

# *The* KetoGreen SMOOTHIE WEIGHT LOSS SECRETS



Lose The Weight and Improve  
Your Health

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# Introduction

There is an old proverb that says, “Health is a crown on a well man’s head that no sees but a sick man.”

This is very true. We live in a very hectic world today where everyone is focused on building a successful career and raising a happy family. They often place their health on the backburner, thinking that they can exercise and eat right later on.

They procrastinate exercise waiting till they’re successful or have time to spare. They opt for quick, unhealthy meals because they have no time to prepare well-balanced meals.

They fail to realize that if you don’t make time for exercise, you must make time for illness. They forget that whatever they eat and drink is either fighting disease or feeding it.

When it comes to losing weight, your goals should be to shed off pounds, remain healthy, and optimize nutrition while reducing caloric intake.

While this is simple in principle, it is not always an easy guideline to follow. In our busy lifestyles and hectic paced lives,

it is sometimes difficult to find nutritionally sound meal ideas that truly support both weight loss and health.

This often leads to skipped meals that can hinder a person's metabolic rate and slow the weight loss process.

This is where using smoothies as part of your weight loss tools can come in.

Smoothies are easy to make, delicious to drink and packed with vitamins, minerals and nutrients if prepared in the right manner.

## Smoothies: What You Need To Know

Healthy smoothies encourage weight loss through the natural inclusion of numerous fruit and vegetables. This is great as they are low in calories, high in energy, providing excellent nutritional support and also very fulfilling.

When considering smoothies as part of your weight loss goals, it is important to keep it nutrient balanced. This means lots of fruits and vegetables, as well as an excellent source of protein.

Also, including some nutrient dense supplements, such as flax seed, aloe vera juice or chia seeds can help to make the drinks very nutritious, filling and enjoyable to drink.

## **What Are The Options?**

Some vegetable options that work great in smoothies include greens such as spinach or kale, as well as avocados. Leafy green vegetables do not alter the taste of a smoothie, but they do add essential vitamins and minerals, such as iron, vitamin A, and vitamin C.

Avocados are a healthy source of fat, and they can be beneficial not only for weight loss but the overall health of the body.

Add these beautiful vegetables generously to any smoothie to increase fiber and reach your weight loss goals with ease.

There are also a variety of fruits to choose from when deciding on your smoothie recipe. Some of the best fruits to add to your healthy cocktail include bananas, berries, pineapples, and mangoes.

The key is to use your imagination when mixing your fruits,

and also to keep your blender colorful. Not only will a good variety of fruits help to enhance the nutritional value of your smoothie, but they will also expose you to new taste sensations, keeping your beverages interesting and fun.

Finally, some may find it important to incorporate a high-quality protein source into their smoothies. It depends on the goal. I usually do not do this when trying to lose weight as I have found them to be unnecessary.

Protein sources that might work well in these beverages include milk, almond milk, soy milk, protein powders and yogurt. Each will add a unique consistency and flavor to your drink, so if you do go this route, start slow, try a few, and find the one that works best for you.

Also, it is possible to incorporate protein filled nut butter, such as peanut butter or almond butter, into any healthy smoothie blend. This I do regularly, even when trying to lose weight. Just try for the most organic, natural versions you can find.

Losing weight can be a challenge on its own, and that's why

having the option of an appetizing and nutritious smoothie that is easy to drink and fun to make gives you something to look forward to.

NOTE: If you are looking for the fastest shortcut possible to a slimmer you, we highly recommend this program in addition to upping your smoothie intake: [Weight Loss Breakthrough!](#)

## **The Difference Between Juicing and Smoothies**

Smoothies and juices are both loaded with nutrients and taste fabulous. While they do have the same properties as the fruits or vegetables in their raw form, their being in liquid form have different textures and appearances. These difference lie in the procedure, methods, and machines used to make each drink.

### **The Major Differences**

When you blend, you end up consuming the food in its entirety although some were already pulverized. So, if you blend an apple, your body will digest the full fruit.

