

# The Daily Vitamin

Blending Tips with Shopping List and Recipes



GREEN SMOOTHIE  
PILATES CHALLENGE

# 32 Reasons why you are doing the Green Smoothie Pilates Challenge

## **Reason 1: Weight Loss**

It is a proven fact that Green Smoothies help you lose weight. Green Smoothies are considered a complete food and you get a large dose of fiber when you drink one, enough fiber to replace a meal. You can load up on Green Smoothies throughout your day cut down on your meat and dairy consumption. This combined with a daily Pilates workout can have tremendous healthy affects on your muscles and body figure.

## **Reason 2: Better Digestion**

Give your liver a break, drink green smoothies. Your body has to work so hard to break down dairy and meat and all those heavy foods only to absorb only around 40% of the nutrients. By liquifying your whole foods your body is able to absorb around 95% of the nutrients and your liver doesn't have to work so hard to break everything down.

## **Reason 3: Long Lasting Energy**

Green Smoothies have been proven to provide the body with a balanced longer lasting energy because of the green vegetables. Fruits are a great source of energy but contain higher amounts of sugar which your body metabolizes quickly and the energy from fruits comes in short bursts. By combining green vegetables into the smoothie you get a balanced sugar content which provides long lasting energy.

## **Reason 4: Better Skin**

Get a healthy GLOW with a Green Smoothie Diet. The Nutrients in Green Smoothies naturally improve Skin tones, and strengthen Hair. A Green Smoothie diet is a natural way to have healthy vibrant skin.

## **Reason 5: Stronger Abs**

Pilates workouts do wonders for you abs and muscle tone. The Originator, Joseph Pilates, developed a natural program of body movements with proper breathing techniques which specifically benefit you Abs as well as other parts of the body.

## **Reason 6: Healthier Cell Function**

The nutrients provided by the Green Smoothies will improve Cell function to fight off diseases, viruses, and prevent heart disease, strokes, and cancers. The Pilates workouts will keep your body at top physical condition which creates an overall better functioning body.

### **Reason 7: Boosts your Immune System**

Your immune system will naturally be able to fight off common colds and other illnesses with frequently exercising and drinking large amounts of nutrient-rich fiber you are strengthening your entire body and riding yourself of toxins which make you get sick.

### **Reason 8: Eliminates Toxins**

Because of the high amounts of nutrients your body is taking in while you're drinking green smoothies, your body will automatically start to rid itself of unhealthy toxins and bad fats and replace them with healthy fats and nutrients.

### **Reason 9: Large amounts of Chlorophyll**

Green Smoothies are great for the blood, the green in the vegetables contains chlorophyll which is created through natural sunlight.

### **Reason 10: Sneak in those vegetables**

RAW Vegetables contain all the natural live enzymes from the plant and by blending them you receive all the nutrition that plant has to offer. It's much easier to blend vegetables into a delicious smoothie where you can absorb more of the nutrients compared to cooking vegetables where you kill the live enzymes and most of the time kids won't eat it, and it doesn't taste that great.

### **Reason 11: Mental Clarity**

Those of us who have tried Pilates know that after a good workout you are more mentally focused and can think a little more clearly. Pilates and Green Smoothies together will help your mind function at an optimal level because of the clarity you will achieve from a strong workout and the high amount of nutrient rich fiber you are consuming.

### **Reason 12: Easy to make and Easy to clean**

Blending is quick and painless, there are no pots and pans involved, no dishes to clean up. It's a fast way to give your body nutrients.

### **Reason 13: Prevents Diabetes**

Green Smoothies help prevent Diabetes by keeping your blood sugar levels normal, especially when you blend in dandelion greens(which contain Insulin) and cinnamon. A few common symptoms of diabetics are frequent urination, insatiable thirst, pain in your feet and legs, blurred vision and slow healing of cuts and bruises.

### **Reason 14: Lowers the Risk of Depression**

Green Smoothies are an easy way to combat depression naturally with clean green energy which boosts your moods. Blend in Gluten-free Grains, fruits, and Omega-3 Fats (Chia seeds and Flax Seeds) into your green smoothie recipes to really get rid of those blues.

