



Vibrant Green Smoothie Recipes

ZESTFOREVER

The Green Smoothie Diet

At first sight you may not like the look or sound of a green smoothie, and I totally get it because they often conjure up images of dark green bitter veggies such as kale and cabbage, or foul tasting green powders such as spirulina and chlorella. But you can make these smoothies taste totally delicious with a little imagination. Yes, they still contain all those nutritious greens, but you'll never know they're in there, I promise. In this ebook I will give you some simple green smoothie diet recipes for weight loss that will help bring bring you the fat burning results you desire. Of course, you will need to eat them in place of your regular meals and snacks, and not on top of, if you wish to see great results, but they are filling and satiating and should keep you going until your next meal.

A Meal In One!

Did you know a green smoothie can be both a snack *and* a complete meal? Yes, if you add the right ingredients they can become a low calorie, highly nutrient dense meal in themselves that will fill you up for hours. And this is why they are just SO great on a weight loss diet, because there is no time consuming cooking involved; you simply chop up, throw all the ingredients into a blender, and voila - lunch.

How Green Smoothies Boost Weight Loss

THEY'RE FULL OF FIBER - which keeps you fuller for longer. Unlike juicing, you are blending the WHOLE fruits and vegetables and not extracting the filling fibers like you do when using a masticating juicer. This is what makes a smoothie much lower GI and more filling than a juice, because fiber keeps you full!!

THEY KEEP YOU FULL - Due to their high fiber content, a smoothie will help fill you up and stop cravings for junk foods.

HIGH IN NUTRIENTS - The high nutrient content of a green smoothie helps to stop food cravings, due to the fact your body will be receiving all the nutrients it needs to be satisfied.

ANTIOXIDANTS - The antioxidants in green vegetables not only boost weight loss, but are highly anti aging and will literally make your skin glow and help to slow down the aging process in general.

RAW ENZYMES - Blending fruits and vegetables in their raw state keeps all their enzymes, vitamins and minerals intact. Cooking foods can destroy delicate nutrients, therefore eating as many raw foods as possible is a fantastic health boost.

DETOXIFICATION - Raw greens, along with all their fibers and antioxidants are powerful detoxifiers. Keeping your body detoxifying itself adequately means your fat cells will start shrinking, ultimately leading to weight loss. This is because harmful toxins that your body can't break down can often end up being stored for safe keeping in your fat cells, which will then keep swelling larger and larger the more the body keeps getting bombarded with junk foods, sugar, tobacco, alcohol, and other environmental toxins; and unfortunately, you get larger with it.



How To Construct Your Smoothie

The great thing about a smoothie is you can have it any time of day, although maybe not so good in the evening if you are adding superfood powders as they can be stimulating. Other than that, in terms of weight loss, you should have 2-3 a day in place of your normal meals or snacks, but we advise you have a proper evening meal of around 500 calories.

There are different ways you can construct a smoothie, and some will have more calories and are more filling than others. This makes some better as snacks and others better as meal replacements.

Basically, you will want your smoothie to have the 3 main macro nutrient elements of **HEALTHY FATS, CARBOHYDRATES, AND PROTEIN**, plus **FRUITS** and **VEGETABLES**.

Having these 5 elements will ensure that you are getting a filling and 'complete' meal or snack. But be sure to keep your portions under control (especially the fats) if you wish to lose weight.

The 3 Main Food Groups

Pick one each from the protein, carbohydrates and fats, and unlimited from the vegetables and low sugar fruits. Blitz together in your blender and enjoy.

TIP:- Frozen sliced bananas and frozen fruits in general work best as they will not only make your smoothie nice and cold, but will also add a frothy, gooey milkshake texture too.

With all smoothies, add plant milk/extra water/ice cubes to desired texture

PROTEIN ELEMENTS

Protein powders (up to 30 grams total protein), 1 Tablespoon of sugar free peanut or almond butter, soya milk.

CARBOHYDRATE ELEMENTS

1 x banana, 2 x rings of pineapple, half a mango, half a cup of oats

FAT ELEMENTS

Half a medium avocado., 1 x tablespoon of flax, pumpkin, sesame, sunflower or hemp seeds, teaspoon of coconut oil, 1 x tablespoon of nuts or seeds.

VEGETABLE AND LOW SUGAR

FRUIT ELEMENTS

All greens, all berries, 1 x apple or pear, 200ml of freshly squeezed orange juice, green superfood powders.

ADDED EXTRAS

You may want to use these added extras for taste, but use only in moderation:-Cacao nibs, cacao powder, carob powder, xylitol, stevia, 1 teaspoon of raw honey, agave nectar, date syrup, or brown rice syrup.

Green Smoothies For Snacks



SUPER GREEN ENERGISER

Large handful of greens such as spinach, kale, or watercress, sugar free nut milk, half teaspoon of spirulina, small ripe banana, 1/4 medium avocado.

Approx 250 calories

HIGH FIBER BANANA/FLAX

Large handful of dark leafy greens, tablespoon of flax seeds, sugar free nut milk, small ripe banana.

Approx 200 calories

ANTIOXIDANT SUPERSTAR

Large handful of dark leafy greens, blueberries, sugar free nut milk, 1/4 medium avocado.

Approx 200 calories

MILD AND CREAMY (great for kids)

Large handful of baby leaf spinach , 1/4 medium avocado, 1 x very ripe frozen, sliced banana, oat milk

Approx 250 calories

Meal Replacement Smoothies

HEMP AND AVOCADO OMEGA GOODNESS

Large handful of any raw greens, half a medium avocado, 1 ripe banana, 1 tablespoon of hulled hemp seeds, organic unsweetened soya milk, teaspoon of any super green powder. *Approx 350 calories*

WALNUT AND SUPERFOOD

Large handful of dark leafy greens, ripe banana, teaspoon of green superfood powder, half an avocado, tablespoon of walnuts, unsweetened soya milk. *Approx 350 calories*

CHOCOCLATE HIGH PROTEIN BOOSTER

Large handful of dark leafy greens, 30 grams (total weight) of vanilla/chocolate plant based protein powder, sugar free nut milk, 2 x tablespoons of hulled hemp seeds, , 1 tablespoon of carob or cacao powder. *Approx 50 calories*

PEANUT BUTTER AND VANILLA PROTEIN BOOSTER

30 grams (total weight) of vanilla plant based protein powder, dessertspoon of barley grass powder, 1 x tablespoon of sugar-free peanut butter, unsweetened nut milk. *Approx 450 calories*

MINT CHOC CHIP

Half an avocado, 1 frozen banana, a few sprigs of fresh mint leaves, soya milk, a few drops of mint flavouring (optional), 1 x teaspoon of spirulina, 1 x teaspoon cacao powder, 20g of dark chocolate. *Approx 400 calories*

DISCLAIMER

This booklet is not designed to treat or cure any medical illnesses, diseases or weight issues.

Before beginning any kind of weight loss or diet plan it is recommended that you double check with your doctor first.