When you do juicing, the fibrous portion is removed. So, what is left are the micronutrients in a liquid form. As for the

process, you have two procedures in juicing.

You may use the juice to squeeze the water instantly, or you may do it manually. The juice extractor is necessary for harder fruits and vegetables.

As for the smoothies, it requires either a high-performance or traditional blender. When the liquid (broth, milk, or fresh juice) is processed in a puree in a blender, the drink is smooth and thick.

Smoothies are thicker and filling than juices since they have the fibrous cellulose and

pulp, which have been removed from the juice.

## **All About Juicing**

Juicing is the best way to get healthy nutrients into your body as quick as possible. It is quick in a sense that it does not require a long preparation, yet you are still getting the essential nutrients needed in your body.

Juicing has several health benefits, including weight loss, body hydration, boosting your immune system, and remove serious diseases.

They say water is everything - true.

The water in juice is a natural source of water that will help to hydrate you as well as give you essential fatty acids, minerals, vitamins, proteins and carbohydrates.

In addition to this, the fresh juice will also provide you with enzymes that are vital to your metabolic process and are critical elements in giving your body the best energy. Fresh juice deliver the raw goodness of fruits and vegetables to your system, almost like an intravenous injection.

To be able to enjoy the benefits, the juicing must be from fresh fruits and vegetables, and not a powered or ready-made juices you can find in the supermarket.

## **All About Smoothies**

Smoothies are full of energy and nutrients. It works the same thing as the whole meal because you are not only getting the liquid of its form.

Smoothies work best for busy people because hectic schedules make it impossible for them to take breakfast regularly. Weight problems are not a small problem.

There are two kinds of diet regimen the smoothies can give. It can either help you maintain or lose weight. Unlike the pills and supplements, vitamins that are ingested from food are much more beneficial and healthier. Smoothies will help you to stay hydrated.

Whether you choose juice or a smoothie, you are still giving your body the essential



nutrients. Both of these methods make use of healthy fruits and vegetables.

But knowing their differences would help you decide what type of drink will suit for you at the moment.

So how do we press on in the face of our diet goals? Well, we're gonna tell you!

Today, more than ever, one needs to focus on his or her health and well-being. It is crucial. Our lives are filled with deadlines, meetings, work demands and stress. The food we eat is high in calories but low in nutrients.

High carbohydrate meals, oily and fatty foods, processed foods, junk food, etc. wreak havoc on our health and bodies. It happens slowly but surely. Therein lies the problem. People do not feel the impact of their poor choices till health problems occur much later on. By then, it can be too late.

High cholesterol levels, type 2 diabetes, blood pressure issues and countless other health problems are often a direct result of poor eating and a sedentary lifestyle.



Here is an interesting story:

The Dalai Lama, when asked what surprised him most about humanity, answered, "Man.... Because he sacrifices his health in order to make money. Then he sacrifices money to recuperate his health. And then he is so anxious about the future that he does not enjoy the present; the result being that he does not



live in the present or the future; he lives as if he is never going to die, and then dies having never really lived."

(\*Photo credit – [Christopher - Flickr: dalailama1\\_20121014\\_4639](https://www.flickr.com/photos/dalailama1/20121014_4639/))

A wise man indeed. The point to note here is that while your career and family may be important, nothing supersedes your health.

From what you've read so far, it may seem to be all gloom and doom if you're guilty of having neglected your health for a while. Cast your fears aside. Your health and body constantly seek to improve and get better. You just need to assist them.

This finally brings us to the main point... Green smoothies. The miracle that even Popeye relied on. Technically, Popeye ate spinach. But you get the drift... Your greens are important for good health.

There is a movie titled, "Fat, Sick and Nearly Dead". You may have watched it, and if you've not, you might wish to check on YouTube to see if it has been uploaded there.

The movie is a real-life documentary about, Joe Cross, who was 100 lbs overweight and facing several serious health issues. Joe adopted a plant-based diet and mostly drank raw vegetable and fruit juices.

Within a few months, he had shed his excess weight and his health had improved by leaps and bounds. This certainly is testament to the power of a healthy diet.

