal preference. Jen has a refurbished Vitamix that she loves, and Jadah has a Blendtec that is a dream to use.

Of course, not everyone wants to buy one of these professional model blenders and that’s okay, too. The Nutribullet and the Ninja are both excellent choices; high-rated performance at a fraction of the cost.

We are in love with mason jars. They are strong, reusable, multi-functional, and super cute. We definitely recommend getting the Ball pint size wide-mouth jars (easier to clean) and the half-pint size for the kids. (You can also reuse Classico spaghetti jars for smoothies, which is Jen’s signature move.) And Jadah always has regular mouth mason jars too: pint size for drinking and quart size for storing green smoothie leftovers in the fridge.

The final thing we recommend are straws. Green smoothies and straws are just natural partners. If you like, use any wide straw, even the ones you can find by the dozens in dollar stores. We personally love reusable stainless steel straws, which we think add a little extra touch of luxury to smoothie-time. If you go this route, invest a few dollars in a small brush for cleaning the inside. For travelling, or when you’re on the go, we like to use eco-friendly paper straws.

CLICK HERE TO SEE OUR TOP PICKS FOR PERFECT SMOOTHIES EVERY TIME.
GREEN SMOOTHIE TIPS & TRICKS

1: Aim for a ratio of 60% fruit to 40% leafy green in order to pack in some incredible nutrients and a delicious taste.

<table>
<thead>
<tr>
<th>SERVES 1</th>
<th>MAKES 2 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruit</td>
<td>1 1/2 cups (60%)</td>
</tr>
<tr>
<td>leafy greens</td>
<td>1 cup (40%)</td>
</tr>
<tr>
<td>liquid</td>
<td>1 cup</td>
</tr>
<tr>
<td>makes about</td>
<td>2 cups</td>
</tr>
</tbody>
</table>

2: Change up your liquid base from time to time. Water is wonderful for smoothies, but it’s also nice to incorporate different liquids occasionally for an additional nutrient and vitamin boost. Not to mention a flavor boost! Coconut water is one of our favorite additions, because it’s high in potassium, vitamins, minerals, and electrolytes. For a creamier texture, try unsweetened nut milk like coconut or almond, which are both packed with bone-building calcium and Vitamin E.

3: Some greens have a slightly bitter taste that can overpower your smoothie. Simply add an extra dose of nature’s sweetener—fruit. A little added banana, mango, apple, pear, or a few pitted dates will really tone down the bitterness, and give your smoothie a more balanced, pleasant taste.

4: For optimal nutrient content, drink your smoothie right away. Fresh is always best, but sometimes you will have leftovers. Store in airtight containers with a tightfitting lid (mason jars are great!) to limit oxidation, which breaks down nutrients and changes the color. You can keep green smoothies in the fridge for 24 - 72 hours.

5: Want your green smoothie to be extra chilly? Freeze your favorite fruits like ripe bananas, grapes, pineapple or berries. This is also a great way to preserve fruits and veggies that are in danger of turning over-ripe soon.
BEGINNER’S LUCK GREEN SMOOTHIE

BEGINNER’S LUCK GREEN SMOOTHIE

2 cups spinach, fresh
2 cups water
1 cup pineapple
1 cup mango
2 bananas

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIE COLD.

DON’T LIKE BANANAS? SWAP THEM OUT FOR MORE MANGO OR PINEAPPLE.
Get inspired by watching three documentary films that present valuable insight into our society, food, and healthy living. These films were life-changing for us! They motivated us both to turn our health around for the better, by taking baby steps towards a more plant-based lifestyle. You can watch all of these documentaries on Netflix. If you don’t have a membership, you can get a free 1-month trial here.

### Forks Over Knives
Focusing on research by two food scientists, this documentary reveals that despite broad advances in medical technology, the popularity of animal-based and modern processed foods have led to epidemic rates of obesity, diabetes and other diseases.

### Hungry for Change
This documentary exposes secrets the diet, weight loss and food industries don’t want consumers to know about: deceptive strategies designed to keep you coming back for more. Find out what’s keeping people from having the bodies—and good health—they want.

### Vegucated
Follow the adventures, and misadventures, of three ordinary meat-and-cheese-loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured with true tales of weight lost and health regained, they begin to uncover the hidden, darker side of animal agriculture.
“THE GREEN SMOOTHIE CHALLENGE HAS REALLY HELPED ME START A HEALTHIER LIFESTYLE AND HAS PROVEN GREAT RESULTS. MY BODY FEELS GREAT AND I INTEND TO CONTINUE WITH THE GREEN SMOOTHIES PAST THE 30 DAYS.”

-SALIM RAZAWI

CHALLENGE #1: ADD A PROTEIN BOOST

Did you know that spinach is 30% protein?

And that fresh fruit averages about 4-8% protein?

Our specific challenge (or challenge within a challenge, if you will) for this first week is to boost the power of your green smoothies with protein. In this chapter, we’ll help you get familiar with the benefits of consuming protein, discuss the best forms of plant-based proteins for green smoothies, and share some super-tasty recipes that incorporate green smoothie-friendly proteins. Ready to get started?

PROTEIN HELPS PREVENTS BLOOD PRESSURE SPIKES THAT CAN MAKE YOU WEAK AND DIZZY.
WHAT’S SO IMPORTANT ABOUT PROTEIN?

