

Ridiculously Delicious Green Smoothie Guide

A green smoothie a day keeps the nutritionist away... yes, more powerful than an apple a day! A green smoothie is the ultimate way to regroup with your health. I am, however, going to flip the usual delicious fruit based smoothie on its head by sharing with you how to correctly balance a green smoothie (green = aka vegetables). If this makes you squirm, you are not alone. Your smoothie will be green; there is no getting around this. It will also taste fresh, sweet and delicious! I have converted many a people to these smoothies and they just rave about them.

When balanced, a green smoothie offers a power punch of bioactive compounds and phytonutrients. Why is this important? Because the food that you eat sends a message to every cell in your body. We now know what nature intended; that the tens of thousands of bioactive compounds, cofactors and phytonutrients that you get from whole foods – turn gene signaling on and off. If you choose to start your day with a green smoothie you are offering your body the right information for the day. The information that is in whole foods is very specific. It is telling the body to have a clear head, balanced blood sugar, lower inflammation, healthy circulation, etc. There are SO many reasons that eating whole foods is the best approach. Starting your day off with a green smoothie gives you a leg up on the day!

What not to do? If you add a full serving of berries, a whole banana and blend your smoothie with juice, you will be eating a LOT of sugar and you'll miss out on the protein, fat and vegetables. This really is equivalent to eating a large bowl of pasta without anything else to go with it.

To correctly balance a smoothie, the goal is to make this a meal with a healthy protein, fat and color (equal amounts of fruit AND vegetables). To make this easy on you, I have created Build-a-Balanced-Smoothie chart that I would like to share with you.

**CLEAN & LEAN REVOLUTION
BUILD-A-BALANCED GREEN SMOOTHIE CHART**

PROTEIN Choose One	FRUIT Choose One	HEALTHY FAT	CHIA & FLAX SEEDS Choose One	GREENS	BLEND WITH	ADD-ON
65 Calories	52 calories	Add Avocado 90 calories AND Choose One Healthy Fat 115 calories OR omit avocado and add two	30 calories	Add Spinach AND One or More 15 calories		Choose One or More
1 scoop PurePea Vanilla Protein	2/3 cup whole fresh organic fruit, berries preferred	1/3 avocado	½ T chia seeds	*Handful of spinach, kale, Swiss chard or Mustard Greens	2 cups Filtered water	¼ to 1 tsp cinnamon, nutmeg, curry or turmeric
1 scoop rice protein	2/3 cup frozen organic fruit, berries preferred	Shy T coconut oil	2 tsp ground flax	Handful: watercress, basil, cilantro, parsley, mint or dill		1 tsp fresh grated ginger
1 scoop whey protein (this is dairy)	1 medium apple	1 T almond, cashew or walnut butter		1 T PaleoGreen (if ordered), optional		
	1 small pear	Shy T flax oil or extra virgin olive oil		½ cucumber or bok choy, broccoli, cauliflower, carrot, etc.		

*Whole Foods sells frozen, organic loose leaf spinach, kale, Swiss chard and mustard greens.
These are prewashed, stemmed and prepped!

HOW TO MODIFY THE CALORIES

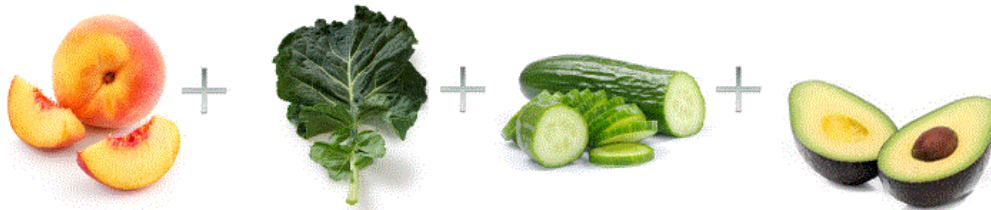
This chart will help you create a smoothie that is around 365 calories. If you need to further modify these smoothies to meet your individual calorie needs, feel free to add the following to your smoothie: instead of blending your smoothie with water, blend it with 1 cup unsweetened almond milk (averages 30-40 calories) or 1 cup coconut water, unsweetened (averages 145 calories). I have included the average calories for the recommended portion at the top of each column. You can further adjust your smoothie calorie load using this information as well.

CAN I ADD....?

These smoothies do taste green and are meant to offer a power punch of bioactive compounds and phytonutrients. If you MUST add a little banana, you can. 1/3 of a banana is around 35 calories. Simply add 1/3 of banana to the recipe. Do not adjust the other ingredients.

SMOOTHIE RECIPE EXAMPLES

PEACH-CUCUMBER-KALE SMOOTHIE



1 scoop protein powder

2/3 cup peaches

½ avocado

2 tsp flax oil

2 tsp ground flax

Handful of kale (no stems)

½ cucumber

Blend with water

BLUEBERRY –AVOCADO- SPINACH SMOOTHIE



1 scoop protein powder

2/3 cup blueberries

½ avocado

2 tsp coconut oil

½ T chia seeds

Handful of spinach

Blend with water

RASPBERRY – FLAX – SPINACH SMOOTHIE



1 scoop protein powder

2/3 cup raspberries

*4 tsp extra virgin olive oil

2 tsp ground flax

Handful of spinach

Handful of Kale

Blend with water

*notice that since I didn't add avocado to this, I doubled the recommended healthy fat portion

APPLE – ALMOND BUTTER – PARSLEY SMOOTHIE



1 scoop protein powder

1 medium apple

*2 T almond butter

½ T chia seeds

Handful of spinach

Handful of parsley

¼ tsp ground nutmeg

*notice that since I didn't add avocado to this, I doubled the recommended healthy fat portion