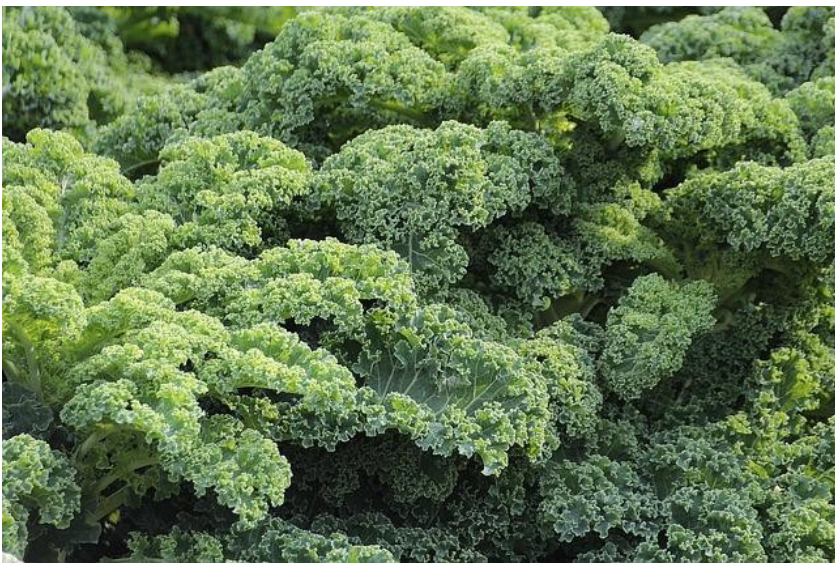
There are several different types of smoothies which come in a range of different colors. In this guide, we'll be focusing on green smoothies which are without a doubt, the most powerful type of smoothies at restoring your health and vitality.

Are you sick and tired of feeling sick and tired? You are? Read on to find out how green smoothies will put you in the pink of health.

"When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need." -

**Ancient Ayurvedic Proverb**

# Chapter 1 – Why greens?



The first question that will pop into many people’s minds when thinking of starting a juicing or smoothie diet will be, “Why are green smoothies better than other smoothies?” ... After all, aren’t all vegetables and fruits beneficial?

Yes, it’s true that different fruit and vegetables contain a multitude of vitamins and antioxidants. However, greens contain a lot more vitamins and antioxidants than the other vegetables which are called “Phytonutrients”. With a good mix of greens in

your smoothies, you will not miss out on any vitamins that your body needs.

You should note that the drinks are made with raw vegetables and fruits. There are no additives, artificial flavouring, sugar or sweeteners, etc. The smoothies are best consumed in their raw form to derive the optimal benefits from the healthy, wholesome nutrients.

Now that we've discovered that green smoothies are a massive shortcut to excellent health & vitality, let's look at the benefits that can be accrued from preparing and consuming these smoothie gifts from nature.

# Chapter 2 - Benefits of Green Smoothies

Now we've discovered that green smoothies are excellent for one's health, let's look at how they actually help you get healthier and stronger.

## - Increased energy

While you may not notice a change overnight, as you consume green smoothies over a period of 2 or 3 weeks, you'll notice that you have more energy and a better outlook in general. You will have more vitality and zest for life. You won't be able to explain why... but rest assured that the green smoothies are making a difference.

To achieve this, it's best to consume the smoothies on an empty stomach. Another good time to drink these smoothies is after an exercise session when your body is craving nutrients.

## - Aids in weight loss

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As mentioned earlier, Joe Cross lost almost 100 pounds from a juice fast. It may make many people panic when they think of not eating food and merely drinking smoothies. They fear starving or becoming under-nourished.

This is a huge fallacy. Our bodies require nutrients from food. That is true. However, there is a severe dearth of good nutrients in the food we consume these days. That is why people never feel satiated and constantly keep eating.

The food they're eating is high in processed ingredients, additives, etc. While it may fill the stomach, these are empty calories that lack the nutrients the body needs. As a result, the body craves more food to compensate for the lack of ingredients. So, people eat more, get obese and stay unhealthy.