Although most people are aware of the benefits of eating plenty of fresh fruits and vegetables, not everyone knows just how important protein is for your body. Protein is one of the four macronutrients that your body needs on a day-to-day basis (the other three are fats, carbs, and water). Protein is essential for our bodies to work properly. Because your body burns protein slower than carbs, protein is important to prevent blood pressure spikes that can not only make you feel weak and dizzy, but can also lead to serious health issues down the road.

Another great benefit of protein is that when your body has enough, it doesn’t have to resort to burning muscle for the energy it needs. So your muscles stay strong and toned. That’s why drinking a protein-rich smoothie after a workout is an excellent way of replenishing your body!

JADAH & JEN’S FAVORITE PLANT-BASED PROTEINS

- **RAW ALMONDS:** Packed with essential fatty acids, fiber and vitamin E.
- **ALMOND MILK:** Provides a rich and creamy taste that is lower in calories and fat than cow’s milk. It’s also high in calcium, which helps build strong bones.
- **ALMOND BUTTER:** This protein source keeps you fuller longer, helps boost your intake of healthy fats, and is known to lower LDL “bad” cholesterol levels.
- **HEMP PROTEIN:** Meets all dietary needs: protein, essential amino acids and essential fatty acids. Offers a perfect ratio of omega-6 to omega-3’s.
MORE GREAT SOURCES OF PROTEIN

Nuts and Seeds: You may be surprised to know that tiny seeds like chia and flax pack an amazing protein punch. For instance, one ounce of chia seeds contains an impressive 4.4 grams of protein. That’s only one reason that chia seeds are among our favorite things to add to green smoothies. The other is its great nutty taste! And speaking of nutty, nuts are also a great source of protein: just 1/4 cup of almonds or 2 tablespoons of almond butter will give you 8 grams of protein. Flax seed is another great alternative, with 8 grams of protein per 1/4 cup. But when you choose to add nuts to your green smoothie, don’t forget that they’re also higher in fat, so don’t be overly generous!

Protein Powders: If you are looking for a plant-based protein that is free of animal products, your best option is hemp protein or raw vegan protein powder. We typically add 4 tablespoons of organic hemp protein to our morning green smoothie blends. You can buy hemp protein at Trader Joe’s, Whole Foods or even online at Sunwarrior.com.

Spirulina (blue-green algae) is another excellent source of plant-based protein that can be added to your green smoothies. You will need to experiment to see what amount suits your taste buds.

Additional protein options include chocolate and vanilla protein powders, whey protein powder, silken tofu, soymilk, non-fat Greek yogurt, cottage cheese, and natural, no-sugar added peanut butter. We prefer to avoid soy and animal products, but that’s just our personal preference; if you enjoy these foods, feel free to use them in your green smoothie creations.

And if you decide to drink a green smoothie as a meal replacement, it’s especially important that you add a protein source to your blender, or have a high-protein snack, such as a hardboiled egg or a handful of nuts, on the side. Also remember that if you work out regularly, your protein requirement will be higher so we recommend that you adjust accordingly.

VISIT OUR AMAZON STORE FOR PROTEIN POWDER OPTIONS (INCLUDING HEMP PROTEIN).
## Challenge #1: Shopping List

This shopping list is designed to make each recipe once (which is two servings). Feel free to half the recipes or save the leftovers for the next day.

You can buy hemp protein and other plant-based protein powders at a natural health food store (like Trader Joes and Whole Foods), or visit our Amazon Store.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGGIES</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>4 pears</td>
<td>spinach, fresh (2 bags, 20-32 oz)</td>
<td>almond milk (unsweetened)</td>
</tr>
<tr>
<td>3 bananas</td>
<td>1 sweet potato</td>
<td>almond butter</td>
</tr>
<tr>
<td>2 mangos (fresh or 24 oz. frozen)</td>
<td></td>
<td>raw, whole almonds</td>
</tr>
<tr>
<td>1 pound of red grapes</td>
<td></td>
<td>cinnamon</td>
</tr>
<tr>
<td>blueberries (fresh or 16 oz. frozen)</td>
<td></td>
<td>nutmeg</td>
</tr>
<tr>
<td>strawberries (fresh or 16 oz. frozen)</td>
<td></td>
<td>vanilla flavored protein powder</td>
</tr>
<tr>
<td></td>
<td></td>
<td>(we like hemp protein powder)</td>
</tr>
</tbody>
</table>

Simplegreensmoothies.com
INSPIRATION! YUMMY PROTEIN-RICH RECIPES!

These protein-packed green smoothie recipes are here to get you started for the week. Feel free to use other recipes and maybe even make some up yourself.

ALMOND BUTTER & "JELLY"

2 cups spinach, fresh
2 cups almond milk, unsweetened
2 cups red grapes
2 bananas
4 tablespoons almond butter

Blend spinach and almond milk until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

A SWEET PEAR

2 cups spinach, fresh
2 cups almond milk, unsweetened
4 pears
1 banana
1 teaspoon cinnamon

Blend spinach and almond milk until smooth. Next add the remaining fruits and blend again. Top with cinnamon.