### **Reason 15: Less chance of overeating**

By drinking just 1 Green Smoothie a day your body will have more energy and you will feel full longer, you can use green smoothies for meal replacements and as in between meal snacks to help you loose weight or prevent over eating throughout your day.

### **Reason 16: The Body can absorb more calcium from Kale than from dairy milk**

Yes, it's true! Kale has 150 mg of calcium per 100 grams while milk has 125 mg per 100 grams. Kale also has less calories and less monoun-saturated fat than dairy. Make sure to consume organic Kale because it is a common vegetable to have pesticides.

### **Reason 17: Helps balance healthy hormone levels**

Leafy greens are rich in nutrients which are great for your blood and energy levels and are also rich in fiber which help flush out toxins. Make sure to rotate your greens on a regular basis.

### **Reason 18: Improves Triglycerides**

RAW Fruits and Vegetables will naturally lower cholesterol and Triglycerides if you consume them on a regular basis, do this along with avoiding red meats, dairy, and saturated fats. When you blend Raw Fruits and Vegetables into a smoothie your body can absorb more of the nutrients compared to eating them raw.

### **Reason 19: Decreases chances of getting cancer**



Kale is rated one of the top foods in the world to fight and prevent cancer. The natural vitamins, minerals, antioxidants, and nutrients in a Green Smoothie diet can decrease Cancers from Growing and spreading. Vitamin K is abundant in Kale which studies have shown can prevent tumor growths and fight off different types of cancers.

### **Reason 20: Be Happier**

By doing our Green Smoothie Pilates Challenge you will become happier naturally because you are giving yourself natural energy from the nutrient rich green smoothies and proper exercises which your body needs to function at an optimal level to stay mentally and physically focused and strong.

### **Reason 21: Cheap**

Green Smoothies are inexpensive to make. You can get away with spending just \$1 on a homemade Green Smoothie compared to spending \$6 to \$8 at a Juice Shop or Coffee Shop or eating a heavy breakfast for \$10 to \$15.

### **Reason 22: Green Smoothies are a complete food because you retain all the fiber**

When you juice whole foods a majority of the nutrition goes to waste because the fruits and vegetables are extracted from the drink. But by making a Green Smoothie you retain all the natural fiber from the skins, seeds, and leaves of the plant which is where most of the nutrients are.

**Reason 23: Pilates makes you smarter**  
Studies have shown that Pilates can quite literally make you smarter.

Declining changes begin to occur in the brain once we enter our late 20's and the prefrontal cortex and the hippocampus, parts of the brain that are vital for memory and performing of skilled tasks and complex mental activities, begin to actually shrink. (National Institute on Aging - NIA.gov)

However, lucky for all of us, we can stop our brains from shrinking, create new brain cells, and protect our current ones through the implementation of regular exercise and more specifically through the practice of mind body forms of exercise such as Pilates or yoga.

It has been researched and cited in the Journal of Physical Activity and Health that people have a significant boost in brain function capabilities following Pilates or yoga compared to other non mindful forms of exercise such as aerobic activity and weight lifting.

It is important to note that this boost in brain function is highly beneficial as it translates far beyond your practice of Pilates and improves cognitive performance in your overall daily life. (Medicalnewstoday.com)

#### **Reason 24: Pilates helps you breathe better**

Breath is one of the 6 key Pilates principles and it is an integral part of Pilates exercise.

Learning to breathe deeply in Pilates will increase your lung capacity and improve your overall health and well being.

In his book, Return to Life Through Contrology, Joseph Pilates stated "Lazy breathing converts the lungs, both literally and figuratively speaking, into a cemetery for the deposition of diseased, dying and dead germs as well as supplying an ideal haven for the multiplication of other harmful germs."

WOW! Now we see why breathing is so vital to healthy living.

Conscious deep breathing offers many health benefits including the promotion of better blood flow, the reduction of stress and blood pressure, encourages better sleep, it allows for the release of tension and toxins in the body, and it will also help strengthen your abdominals quicker and more effectively through out your workouts and daily lives.

#### **Reason 25: Pilates will help you sleep better**

Regular exercise is one of the best natural ways to overcome insomnia or simply help you get fuller and deeper sleep.

My clients and I know first hand that we always sleep better if we've had a Pilates session that day.

This is largely due to the fact that Pilates helps you breath more deeply, it alleviates a troubled nervous system, helps to realign the body, reduces stress levels. All of these are important aspects needed to achieve better quality sleep.