Green smoothies are packed with micronutrients that the body craves. You would be surprised to learn that a single glass of green vegetable juice, full of good nutrients that the body craves, is more beneficial than an entire meal at a swanky restaurant.



## **- They Combat and Prevent Illness**

This is pretty straightforward. Right from young, parents have instructed their children to eat their greens. Everyone knows that vegetables are essential for good health and for strengthening your immune system. Prevention is better than cure.

## **- They Contain Healing Properties, Prevent Acne and Aid in Detoxification**

Green smoothies contain essential vitamins, minerals and nutrients that encourage quick healing. This is one reason why bodybuilders consume greens products. They usually take supplements in tablet form. Drinking green smoothies is much more beneficial than popping greens supplement tablets.

Acne sufferers, especially teenagers notice that their acne problems tend to diminish when consuming green juices. Since the greens are rich in vitamin A, sulphur, vitamin k, vitamin c, etc. the body's immune system is stronger and is able to combat health issues such as acne or even yeast infections effectively.

Detoxification is another fantastic benefit of green juices. The food we eat, water we drink and even the air we breathe is often filled with toxins. Green smoothies will help the body detoxify itself more effectively.

### **Other benefits:**

- They are easily digested and the body is able to quickly assimilate the essential nutrients.
- The smoothies are rich in fiber and help maintain a healthy digestive system.
- They can be delicious once you get used to them. The mix of fruits and vegetables can be tasty. You're consuming a very tasty 'medicine' for your body.
- If you struggle to eat vegetables, green smoothies are a very convenient replacement. This applies to kids who hate eating vegetables. It is much easier to gulp down a green smoothie instead of gnawing on Brussels sprouts like a

-

hamster at the dinner table. They are just as healthy too. The smoothies, not the hamster.

- Green smoothies help to maintain a healthy cholesterol level in the body.

As you can see, you have nothing to lose and everything to gain by drinking green smoothies often.

NOTE: If you are looking save time (and money) in your daily smoothie preparation, check out this popular product:

[\*Red Smoothie Detox Mix!\*](#)



# Chapter 3 – What are the Best Greens You Should Use

Not all green vegetables and fruits are created equal. When making a green smoothie, it's best to use vegetables that have the most nutrients to pack a punch. I mean, You want to get the best benefits from your smoothies.

Let's look at some of the best greens (in no particular order) that you can use to whip up those awesome smoothies.

## - **Spinach**

Yup! Popeye was right. This truly is a fantastic green that is full of goodness. It is low in calories yet contains protein, iron, vitamins and minerals.

Spinach has been shown to lower the risk of cancer, strengthens bones, reduces the risk of asthma and other infections, lowers blood pressure and aids in glucose control for diabetics.

### - Kale

Similar to spinach, kale is splendid for nourishing the body. In fact, kale contains more nutrients than spinach. It maintains healthy skin, strong bones, improves digestion and prevents the onset of many health problems.

### - Broccoli

Broccoli is a cruciferous vegetable. It is fantastic for combating the effects of a poor diet. Our diets are rich in omega-6 fatty acids and this has thrown the balance of omega-3 and omega-6 fatty acids out of whack.



Our foods have become packed with estrogen, resulting in more men suffering from gynecomastia and other issues. Broccoli mitigates the negative effects of estrogen.

It's also rich in fiber and sulforaphane. This sulphur compound prevents cancers such as lung and colon cancer. Broccoli is definitely a vegetable that you should include in your smoothies often.

It does have a strong taste. So, start by using small amounts till you develop an acquired taste for it and are able to drink it without forcing yourself to.

### **- Collards**

Collards are rich in vitamin K that promotes good bone health. They reduce the risks of developing colorectal, prostate and lung cancer. They also help diabetes sufferers maintain a stable blood glucose level.

An additional benefit of collard greens is that they contain choline. Choline helps with learning, memory, muscle movement and also promotes good sleep. Something which many people sorely need.

## - Cabbage

Cabbage is extremely low in calories but is high in fiber, protein, vitamin C and antioxidants. One cup of cabbage contains almost 50% of the average adult's daily vitamin C requirements.



