

The Daily Vitamin

GREEN SMOOTHIE PILATES CHALLENGE

Recipes



Day 1:

Easy to Drink Spinach Banana Green Smoothie Recipe

Great Starter Smoothie



This is an easy to drink kid friendly green smoothie recipe which is also great for Diabetics because of the large amount of Cinnamon we added for flavor. Enjoy this simple to make delicious recipe and put it in your notes as a great cheap green smoothie option! This smoothie costs pennies to make.

Ingredients:

One and half Cups of Filtered Water

Two Cups of Organic Spinach

One Ripe Banana

Two Heaping Tbsp of Cinnamon

One Cup of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 2:

Dr. Fuhrman Eat Your Greens Smoothie

A high powered nutrient rich tasty Green Smoothie Recipe



Superfood kale and Spinach combined with high power blueberries and pomegranate juice is an unbeatable combination. This creamy Green Smoothie contains one of the oldest most nutrient dense fruits, Pomegranate, which was found in writings and artifacts of ancient cultures. Enjoy!

Ingredients:

- 1/2 Cup Unsweetened Hemp or Almond Milk
- 1/2 Cup of Pomegranate Juice
- 1 Organic Banana
- 3 Ounces of Organic Baby Spinach
- 3 Ounces of Organic Kale
- 2 Ounces of Romaine Lettuce
- 1 Cup of Frozen or Fresh Blueberries
- 1 Tbsp Ground Flaxseeds
- 1 Cup of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 3:

Cancer Fighting Lovers Delight Green Smoothie

Extremely Rich in Cancer Fighting Antioxidants



Kale, Blueberries, and Red Cabbage have been rated amongst the top 3 foods in the world to help fight and prevent cancer, so we decided to put all 3 of them into this surprisingly tasty smoothie recipe. The dash of vanilla extract has been known to be a natural sexual stimulant! Hint, hint!

Ingredients:

- One Cup of POM Juice
- One Blueberry Yogurt
- One Ripe Banana
- Five Fresh Organic Strawberries
- Half a Cup of Red Cabbage
- Half a Cup of Organic Kale
- Half a Cup of Fresh or Frozen Blueberries
- Two Pitted Dates
- Dash of Vanilla Extract
- Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 4:

Mango Pineapple Madness Green Smoothie Recipe

Absolutely one of our favorites, very tasty!



How can you go wrong with mango and pineapple in the same recipe! Just by adding in some leafy greens we turned this fruity smoothie into a high-fiber, green smoothie recipe that kids and adults love. Always a good time!

Ingredients:

One Cup of Coconut Water

One and a Half Cups of Mango

One Cup of Pineapple

One Banana

One Cup of Kale

One Cup of Spinach

One good squeeze of Lime Juice

Chia Seeds (Optional)

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 5:

The Glow Juice Green Smoothie by Daphne Oz

Get Smooth skin and a healthy complexion.



A Daily Glass of the Glow Juice with its nutrient-rich, alkalizing vegetables will help you lose weight, brighten your eyes, clarify your complexion, and prevent cancers.

This is a powerful smoothie with a lot of ingredients and is extremely beneficial to your health. With a regular blender chop everything up into little pieces.

Ingredients:

One Cup Brewed and chilled Green Tea

Half a Cup of Pineapple, Chopped

Three Organic Celery stalks

One Granny Smith Apple, Cored

One large handful of Organic Kale

One large handful of Organic Spinach

One Organic Cucumber

One bunch of Parsley

One bunch of Mint

One Lemon, Peeled

Two Cups of Ice

Directions:

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 6:

Nutrient Rich Mixed Berry Green Smoothie

A Berry Blast of Essential Berry Fiber



This is a thick creamy nourishing recipe packed with essential vitamins, minerals, antioxidants, and nutrients from the berry fiber and green vegetable goodness. The Berry fruits help both brain and body function. Enjoy!

Ingredients:

- One Cup of Hemp Milk
- Half a Cup of Blueberries
- Half a Cup of Raspberries
- Half a Cup of Blackberries
- Four Fresh Organic Strawberries
- One Ripe Banana
- One Cup of Organic Spinach
- One Cup of Organic Rainbow Chard
- Three Pitted Dates
- Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 7:

The Banana Spinach Kiwi Green Smoothie

Let's change it up a bit



It's important to change up your smoothies so your not drinking the same thing all the time. By adding Kiwi's and Cucumbers your rotating ingredients so your body doesn't become to accustomed to the same stuff.

Ingredients:

One Cup of Hemp Milk

One Apple, Cored

One Ripe Banana

Three Kiwi Fruits, Peeled

One Cucumber

One Large Handful of Organic Spinach

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 8:

Dr. Oz's-3-Day Detox Lunch Green Smoothie

Get rid of unhealthy toxins and replace them with good fiber.