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.
CHALLENGE #1
YUMMY PROTEIN-RICH RECIPES

THANKSGIVING IN YOUR MOUTH

2 cups spinach, fresh
2 cups almond milk, unsweetened
1/4 cup water
1 cup sweet potato*
2 cups mango
1 teaspoon cinnamon
1 teaspoon nutmeg

Blend spinach, almond milk and water until smooth. Next add the remaining fruits and blend again.

* Bake sweet potato at 400 degrees for 45 minutes. Then chill in fridge until ready to use. Use at least one frozen fruit to make the green smoothie cold.

Makes 2 Servings

BERRY PROTEIN BASH

2 cups spinach, fresh
2 cups almond milk, unsweetened
1 cup strawberries
1 cup blueberries
1 banana
1/2 cup almonds*, raw

Extra protein boost: 4 tablespoons vanilla flavored protein powder

* soak overnight in water before blending

Blend spinach, almonds and almond milk together until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.


CHALLENGE #2: ROTATE YOUR LEAFY GREENS

This week, we’ll be focusing on using a wide variety of leafy greens in your green smoothies. Doing so will ensure that you get the best possible combination of nutrients from various leafy green plant sources.

If you’re like many people, you probably have a few tried-and-true leafy green favorites that you buy every week. Spinach and kale seem to always be in our household... yet we do rotate in romaine, arugula, swiss chard and bok choy occasionally. Are you ready to broaden your leafy green horizons and up your game?

One suggestion that might help is to spend time visiting your local farmers’ market, and simply explore the many leafy green choices they have freshly picked. As a side benefit, you’ll be supporting local farmers!
KALE TODAY, SPINACH TOMORROW! WHY MIXING IT UP MATTERS

The fiber in leafy greens help slow down the absorption of sugar from fruit, which means that eating a combination of fruit and leafy greens together is a match made in nutrition heaven. Spinach is the most mild tasting green (and the most popular green smoothie ingredient), which makes it a great leaf for beginners to add to smoothies. But we don’t want you to miss out on all the additional nutrients found in other leafy greens, so it’s time to change it up!

SOME BENEFITS OF ROTATING YOUR LEAFY GREENS:

- optimizing nutritional content
- getting a balance of vitamins and minerals
- strengthening your immune system
- preventing alkaloid build-up
- providing unique phytonutrients
- balancing your body’s pH
- supporting a healthy digestion system
- increasing your energy

“Eat mostly plants, especially leaves . . . It’s more important to eat as many different kinds of plants as possible: They all have different antioxidants and so help the body eliminate different kinds of toxins. (It stands to reason that the more toxins there are in the environment, the more plants you should be eating.)”

—Michael Pollan
GREAT LEAFY GREEN OPTIONS FOR GREEN SMOOTHIES

- arugula
- beet greens
- bok choy
- celery
- collard greens
- dandelion greens
- kale (red, green and black)
- lambquarters
- lettuce, all kinds
- mixed baby greens
- mustard greens
- romaine
- spinach
- sprouts
- swiss chard
- turnip greens
- herbs (basil, cilantro, mint, parsley)

JADAH & JEN’S FAVORITE GREEN SMOOTHIE LEAFY GREENS

ROMAINE: High in vitamin C and known to lower cholesterol.

ARUGULA: Known as garden rocket for its peppery taste. It’s high in fiber and low in calories.

KALE: Has more iron per calorie than beef and is high in fiber.

SPINACH: High in folate, Vitamin A and B-vitamins.
TIPS FOR USING LEAFY GREENS IN SMOOTHIES

Freeze your greens: No more wasted greens! Did you know you can freeze your raw leafy greens so they don’t go bad? Save your leafy greens by storing them in a freezer safe Ziploc bag or airtight container. You won’t lose the nutrients from freezing them.

Sweeten your smoothie: Some greens are more bitter than others, and there will occasionally be a “smoothie-fail.” When your smoothie tastes like lawnmower pulp, you can try to save it by adding an extra banana (or two) to up the sweetness. Or pour you’re not-so-great smoothie into an ice cube tray and freeze; then add a few of these cubes to a sweeter tasting smoothie at another time.

Squeeze some lime: With bitter greens like kale, a squeeze of lime or lemon juice can help balance out the taste and add a refreshing zing.

CHEERS TO YOUR HEALTH!

It’s week two of the challenge! That’s something to celebrate.

Make a smoothie for a friend or coworker and have them join you on the 30-Day Green Smoothie Challenge.
Coconut water lasts 2-3 days in the fridge, once opened. To prolong its life, pour the coconut water into ice cube trays and freeze for later use.

**QUICK TIP!**

Coconut water lasts 2-3 days in the fridge, once opened. To prolong its life, pour the coconut water into ice cube trays and freeze for later use.
INSPIRATION! DRINK YOUR GREENS RECIPES!

These green smoothie recipes are here to get you started this week. Feel free to use other recipes and maybe even make some up yourself. We would love for you to take pics and share your newest creations with us on Facebook and Instagram.

**PEACHY KALE**

2 cups kale, fresh  
1 cup water  
1/2 cup orange juice, fresh squeezed  
1 cup mango  
2 peaches  
1 apple

Blend kale, water and orange juice together until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

**MY HEART’S ROMAINE**

2 cups romaine, fresh  
2 cups water  
1 cup strawberries, with tops  
1 cup blueberries  
1 clementine, peeled  
1 banana

Blend romaine and water until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.*
CHALLENGE #2

ROTATING GREENS IN SMOOTHIES

STRAWBERRY, BANANA & BLUEBERRY

2 cups spinach, fresh
3/4 cup orange juice, fresh squeezed
3/4 cup water
1 cup strawberries
1 cup blueberries
2 bananas

Blend spinach, orange juice and water until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

BERRY ZINGER

1 cup arugula
1 cup spinach, fresh
2 cups coconut water, unsweetened
1 cup mango
1 cup raspberries
1 banana

Blend greens with the coconut water until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.