It also contains manganese, potassium, calcium, folate, thiamine and vitamin B6. Antioxidants such as beta-carotene, lutein, etc. can also be found in cabbage.

You can reduce the risks of getting cancer, enhance your immunity, prevent cardiovascular disease and improve digestion by consuming cabbage.



## - Celery

Just like the vegetables mentioned earlier, celery is rich in antioxidants, fiber, vitamins and minerals. It can prevent cancer and helps to lower



one's blood pressure. One point to note is that some people are severely allergic to celery. Make sure you are not allergic to celery before consuming it.

## - Dandelion Greens

Rich in vitamin C, iron, vitamin B6 and potassium. Also contains copper, folate, thiamine and phosphorous. Helps to good heart health and stabilise blood pressure levels.

## - Wheatgrass

-

An excellent vegetable that is rich in many vitamins and nutrients. Prevents a whole host of health problems and also has healing properties.

- **Lettuce**

Fantastic for helping with weight loss. It is low in calories and reduces appetite. It contains many beneficial vitamins such as potassium, biotin, copper, calcium, panthothenic acid, chromium and magnesium.

## **Other beneficial greens you might want to look at:**

- **Parsley**

- **Chard**

-

## Are some greens better than others?

The most important point to remember is that eating any vegetable is better than eating none. The problem today is that most people are not even getting enough veggies in their diet... and French fries or mashed potatoes are NOT counted.

First and foremost, you need to get sufficient vegetables in your diet. If you do not like eating vegetables, you can make green smoothies. They are just as beneficial.

There is no need to worry if some greens are better than others because your goal will be to rotate the greens that you use in your smoothie. Some people make the exact same smoothie every single time and miss out on the benefits that they can get from the other vegetables.

Choose organic vegetables whenever you can. The hard truth is that most of our foods contain toxins from insecticides, fertilizers,

etc. By rotating your greens, you will be preventing a toxin build- up from any one vegetable.

You should research what different green smoothie recipes there are. You can find many books in your library or at Amazon.com that contain many tasty and delicious green smoothie recipes.

These guides contain recipes created by nutritionists and health experts who have factored daily nutrient requirements, vegetable combinations, taste, etc. when concocting these recipes. You are in safe hands by following their recipes. The best way to stick with a habit is to like doing it.

Since the recipes will usually be tasty, you'll be more likely to stick to drinking smoothies instead of reaching for the sodas.

As long as you make smoothies from the vegetable list given above, or from a good recipe book, you will do just fine. This is not rocket science. It's just smoothies. Blend them and drink them. You will look and feel like a brand new you. It's that simple.



# Chapter 6 – What are Smoothies and How Do You Make One



It's funny we haven't yet covered it and we are half way through the guide! What exactly is a smoothie?

A smoothie is a thick beverage blend of different vegetables and fruits. Green smoothies use green vegetables such as spinach, celery cucumbers, green apples, etc.

The beauty of a smoothie is that you get many different nutrients, vitamins, minerals and antioxidants at one go. With the correct recipe, your smoothie will not only be healthy, but it will also be tasty. Many people believe that healthy food and tasty food cannot be reconciled. This is false. You can make a healthy and tasty smoothie.

Unlike normal smoothies, you will not be using yoghurt or milk to make your smoothie. The key here is to keep things natural.

Many of the latest studies also show that milk and dairy products are not as beneficial as they were purported to be in the past. In fact, most are detrimental to one's health.

Since the goal here is to keep things raw and natural, the best way to make a smoothie will be to use chilled vegetables and fruit.

It has been shown that smoothies taste better when they are cold. It is better to use cold ingredients rather than to make a



smoothie with vegetables at room temperature and chill it later on.

You will need good blender too. You can get one from your nearest appliance store or you could buy it online from Amazon (which goes without saying, do your research online first and make an informed decision as we all have different needs and budgets).

Add 2 or 3 cups of your green vegetables into the blender. Add 1 cup of water and if you have a sweet tooth, you can add some apple juice or pineapple juice to the mix. Turn on the blender/smoothie maker till you have a thick blend.