This recipe is apart of a 3 Day Detox designed by Dr. Oz. It's a powerful recipe that will give your body a lot of nutrient-rich healthy fiber. This recipe is meant to replace a meal so be ready for a large dose of Green Smoothie. If you want to make less just simply cut the amount of ingredients you add in by half.

Ingredients:

One Cup of Nut Milk (Your Choice)

One Cup of Pineapple

One Organic Cucumber with the skin

Four Organic Celery Stalks

Half of a Green Apple, Cored

One Cup of Kale

Half of a Lime, Peeled

One Tbsp of Coconut Oil

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 9:

Natural Energy Green Juice Smoothie by Frank Musa

Designed for Diabetics but consumed and enjoyed by everyone!



Originally designed for diabetics, Frank noticed everyone starting to enjoy consuming this low calorie nutrient rich green smoothie so he put it in his arsenal.

The large amount of added Cinnamon works as a sweetener and is great if you are a diabetic.

Ingredients:

One Cup of Coconut Water

One Handful of Organic Spinach

Three Organic Celery Stalks

One Organic Apple, Cored

One Ripe Banana

Two Tbsp of Cinnamon

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 10:

Heart Healthy High Fiber Green Smoothie

Packed with Fiber and a Delicious Taste



A delicious recipe with Nuts, Seeds, Fruits, and leafy greens combined together for a premium dose of health benefits! This recipe is packed with healthy fiber to help keep you full longer. You can even add a slice of Red Cabbage for even more healthy fiber. When it blends together you can't even taste it. Tastes great!

Ingredients:

Two Cups of Red/Black Grapes

Three to Four Organic Strawberries

Half a Cup of Pineapple

Half of an Orange, Peeled

Half a Cup of Cantaloupe, with the seeds

One Large Handful of Organic Spinach

Three Pitted Dates

Two Tbsp Ground Flaxseeds

One Handful of Almonds

One Handful of Cashews

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 11:

Popeye Green Smoothie Recipe

We hope you like your Spinach



A simple recipe to make with just a few ingredients but the combination of Cashews, Pineapple, Green Grapes, and Spinach leaves you with a wonderful after taste and you still get your daily dose of Green Smoothie Health Benefits. Enjoy!

Ingredients:

Half a Cup of Water

One Cup of Green Grapes

Half a Cup of Pineapple Chunks

3/4 Cup of Raw Cashew nuts

Two Cups of Fresh Organic Spinach

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 12:

Dr. Oz's Chocolate Covered Blueberries Green Smoothie

Loaded with Antioxidant-rich Blueberries and Spinach



A unique combination of ingredients makes this smoothie one of a kind. Dr. Oz is a well known trusted doctor who designs his smoothie recipes to taste great and give you a heaping dose of nutrition. Thanks Dr. Oz for another great recipe!

Ingredients:

Half a Cup of Nut Milk (Your Choice)

Half a Cup of Coconut Water

One Cup of Fresh or Frozen Blueberries

One Large Handful of Organic Spinach

One Tbsp of Raw Cacao Powder

Two Tbsp of Fresh Almond Butter

Two Tbsp of Plant Based Protein

Dash of Cinnamon

Dash of Stevia

One Tbsp of Organic Flaxseed

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 13:

Dr. Oz New Green Juice Smoothie

It's the NEW Green Juice not the Original



With 13 ingredients this is an intense recipe which will pack your blender full along with your stomach. You'll easily replace a meal with the amount of fiber you are getting from this nutrient-rich smoothie recipe. Dr. Oz put everything he had into this one!

Ingredients:

One and a Half Cups of Coconut Water

Half an Organic Cucumber

Half a Cup of Organic Carrots

One Apple, Cored

Half a Cup of Pineapple

Half of an Orange, Peeled

One Organic Celery Stalk

One Cup of Organic Spinach

Half a cup of Parsley

Half a Cup of Mint Leaves

1/4 Lime, Peeled

1/4 Lemon, Peeled

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

Day 14:

Mama Musa's Avocado Leafy Greens Smoothie

The Perfect Creamy Green Smoothie



Leafy Greens have large amounts of Chlorophyll and Vitamins which make them a great addition to any smoothie recipe. The Mango and Avocado are perfect base fruits for a green smoothie recipe to give it that nice creamy texture. A strong base fruit, along with a flavorful fruit with some leafy greens makes for the perfect green smoothie recipe.

Ingredients:

One Cup of Nut Milk (Your Choice)

Half a Cup of Mango, Sliced

Half a Cup of Pineapple

One Avocado, Peeled

Half a Green Apple, Cored

One Handful of Organic Spinach

One Handful of Organic Kale

One Handful of Organic Chard

One Small Tea Spoon of Ginger

Two Cups of Ice

Directions:

Place ingredients into the Jar in the order listed above.

Start the Blend on a low speed until you see all the ingredients getting pulled into the blades, then increase to a high speed to liquify ingredients for easier digestion.

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