FUN FACT: KALE HAS MORE IRON PER CALORIE THAN BEEF!
This week, we’ll focus on adding fats to your green smoothies. If you’re wondering why on earth we’re suggesting adding fat to your diet, it’s probably because you’re accustomed to thinking of fats as undesirable, a dieter’s nightmare, and all round bad for you. But that’s not completely true.

In fact, your body needs a certain amount of dietary fat in order to stay healthy. Of course, the type of fats you consume is all important. When you feed your body good fats, it will positively thrive! Why? Because fat is a macronutrient that provides your body with immediate energy.

And we all can use some more of that, right?

“Green smoothies are a great way to start my day, they give me energy and wake me up, and they are a great coffee alternative because they are much more nutritious. I enjoy tasting your different recipes and all the healthy ingredients.”

- RJ Isaac
The Benefits of Good Fats:

Good fats have a multitude of health benefits, which is why we personally love adding them to our green smoothies. Here are some of the benefits of adding good fats to your green smoothies:

- provide essential fatty acids
- help keep our skin soft
- deliver fat-soluble vitamins
- protect our heart
- are a great source of energizing fuel
- help curb overeating
- promote healthy hair, nails, and bones

Good Fats, Bad Fats & How to Choose the Best Fats

As you can see, good fats are an essential part of a healthy diet—and a healthy body! The best fats to consume are monounsaturated and polyunsaturated fats, which help lower cholesterol levels.

Great Sources of Good Fats: Coconut Oil, Nuts, and Avocados.

Bad fats, saturated fats, and trans fats, on the other hand, are those that are known to increase the risk of diseases. You can often recognize bad fats just by looking at them—many bad fats, such as lard and margarine are solid at room temperature. Others, like canola and vegetable oil, are plant-based but they are not considered good for you because they are refined at high temperatures that strip them of nutrients and destroys their omega-3 value, and often processed with the use of toxic chemicals.

But by being conscious of the kinds of fats you consume you can give your body all of the benefits of “good” fats, with none of the risks of “bad” fats.
OUR FAVORITE GOOD FATS IN GREEN SMOOTHIES

CASHEWS: a rich source of omega-3 fatty acids, which promote heart health.

COCONUT OIL: known as an appetite suppressant and has antibacterial properties.

FLAXSEED OIL: contains both omega-3 and omega-6 fatty acids which supports brain development.

AVOCADO: a great source of monounsaturated fats, which helps raise your good cholesterol levels.

WHERE TO BUY GOOD FATS:

You can buy coconut oil and flaxseed oil at a natural health food store (like Trader Joes and Whole Foods), or visit our Amazon Store. Jen’s favorite coconut oil is from Mountain Rose Herbs (it’s organic, cold-pressed unrefined coconut oil and is amazing in smoothies and to use as facial moisturizer, baking, making toothpaste and even deodorant!). Learn more about coconut oil here.

QUICK TIPS FOR CUTTING AN AVOCADO

Don’t cut your avocado until ripe. It should not be firm or mushy when you press it. It should be somewhere right in the middle.

Peeling the avocado gets more of the fruit flesh than if you were to scoop it out with a spoon.
# Challenge #3: Shopping List

This shopping list is designed to make each recipe once (which is two servings). Feel free to halve the recipes or save the leftovers for the next day.

You can buy coconut oil and flaxseed oil at a natural health food store (like Trader Joe’s and Whole Foods), or visit our Amazon Store.

## Fruits
- 2 bananas
- 2 green apples
- 3 oranges
- 1 avocado
- Pineapple (fresh or 16 oz. frozen)
- Strawberries (fresh or 16 oz. frozen)
- Raspberries (fresh or 16 oz. frozen)

## Veggies
- Kale, fresh 1 bag (10-16 oz.)
- Spinach, fresh 1 bag (10-16 oz.)

## Other
- Coconut water, unsweetened
- Almond milk, unsweetened
- Coconut oil, unrefined
- Flaxseed oil
- Cashews
INSPIRATION!
GOOD FAT GREEN SMOOTHIE RECIPES!

These green smoothie recipes are here to get you started this week. Feel free to use other recipes and maybe even make some up yourself. We would love for you to take pics and share your newest creations with us on Facebook and Instagram.

S.P.A. SKIN CLEANSE

2 cups spinach, fresh
2 cups coconut water
2 cups pineapple
1 avocado

Blend spinach and coconut water together until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

STRAWBERRY CRUSH

2 cups kale, fresh
2 cups water
2 cups strawberries
2 oranges, peeled
2 tablespoons coconut oil, unrefined

Blend kale and water together until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.
CHALLENGE #3

ADDING GOOD FATS

GREEN BRAIN BOOSTER

2 cups kale, fresh
2 cups coconut water
1 banana
2 green apples
2 tablespoons flaxseed oil

Blend kale and coconut water until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

RASPBERRY AND CREAM

2 cups spinach, fresh
1 1/2 cups almond milk, unsweetened
2 cups raspberries
1 orange, peeled
1 banana
1/4 cup cashews*

*soak overnight in water before blending

Blend spinach, cashews and almond milk together until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

* USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.