Congrats! You have a smoothie that's good to go.

Of course, if you are like me, you are super busy and you like shortcuts. For time saving and less mess I absolutely love this product: [Garden of Life](#)





# Chapter 7 – Are Smoothies Safe? What are the Common Mistakes to Avoid?

Smoothies are safe and beneficial to one's health. However, they must be consumed in moderation. Anything that is taken to excess can be detrimental.

There are a few mistakes that people make unknowingly when making smoothies. The points below will shed light on the common mistakes and how to avoid them.

## **Mistake 1: Not rotating the greens**

- Always rotate your greens. As mentioned in an earlier chapter, this will prevent toxin build-up and also give you a well-rounded smoothie diet.

## **Mistake 2: Not checking for allergies**

- Be aware of your own allergies if you have any to vegetables and fruits. For example, some people are highly allergic to celery and can suffer from anaphylactic shock if they consume it. You might want to speak to your doctor about your green smoothie diet.

### **Mistake 3: Focusing on Fruits Instead of Veggies**

- When making green smoothies, it is best to focus on the vegetables, rather than the fruits. It goes without saying that fruits are tastier because they are sweeter. Because of this, people usually use more fruits than green vegetables.

The problem here is that fruits are high in sugar but are not filling. You will not feel as satiated drinking a smoothie that is mostly fruit juice.

For example, if you make a green smoothie with:

- 1/2 cup of broccoli
- 1 banana
-

- ¾ cup blueberries
- ½ cup orange juice
- 1 cup strawberries
- 1 cup water

By all appearances, you have a green smoothie. Yes, this is good for your health but it will not leave you feeling full because it is low in fiber but high in natural sugars.

That basically means, you will get hungry sooner and end up eating more food to feel satiated. At the end of the day, you would have consumed more calories and will gain weight.

It is best to focus more on vegetables. Ideally, a good smoothie would look like this:

- ½ cup broccoli
- 1 cup spinach
- ½ cup cabbage
- 1 cup apple juice
- 1/2 cup water
-

Now you have a smoothie that is truly green, nutritious and the slow digesting fiber in the broccoli and spinach will leave you feeling full for longer.

## **Mistake 4: Going Completely Unnatural**

- Only as much water and pure fruit juice when making your green smoothies as possible. Using milk, yoghurt or store packaged fruit juice is a big no-no.

There are several ingredients that people use thinking that these are nutritious and benefitting them. These are the most common ingredients added to green smoothies **which should be avoided**.

1. Whey Protein powder
2. Ice cream
3. Sugar
4. Cream soda

5. Honey
6. Whipped cream
7. Peanut butter
8. Chocolate syrups

There is one cardinal rule to making super healthy smoothies. No junk artificial ingredients. You should only use green vegetables and a few small servings of raw fruit or natural fruit juice to make the smoothie. The fruits just help to make the drink sweeter and more palatable. If you use a powder, be sure that the manufacturers follow these same rules. For example I love this product: [Garden of Life](#)

## **Mistake 5: Not Using a Good Blender**

While this is not a huge mistake, it is still better to use good blender rather than one ill-suited for making smoothies.



The blender should have a solid base that is wide for stability. Since you're making smoothies with your blender, it needs to have a high-speed and a 1000+ watt motor.





The pitcher that the blender uses needs to be large too. Sometimes you may want to make a smoothie for 2 or more people. At times like these, you will need a bigger blender rather than a small, personal one.

Do your research and see what is the best type of juicer for you and is within your budget.

## **Mistake 6: Not Using Proper Recipes**

Do not try to concoct your own recipes. There are thousands of recipes available online or in books for you to copy. Using too many veggies in your blend will make it have a muddy appearance and the flavors may



not be complementary.

Many beginners do not know that certain greens such as arugula and broccoli have a strong taste. You'll need to know what

ingredients can mask the taste of these vegetables. It's best to stick to recipes written by the pros.