Reason 26: Pilates will give you a strong core and beautiful abs

Pilates has a reputation for giving people a strong core and flat abs.

This is due to the fact that there is constant and repetitive focus on core control and stabilization in all Pilates classes. Whether you're using your own body weight or the assistance of the springs on the apparatus you are stimulating deep muscle development, activating your metabolism, and burning fat. All of which offer both a stronger core and a more aesthetically pleasing mid section.

### **Reason 27: Pilates will help you prevent injuries**

Pilates focuses on core strength, stability, mobility, and flexibility. These are fundamentals that are also applied in conditioning and rehabilitation centers.

Pilates exercises work to strengthen muscles in a balanced way both concentrically and eccentrically, which contributes towards obtaining muscular control and injury prevention.

Pilates is truly for every body. From the injured to the professional athlete.

Today, many professional athletes enhance their performance by participating in Pilates because it has become one of the leading forms of exercise in which you can strengthen your core and deep intercostal muscles while simultaneously increasing your flexibility without the fear of injury.

### **Reason 28: Pilates will make you look taller**

It is completely true that Pilates has been known to make people appear taller.

The majority of people either sit at a desk all day or unknowingly walk around with hunched shoulders, compressed spines, and loose abdominals.

Poor posture creates imbalances in the body that can cause pain, contributes towards a weak core, and will make you look much shorter than you were intended to be in life.

So how can Pilates help you?

Pilates focuses on simultaneously lengthening and strengthening the muscles in the body and has been proven to strengthen bones, correct alignment issues, correct posture problems, and preserve the health of the spine.

This means that you can correct current damage that has been done to the spine as well as prevent skeletal shrinkage.

### **Reason 29: Pilates will help you become more flexible**

Every exercise in Pilates offers a complimentary stretch. There is no other form of exercise that allows you to strengthen your body while simultaneously stretching it out. Pilates movements inately allow you to keep your muscles flexible and supple. In Pilates we understand that a flexible muscle is a healthy muscle. Regular Pilates practice makes something as simple as a daily task like walking up and down stairs to your favorite intense sport all the more comfortable to accomplish and less strenuous on the body.

### **Reason 30: Pilates will boost your self esteem**

Joseph Pilates said "Contrology (aka Pilates) develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind, and elevates the spirit".

Posture and proper body alignment, two very key components of Pilates that are important for your health, but even more so feeling and seeing the changes that Pilates brings about emotionally and physcially will bring a new found spirit and confidence into your life.

### **Reason 31: Pilates is anti-aging and can help you look younger.**

Joseph Pilates said "You are only as young as your spine is flexible.

If your spin is inflexible and stiff at 30, you are old. If your spine is completely flexible at 60, you are young."

The age of our body is directly linked to the age of our spine.

In order to have a healthy spine we need a strong core, a flexible body, and musculoskeletal balance.

A healthy spine, just like the young, will allow your to look lean, stand tall, and be happy and healthy.

Pilates can help you get there.

### **Reason 32: Pilates is FUN!**

I love Pilates! There are so many accessories and toys to play with in a mat class, while the apparatus classes offer fun and exciting equipment to explore. In Pilates you can lift, hang, stretch, jump on boards that are similar to trampolines, and work on multi level surfaces with ropes, straps, and pulleys .



What other workout offers all the benefits mentioned above while getting to enjoy a private workout especially designed for you, or a fun fitness regimen with friends.

# Tips on making the perfect Green Smoothie

## What is a Green Smoothie?

You can turn any Smoothie recipe into a green smoothie recipe just by adding in a green leafy vegetable like Rainbow Chard, Collards, Dandelions, Kale, or Spinach. This will turn the smoothie green and give it nutrients that fruits alone wouldn't provide. Green Vegetables are nutrient rich and contain protein, antioxidants, healthy fiber, vitamins, and minerals. The Best part about making good green smoothies is that you don't taste the greens and your body can absorb around 95% of the nutrients because all the ingredients are liquified. When you eat foods raw your body only absorbs around 40% of the nutrition.

Alright are you ready to make a perfect Green Smoothie, here we go...