GOOD FATS HAVE A MULTITUDE OF HEALTH BENEFITS, WHICH IS WHY WE PERSONALLY LOVE ADDING THEM TO OUR GREEN SMOOTHIES.
"I am so happy that my husband and I decided to do the 30-Day Green Smoothie Challenge! In fact, our two year-old slurps down his smoothie and then tries to sneak away with ours!"

—Rachel Wright

**Challenge #4: Superfood Smoothies**

Congratulations, you made it to the last week of the 30-Day Green Smoothie Challenge! We hope you have enjoyed it and will keep slurping to the end—and beyond! For our last and final weekly challenge, we’ll be focusing on “superfood” green smoothies.

**What Are Superfoods?**

Although, we consider most fruits and veggies super, the superfoods we’ll be talking about here are special. They receive a lot of attention from the media and health food advocates because they deliver a super-concentration of nutrients and natural healing benefits in a relatively small package.
OUR FAVORITE SUPERFOOD GREEN SMOOTHIE BOOSTERS

Cacao, hemp, flax, and chia seeds are our favorites. The latter three are high in omega-3s, which are vital to health for many reasons. Our bodies need them to produce hormones, maintain brain health, and keep our memory and cognition sharp. These superfoods also support weight loss and are natural mood enhancers. And if you’re a chocolate lover, you’ll be happy to know that cacao is a natural antioxidant booster. Yum!

When you make your daily green smoothie, feel free to add any of the following superfoods to give your body the boost it’s craves. Below are suggested serving sizes:

- **HEMP HEARTS**: 4 TBSP. - are a complete protein that are also high in omega-3 fats. Hemp protein is very easy to digest and is a great plant-based protein.
- **FLAX SEEDS**: 3 TBSP. - have the highest amounts of omega-3 fatty acids among their plant-based sources. Maximize nutritional content by grounding first.
- **CHIA SEEDS**: 1 TBSP. - provide a healthy balance between omega-3 and omega-6 essential fatty acids, and are full of fiber, so they’re great for digestion and keeping you full longer.
- **CACAO POWDER**: 2 TBSP. - is full of antioxidants and an excellent source of magnesium and iron.

SUPERFOODS ARE A SIMPLE AND GREAT WAY TO TAKE YOUR GREEN SMOOTHIE TO THE NEXT LEVEL OF HEALTH.
### CHALLENGE #4: SHOPPING LIST

**QUICK TIP!**

Soak your chia seeds for 2-3 minutes to turn them into a gel-like consistency. This will thicken your smoothie and give it a superfoods boost.

This shopping list is designed to make each recipe once (which is two servings). Feel free to half the recipes or save the leftovers for the next day.

You can buy chia, flax and hemp seeds at a natural health food store (like Trader Joes and Whole Foods), or visit our Amazon Store.

<table>
<thead>
<tr>
<th>FRUITS</th>
<th>VEGGIES</th>
<th>OTHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 bananas</td>
<td>kale, fresh 1 bag (10-16 oz.)</td>
<td>coconut water, unsweetened</td>
</tr>
<tr>
<td>1 mango</td>
<td>spinach, fresh 1 bag (10-16 oz.)</td>
<td>almond milk</td>
</tr>
<tr>
<td>2 oranges</td>
<td></td>
<td>almond butter</td>
</tr>
<tr>
<td>pineapple (fresh or 16 oz. frozen)</td>
<td></td>
<td>chia seeds</td>
</tr>
<tr>
<td>mixed berries (fresh or 16 oz. frozen)</td>
<td></td>
<td>flax seeds</td>
</tr>
<tr>
<td>cherries (fresh or 16 oz. frozen)</td>
<td></td>
<td>hemp hearts</td>
</tr>
<tr>
<td>cranberries (fresh or 16 oz. frozen)</td>
<td></td>
<td>cacao powder</td>
</tr>
</tbody>
</table>

**SHOPPING LIST**

**Challenge #4**

[simplegreensmoothies.com](http://simplegreensmoothies.com)
INSPIRATION!
SUPERCHARGE WITH SUPERFOOD RECIPES

These green smoothie recipes are here to get you started this week. Feel free to use other recipes and maybe even make some up yourself. We would love for you to take pics and share your newest creations each week with us on Facebook and Instagram.

**BERRY CHERRY JUBILEE**

- 2 cups spinach, fresh
- 2 cups water
- 1 cup cherries, pitted
- 1 cup mixed berries
- 1 banana
- 2 tablespoons chia seeds

Blend spinach and water until smooth. Next add the remaining fruits and blend again. Sprinkle with chia seeds.

Makes 2 Servings

**ALMOND BUTTER CUP**

- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 bananas
- 2 tablespoons almond butter
- 3 tablespoons cacao powder

Blend spinach, cacao and almond milk until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

*USE AT LEAST ONE FROZEN FRUIT TO MAKE THE GREEN SMOOTHIES COLD.*
Superfoods deliver a super-concentration of nutrients and natural healing benefits in a relatively small package.

Beginner’s Luck Remix

2 cups mixed greens (kale and spinach)
2 cups coconut water, unsweetened
1 cup pineapple
1 cup mango
2 bananas
2 tablespoon hemp hearts

Blend greens and coconut water together until smooth. Next add the remaining fruits and blend again. Sprinkle with hemp hearts.

Makes 2 Servings

Healing Cranberry Cleanser

2 cups kale, fresh
1 cup water
1 cup cranberries
2 oranges, peeled
2 bananas
4 tablespoons flaxseed, ground

Blend kale, flaxseed and water until smooth. Next add the remaining fruits and blend again.

Makes 2 Servings

* Use at least one frozen fruit to make the green smoothies cold.
“MY GREEN SMOOTHIES AND EATING HEALTHY ARE DEFINITELY NOT A TEMPORARY THING. IT’S A LIFETIME THING. THANK YOU ONCE AGAIN FOR ALL THE MOTIVATION—YOU GUYS ARE AWESOME!”

-DANIEL MATEO

FAQ’S

QUESTIONS & ANSWERS ABOUT
THE 30-DAY GREEN SMOOTHIE CHALLENGE

When you are just beginning to add green smoothies to your daily lifestyle you will have questions. You’re not alone. We have been there too!

“I had a million questions when I was first introduced to green smoothies! I was so scared to add spinach. But once I tasted it, I was hooked! Now my 5-year-old daughter drinks green smoothies every day, and my husband blends more than I do!” -Jadah

We both have often wished that there had been a resource book that we could turn to for answers when we first started making green smoothies. That’s one of the primary reasons that this book exists! We hope you enjoy finding the answers to the most common questions about green smoothies and our 30-Day Green Smoothie Challenge.
We hope that you’ll find the answers you’re looking for here. But if you have a question that’s not addressed in this section, just ask us! You can post your question on our Facebook page or send us an email at simplegreensmoothies@gmail.com. Either way, we’re here to help, and we promise that no question will go unanswered. We read and respond to every email and every comment personally, and strive to do so as quickly as possible.

Do I only drink green smoothies for 30 days? Can I eat food too?
You can eat regular meals during this challenge. This is not a fast or a restrictive diet. We are making healthy lifestyle changes that will last a lifetime! Replace 1 or 2 meals with green smoothies and eat healthy clean meals and snacks the rest of the day.

What kind of food should I be eating during the challenge?
Just by drinking green smoothies daily without even changing your regular diet, you are moving in the right direction towards healthy eating. We are not meal plan experts, but we suggest you eat real food that’s free of processed sugar and avoid ingredients that you can’t pronounce. Both of us are pescatarians and will be taking the challenge right along side you. Our meal plans will be filled with lots of veggies and some seafood, but no other meat.

If you’re interested in checking out a few other resources for clean eating, we recommend these three websites to get you started on your journey of healthy eating:

The Gabriel Method
Betty Rocker’s Fuel System
Robb Wolf’s Paleo Diet Guides
Am I supposed to drink the Beginner’s Luck recipe every day?

No hard and fast rules, remember! You can drink the Beginner’s Luck green smoothie for the first few days, but you don’t have to. You can also start right in with rotating your greens, adding fats and proteins, and experimenting with superfoods. How you choose to explore green smoothies is up to you.

We have designed the 30-Day Green Smoothie Challenge to be as user-friendly as possible, so to keep you from feeling overwhelmed on your first challenge grocery shopping trip, the shopping list for the first few days covers the ingredients you need to make the same green smoothie (Beginner’s Luck) every day. So if you decide to dive right in, that’s great! But keep in mind that you may need to revise your shopping list to include any additional ingredients you’d like to try. And if you decide you’d like to experiment beyond the recipes in this book, just click here to check out our website, where you’ll find even more green smoothie recipes.

Will I have to make a new recipe for each day?

We want to keep this challenge fun, affordable and simple. We don’t want to overwhelm beginners with exhaustive shopping lists and fancy hard-to-find ingredients. Although we’ve included several new recipes for each week, these are just suggestions. Feel free to make any green smoothie recipe you like, as long as it’s packed with leafy greens, fruit, and water (or other nutritious liquid)—or create your own! And if you find a few recipes that you really love, feel free to repeat them as often as you like, so long as you pay attention to your greens rotation.

Do I have to use frozen fruit if a recipe calls for it?

We’ve had over 20,000 RAWsome people signed up for our first challenge from all over the world. So while some of us are freezing in the depths of winter, others of us are enjoying summer in warmer climates. That’s why our recipes are intended to be somewhat flexible. If fresh ingredients are plentiful, go for it. But if all that is available
where you are is frozen, then that’s fine too. Personally, we like to use at least one frozen fruit to keep our smoothies chilly, but if you like the thought of a cool smoothie, but are using purely fresh ingredients, you could always add a little ice instead.

**Do I need a certain blender to make these smoothies?**

You don’t need a fancy blender to make our smoothies– any blender will do. We want green smoothies to be available to everyone no matter what their budget is, so please don’t feel like you need an expensive blender to join the challenge. If you’re using a less powerful blender, one tip to avoid ending up with a glass full of leafy chunks is to blend your leafy greens and water together first until you get a juice-like consistency. Then add the remaining ingredients and blend again.