### **Step 1: Add a healthy liquid or a lot of Red or Black Grapes**

So to start your Perfect Green Smoothie recipe you'll want to add 1 Cup of liquid or if you prefer you can add 1 Cup to 1 1/2 cups of Red or Black Grapes. If you start with grapes you won't need liquid because grapes contain a lot of liquid already along with resveratrol which has many health benefits.

My favorite choices of liquids for green smoothies are:

- **Organic Apple Juice**
- **ACAI Juice**
- **POM Juice**
- **Coconut Water**

- **Organic fruit juice blends**
- **Nut Milks (Almond Milk, Hemp Milk, Coconut Milk, or Cashew Milk)**

You'll want 8 ounces of liquid, which is 1 Cup, for a normal Green Smoothie recipe. The more liquid you add the thinner the consistency will be so I would recommend no more than 1 Cup.

### **Step 2: Add a Good Base Fruit**

To get a nice creamy texture pick some solid base fruits to add into the smoothie recipe, ingredients do matter and will affect the taste of your smoothies.

My favorite base fruits are:

- **Apples**
- **Bananas**
- **Peachs**
- **Pears**
- **Mangos**
- **Durian**
- **Papayas**
- **Avocado**

All of these Base fruits will give your green smoothies a rich and creamy texture. Choose 1 or 2 of these selections per recipe.

### **Step 3: Add a flavorful Fruit**

Here is where you give your green smoothie a good taste, What you want to do is pair your Base Fruit up with a nice flavorful fruit for the ultimate mouth watering satisfaction.

Fruits for a good flavor include:

- **Pineapples**
- **Strawberries**
- **Blueberries**
- **Raspberries**
- **Blackberries**
- **Oranges**
- **Dates**

Add 1/2 cup of flavorful fruit.

Note: You can also add in protein powders, Cacao, and other sweeteners such as Cinnamon(good for diabetics), Stevia and honey to help hide the taste of the green vegetables in your green smoothies.

#### **Step 4: Blend your Ingredients**

So unless you own a High powered Vitamix or Blendtec or BL 630 Omega blender, than what you'll want to do right now is blend up the ingredients in the jar. You can do this by using the pulse feature on your blender and pulsing the ingredients until they are blended thoroughly. Or if your blender doesn't have a pulse feature just simply run the blender for 10 to 15 seconds.

Skip this step if you own a Vitamix, Blendtec, or BL630 Omega blender or any high powered blender. High powered blenders are able to liquify your ingredients much easier and produce better tasting green smoothies.

#### **Step 5: Add your Leafy Greens**

The Best ratio to use for your Green Smoothies is a 60/40 fruit to Leafy greens ratio. You want to have a little more fruits in the smoothie in order to hide the bad taste of the green vegetables you are about to put in there. This way you won't taste any of the greens.

The best leafy green to start with is organic baby spinach. Get used to making your green smoothies taste good and then work your way into adding other healthy leafy greens like

- **Kale**
- **Spinach**
- **Chard**
- **Romaine**
- **Parsley**
- **Dandillions**

### **Step 6: Add Ice**

You're almost there, you're so close to having a mouth watering perfect green smoothie. The last step is to add ice.

Ice will determine your consistency, the more ice you add the thicker the smoothie will become. I would recommend adding in 2 cups of ice for a nice creamy smoothie texture. Each blender breaks down ice differently so it's up to you if you want a more juicy consistency or a thicker smoothie consistency.

### **Step 7: Add a boost (Optional)**

You can give yourself an extra kick of health benefits by adding freeze dried powders into your smoothies, or by adding any type of Nuts(Almonds or Cashews) or Seeds(Flax Seeds or Chia Seeds). If you own a high powered blender such as a Vitamix or Blendtec you are able to do this, if you own a regular blender your blender will not be able to liquify the nuts and seeds for easy digestion. A few great add ons to your green smoothies for an extra kick of nutrition are:

**E3 Live(Blue Green Algae) is the Number ONE Favorite Smoothie Nutrient Boost. - TURN PAGE FOR MORE...**

## Extra Green Smoothie Nutrients Boosts

Spirulina Powder

Mushroom Powder

Moringa Powder

Barley Grass Powder

GOGI Berry Super Food Powder

ACAI Super Food Powder

Alfalfa Powder

Apple Powder

Beet Powder

Blueberry powder

Broccoli Powder

Carrot Powder

Hemp Protein

Pea Protein

Raspberry Powder

You can find more information on all these Powders and Super foods at **TheDailyVitamin.com**

## **Step 8: Blend it**

Finally, you have your perfect Green Smoothie ready to go, all you have to do now is push the blend button.