**Where can I buy the mason jars you use?**

We adore mason jars! If you’d like some too, we offer a variety of sizes in our Amazon shop, along with other smoothie essentials. You can visit our cute little shop here.

**How many servings do your recipes make?**

Most of our recipes are family style and make about 4 – 5 cups (32 – 40 ounces). A serving size is 2 cups. So if you are making a smoothie for just one person, you can halve the recipes and shopping lists. Or, save the leftovers for a second meal replacement later in the day, or to drink the next day—which saves you time, since you only have to blend every second day. You can store leftover smoothies in an airtight container with a lid for 24-48 hours. Fresh is always best, but you will still get plenty of the nutrients your body needs if you drink a leftover smoothie.
I am allergic to bananas, pineapple, mango, etc... What can I substitute with?

Swap in another fruit that you love. Maybe an avocado? Peach? Pear? Or double up on another ingredient in the smoothie recipe that you can eat. If you aren’t allergic to berries, one of our favorite replacement ingredients is frozen mixed berries.

Try some of our favorite banana-free green smoothie recipes => [click here]

How many calories are in each smoothie?

We personally don’t count calories, so we don’t include them in our recipes at this time. You will find that when you consume more nourishing whole fruits and veggies, you will not only feel full longer, but you’ll also have lessened cravings for high-calorie, nutritionally empty foods. So in the end it balances out. But we know many people would like to have calorie info. Two great resources for tracking calories are the phone apps My Fitness Pal and Lose It.

P.S. We will introduce a summer green smoothie detox challenge that will include low-calorie green smoothies. You can [sign-up here] to join the list, so you don’t miss it!
"Both of my little ones (4 and 18 months) enjoy the green smoothies we make but their favorite is the Beginner’s Luck recipe. They don’t eat their vegetables often so I’m beyond excited that they drink the smoothies."

-Jasmine Hogan

Printer-Friendly Recipe Cards

This next section was made just for you— printer friendly green smoothie recipe cards. Find your favorites and print them out. Share with friends, coworkers and family— it’s much more fun drinking green smoothies with others.

Tip: If you want to print all the recipes, specify pages 44-49 on the print dialogue screen. Make sure you print at 100% to retain the correct recipe card size (3x5).
BEGINNER’S LUCK GREEN SMOOTHIE

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups water
- 1 cup mango
- 1 cup pineapple
- 2 bananas

**DIRECTIONS**
Blend spinach and water until smooth. Next add the remaining fruits and blend again.

* Use at least one frozen fruit to make the green smoothie cold

A SWEET PEAR GREEN SMOOTHIE

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 4 pears
- 1 banana
- 1 teaspoon cinnamon

**DIRECTIONS**
Blend spinach and almond milk until smooth. Next add the remaining fruits and blend again. Top with cinnamon.

* Use at least one frozen fruit to make the green smoothie cold

ALMOND BUTTER & “JELLY” GREEN SMOOTHIE

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 cups red grapes*
- 2 bananas
- 4 tablespoons almond butter

**DIRECTIONS**
Blend spinach and almond milk until smooth. Next add the remaining fruits and blend again.

* Use at least one frozen fruit to make the green smoothie cold
THANKSGIVING IN YOUR MOUTH

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 1/4 cup water
- 1 cup sweet potato*
- 2 cups mango
- 1 teaspoon cinnamon
- 1 teaspoon nutmeg

**DIRECTIONS**
Blend spinach, almond milk and water until smooth. Next add the remaining fruits and blend again.

*Bake sweet potato at 400 degrees for 45 minutes. Then chill in fridge until ready to use. Use at least one frozen fruit to make the green smoothie cold.

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BERRY PROTEIN BASH

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 1 cup strawberries
- 1 cup blueberries
- 1 banana
- 1/2 cup almonds*

**DIRECTIONS**
Blend spinach, almonds and almond milk together until smooth. Next add the remaining fruits and blend again.

*Soak overnight in water before blending

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PEACHY KALE GREEN SMOOTHIE

**INGREDIENTS**
- 2 cups kale, fresh
- 1 cup water
- 1/2 cup orange juice, fresh squeezed
- 2 peaches, ripe
- 1 apple
- 1 mango

**DIRECTIONS**
Blend kale, water and orange juice together until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*
MY HEART’S ROMAINE GREEN SMOOTHIE

INGREDIENTS
2 cups romaine, fresh
2 cups water
1 cup strawberries, with tops
1 cup blueberries
1 clementine, peeled
1 banana

DIRECTIONS
Blend romaine and water until smooth. Next add the remaining fruits and blend again.

Use at least one frozen fruit to make the green smoothie cold

STRAWBERRY, BANANA & BLUEBERRY

INGREDIENTS
2 cups spinach, fresh
3/4 cup orange juice, fresh squeezed
3/4 cup water
1 cup strawberries
1 cup blueberries
2 bananas

DIRECTIONS
Blend spinach, orange juice and water until smooth. Next add the remaining fruits and blend again.

Use at least one frozen fruit to make the green smoothie cold

BERRY ZINGER GREEN SMOOTHIE

INGREDIENTS
1 cup arugula, fresh
1 cup spinach, fresh
2 cups coconut water
1 cup mango, frozen
1 cup raspberries
1 banana

DIRECTIONS
Blend greens with the coconut water until smooth. Next add the remaining fruits and blend again.

Use at least one frozen fruit to make the green smoothie cold
**S.P.A. SKIN CLEANSE**

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups coconut water
- 2 cups pineapple
- 1 avocado

**DIRECTIONS**
Blend spinach and coconut water together until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*

**STRAWBERRY CRUSH**

**INGREDIENTS**
- 2 cups kale, fresh
- 2 cups water
- 2 cups strawberries
- 2 oranges, peeled
- 2 tablespoons coconut oil, unrefined

**DIRECTIONS**
Blend kale and water together until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*

**RASPBERRY AND CREAM**

**INGREDIENTS**
- 2 cups spinach, fresh
- 1 1/2 cups almond milk, unsweetened
- 2 cups raspberries
- 1 orange, peeled
- 1 banana
- 1/4 cup cashews*

*soak overnight in water before blending

**DIRECTIONS**
Blend spinach, cashews and almond milk together until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*
**GREEN BRAIN BOOSTER**

**INGREDIENTS**
- 2 cups kale, fresh
- 2 cups coconut water
- 1 banana
- 2 green apples
- 2 tablespoons flaxseed oil

**DIRECTIONS**
Blend kale and coconut water until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*

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**BERRY CHERRY JUBILEE**

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups water
- 1 cup cherries, pitted
- 1 cup mixed berries
- 1 banana
- 2 tablespoons chia seeds

**DIRECTIONS**
Blend spinach and water until smooth. Next add the remaining fruits and blend again. Sprinkle with chia seeds.

*Use at least one frozen fruit to make the green smoothie cold*

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**BEGINNER’S LUCK REMIX**

**INGREDIENTS**
- 2 cups mixed greens (kale and spinach)
- 2 cups coconut water
- 1 cup pineapple
- 1 cup mango
- 2 bananas
- 2 tablespoons hemp hearts

**DIRECTIONS**
Blend greens and coconut water together until smooth. Next add the remaining fruits and blend again. Sprinkle with hemp hearts.

*Use at least one frozen fruit to make the green smoothie cold*
**ALMOND BUTTER CUP**

**INGREDIENTS**
- 2 cups spinach, fresh
- 2 cups almond milk, unsweetened
- 2 bananas
- 2 tablespoons almond butter
- 2 tablespoons cacao powder

**DIRECTIONS**
Blend spinach, cacao and almond milk until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*

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**HEALING CRANBERRY CLEANSER**

**INGREDIENTS**
- 2 cups kale, fresh
- 1 cup water
- 1 cup cranberries
- 2 oranges, peeled
- 2 bananas
- 4 tablespoons flaxseed, ground

**DIRECTIONS**
Blend kale, flaxseed and water until smooth. Next add the remaining fruits and blend again.

*Use at least one frozen fruit to make the green smoothie cold*

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Jadah Sellner and Jen Hansard are two friends with a mutual passion for health and a commitment to sharing their knowledge with others. In the fall of 2012, Jadah and Jen founded Simple Green Smoothies, LLC which provides information, guidance, recipes and tips for making green smoothies a delicious and healthy part of your life. Their goal is to create a community of like-minded individuals who want to escape from the junk food jungle and adopt a more healthful, natural way of eating. In this book, Jadah and Jen share healthy recipes, tools, and tips to enhance a plant-based diet rich in fruits, vegetables and nutrients.

VISIT JADAH AND JEN AT WWW.SIMPLEGREENSMOOTHIES.COM
The 30-Day Green Smoothie Challenge is just the beginning! Let your success inspire you to even greater health. When you put more fruits and veggies in your body daily, you will transform your body and your mind. You will eat veggies you never ever liked. You will shed pounds without counting calories. You will feel happier and less moody. And you will naturally start brainstorming on more healthy habits you can make this year.

This year is our year, friends!

Peace, love and leafy greens,
Jadah Sellner & Jen Hansard

P.S. Want more free recipes and health tips? Sign up for our weekly newsletter.
A NOTE TO OUR READERS:

Simple Green Smoothies was founded on three core principles: respect, ethical responsibility, and transparency. In everything we do, we strive to create a space in which our readers feel respected and valued, and supported in their goal of attaining vibrant good health.

To that end, we take our ethical responsibility to you seriously, and always strive to give you the best and most complete information, based not only on our own experience, but also on the latest available health resources. We will never recommend products, recipes, or ingredients that we do not use ourselves, and that we do not have complete faith in. But because we believe in complete transparency when it comes to our relationship with you, we want to mention that we do subscribe to certain affiliate programs—but only for products we fully endorse!

This means that if you click on a product link above and are directed to an external site, such as Amazon, Simple Green Smoothies receives a small commission on any purchases you make. These little commissions are paid by companies as a way of thanking us for recommending them, but they don’t increase your purchase costs in any way. You’ll always pay exactly the same price by clicking through to one of our affiliates as you would if you arrived at their site independently, for instance, directly from a Google search. If you do decide to purchase something we’ve recommended, of course we totally appreciate it if you do so from our links. But please don’t feel that you have to do so; if you prefer to go directly to a company’s site, we’ll still be happy because we know you’ll be getting a top-notch product!

One reason we especially value our affiliate relationships is that from time to time we receive exclusive offers and special discounts that we can then pass on to you. And sharing—good news, good ideas, good recipes, and good health—with you is what we’re all about!