Don't over blend the smoothie because you can lose nutrients by blending it too long. The optimal blending time is 30 to 60 seconds.

Make sure to add 2 cups of ice if using a high powered blender to keep the smoothie cold.

**Note ' Prep your ingredients:** We recommend that you prep all the ingredients for your smoothies for the entire week the day before you start the challenge (Sunday usually works nice). Just chop up the fruits and vegetables and store them in Zip Lock Bags with a label identifying what recipe it is, this will make it easy for you to just get up and go and can be a huge time saver.

### **Tips for using a Regular Blender:**

With a Regular Blender you'll need to chop all the ingredients up into tiny little pieces in order for the blender to more easily liquify the fruits and vegetables. You'll want to blend your greens and liquids first and then add in the remaining ingredients and blend one more time to properly liquify everything.

Print out the Shopping Lists and Recipes. You can adapt the recipes to your liking or you can follow them exactly as they are. We tried to be diverse with the recipe selection in order to get different nutrients from different sources as well as have you try a variety of recipes so you can see what your taste buds prefer. Feel free to share your own recipes with us on our GSPC Facebook blog which we have going for you to share your recipes and communicate with others about the workouts.

**Why having a GOOD BLENDER is important.** You want to make it as easy as possible on yourself so you don't get discouraged away from the program. A High Powered Blendtec or Vitamix or any blender that compares are your best bet for achieving the best results. The a high powered blender breaks it's nutrients down are better than a regular blender. The taste is better and the texture is smooth with no chunks left behind so you don't have to chew your smoothie or juice. We compared all the major companies that sell blenders to better inform you, the consumer, on which blender is the best one to buy, and the one's to stay away from. For this information you should watch The BlendOffs, which is on The Daily Vitamin Website.



## **Make sure and SET GOALS for yourself throughout the 14 Days**

To achieve the ultimate results it helps to set goals for yourself such as weight loss or strengthening muscles.

**Weight Loss is a great goal for the challenge and in two weeks you can shed some pounds** – The Best way to lose weight is to replace one meal per day with a Green Smoothie. This will naturally cause you to lose weight and by exercising everyday you will also increase your chances for more weight loss. You may have to double up on the ingredients in Green Smoothie Recipes in order to fill your stomach up! So if you normally drink just 16 ounces than you might want to drink 32 ounces or more if you feel that you're not full enough.

**Strengthen and Toning Up Muscles is another great goal** – You can make bigger gains and strengthen and tone muscles more by advancing to more difficult Pilates workouts. If you are a beginner or first timer, start with the beginner Pilates video and when you feel like you're ready, move up to the Intermediate video, then if you feel like you can do it, try the advanced Pilates Video to really tone up and make larger gains. The workout out for advanced video is 30 minutes vs the intermediate video which is a little less than 20 minutes and the beginner video is only a quick 10 minute workout. All the videos we're designed by Professional Pilates Instructor Jasmine Adele specifically for Beginner, Intermediate, and Advanced Pilates levels.

**EAT CLEAN:** Eat clean meals during the challenge, no red meats, stay with chicken, turkey or fish. Anything with 2 legs is OK, just stay away from the 4 legged animals. Remember you cannot drink too much Green Smoothies so feel free to drink them throughout the day! If you want to push yourself hard, you can substitute a Green Smoothie for an in between meal snack and have a light dinner or lunch. Do what fits you and your daily habits, but make sure you get enough food and liquid throughout the Challenge

**Don't DETOX or do a Cleanse while doing the workouts.** – This is not a Cleanse or Detox, it is a slow move towards better health. Detoxing can be a sudden change for your body because it is very extreme to completely cut out foods which you normally eat everyday. So don't think you should exercise while doing a Detox because you shouldn't. This is simply a slow start to a better you. After you complete the 14 days and then you want to do a 1 or 2 or 3 day detox, that's fine. If you choose to exercise while doing a Detox be careful, you don't want to overdue it.

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 copy

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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

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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

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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

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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

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



### 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

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.

### 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

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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

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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.



SHOPPING LIST INGREDIENTS

# WEEK 1



[WWW.GREENSMOOTHIEPILATESCHALLENGE.COM](http://WWW.GREENSMOOTHIEPILATESCHALLENGE.COM)



# GSPC WEEK 1 SHOPPING LIST

## LIQUIDS

- PICK ONE - HEMP MILK/CASHEW MILK/ALMOND MILK
- POMEGRANATE JUICE - 2 CUPS OR SMALL BOTTLE
- GREEN TEA - 2 CUPS OR SMALL BOTTLE
- COCONUT WATER - 2 SMALL BOTTLES OR 1 BIG BOTTLE

## DAIRY

- 1 BLUEBERRY YOGURT

## FRUITS

- APPLE - 2 LARGE APPLES
- BANANA - 7 BANANAS
- BLUEBERRIES - 1 SMALL CONTAINER
- BLACKBERRIES - SMALL CONTAINER
- RASPBERRIES - SMALL CONTAINER
- STRAWBERRIES - 10 ORGANIC
- MANGO - 2 MANGOS
- PINEAPPLE - 2 CUPS WORTH OR 1 PINEAPPLE
- KIWI FRUITS - 3

## VEGETABLES

- SPINACH - 1 MEDIUM SIZED BAG
- KALE - 1 MEDIUM SIZED BAG
- ROMAINE - SMALL AMOUNT
- CHARD - SMALL AMOUNT
- CELERY - 3 ORGANIC STALKS
- CUCUMBER - 2 ORGANIC
- RED CABBAGE - 1 SMALL RED CABBAGE
- LIME - 1
- LEMON - 1

## SWEETENERS

- CINNAMON - SMALL CONTAINER
- DATES - 1 SMALL CONTAINER
- VANILLA EXTRACT - JUST NEED A DASH

## EXTRAS

- BAG OF ICE
- FLAX SEEDS
- CHIA SEEDS



SHOPPING LIST INGREDIENTS

# WEEK 2



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# GSPC WEEK 2 SHOPPING LIST

## LIQUIDS

- PICK ONE - HEMP MILK/CASHEW MILK/ALMOND MILK
- FILTERED WATER - 1 BOTTLE
- COCONUT WATER - 3 SMALL BOTTLES OR 1 BIG BOTTLE

## FRUITS

- APPLE - 3 LARGE APPLES
- AVOCADO - 1 AVOCADO
- BANANA - 1 BANANA
- BLUEBERRIES - 1 SMALL BAG
- CANTALOUPE - 1 CANTALOUPE
- GREEN GRAPES - 1 SMALL BAG
- LIME - 2 LIMES
- LEMON - 1 LEMON
- MANGO - 1 FRESH MANGO
- ORANGES - 2 ORANGES
- PINEAPPLE - 1 SMALL PINEAPPLE
- RED CABBAGE - 1 SMALL RED CABBAGE
- RED GRAPES - 1 SMALL BAG
- STRAWBERRIES - 1 SMALL BAG

## VEGETABLES

- SPINACH - 1 BAG OF SPINACH
- KALE - 1 BAG OF KALE
- CELERY - 1 SMALL BAG
- PARSLEY - 1 BUNCH OF PARSLEY
- MINT - 1 SMALL CONTAINER OR BUNCH
- CUCUMBER - 2 ORGANIC CUCUMBERS
- GINGER - 1 SMALL PIECE OF GINGER
- CARROTS - 1 SMALL BAG

## SWEETENERS

- CINNAMON - SMALL CONTAINER
- DATES - 1 SMALL CONTAINER
- VANILLA EXTRACT - JUST NEED A DASH
- STEVIA - LIQUID OR PACKET
- RAW CACAO - 1 SMALL BAG

## NUTS / SEEDS

- CASHEWS - 1 SMALL BAG
- FLAX SEEDS - 1 SMALL BAG
- ALMONDS - 1 SMALL BAG

## OTHER

- ALMOND BUTTER - 1 SMALL JAR
- COCONUT OIL - 1 SMALL CONTAINER
- PLANT BASED PROTEIN - 1 SMALL BAG
- ICE - 1 BAG OF ICE

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