# Chapter 8 - 7 Healthy and Yummy

## Smoothie Recipes

The best time to drink a smoothie will be upon waking. The second best time to drink a smoothie will be after a workout session. Do make regular exercise a part of your lifestyle and finish it off with a tall, cold glass of green juice.



If you can't drink your smoothies during these times, then any other time will do just fine. What really matters is that you are making and drinking the green smoothies. Implementation is half

the battle won. You do not have to be perfect when you start. Just start and then aim to improve as you progress.

Below, you will find 7 green smoothie recipes. All recipes serve 1 person. You can drink them at any time of the day. These are tasty, nutritious recipes. Make sure you're not allergic to any of the ingredients before making them.

## **Recipe 1: Orange Spinach Surprise**

Ingredients:

- 1 peeled orange
- 1/2 peeled banana
- 1 cup spinach
- 1/2 cup water
- 1 tsp flaxseed
- Ice cubes

Directions:

Add all the ingredients into the blender and ice cubes as required. Blend till you get the desired consistency. Pour into a glass and drink away.

## **Recipe 2: Green Avocado Smoothie**

Ingredients:

- 1/2 cup pineapple chunks
- 1/2 avocado, diced
- 1 cup (2 handfuls) fresh spinach
- 1/2 cup coconut water
- 1 tablespoon hemp seeds
- 1 frozen, sliced banana

Directions:

Blend all the ingredients to desired consistency and serve chilled

## **Recipe 3: Green Detox Smoothie**

Ingredients:

- 1 cup organic kale
- 1/2 cup parsley
- 1 cup cucumber
- 1/2 cup pineapple
- 1 lemon
- 1/2 avocado
- 1 cup unsweetened green tea
- 1 tablespoon fresh grated ginger

Directions:

Squeeze the juice from the lemon into the blender.

Add the rest of the ingredients and blend to desired consistency

## **Recipe 4: Romaine Lettuce Smoothie**

Ingredients

- 1 cup water
- 1 chopped apple
-

- 1 cup organic, chopped romaine lettuce
- 1/2 cup spinach
- 1/2 cup chopped celery
- 1/2 frozen, sliced banana
- 1 chopped pear

Directions:

Add lettuce, spinach and water and blend till you get a smooth mix. Add rest of the ingredients except the banana into blender.

Blend till required consistency. Add in banana and blend till the beverage is smooth. Pour and drink.

## **Recipe 5: Kale Kissed by Ginger Smoothie**

Ingredients:

- 2 large kale leaves
- 1/2 bunch of parsley
- 1/2 cup cucumber
- 1/2 cup pineapple chunks
- 1/2 apple
- 1 cup celery
- 1/2 cup water
-

- 1 tablespoons grated ginger

Directions:

Place all ingredients into blender and blend till desired consistency.

## **Recipe 6: Kool Kiwi Spinach Smoothie**

Ingredients:

- 1 cup spinach
- 1 cup strawberries
- 1 cup cucumber
- 1 tsp hemp seeds (optional)
- 1 sliced, frozen banana
- 1 cup kiwi fruit
- 1 cup water

Directions:

Add all ingredients into blender and blend to desired consistency. Best served chilled.



## Recipe 7: Tropical Smoothie Dream

Ingredients:

- 1/2 cup parsley
- 1/2 cup cucumber
- 1/2 banana sliced & frozen
- 1 stalks celery
- 1 cup pineapple chunks
- 1/2 cup peaches
- 1/2 tsp grated ginger
- 1 cup coconut water cucumber

Directions:

Blend all the ingredients in blender till desired consistency is achieved, and serve chilled.

## BONUS INFO! 5 Must Have Power Foods for Slimming Smoothies

If you are serious about losing weight, you will find some more awesome ideas here.

Isn't it wonderful to think that something tastes this good and is giving you a lot of health benefits?

Variety is key, and this certainly applies in the case of healthy smoothies for weight loss.

Just make sure you have a combination of textures and colors and plenty of fresh, raw and healthy snacks and you'll be on your way!

Power foods for creating slimming smoothies can have a rich and creamy texture – so it is hard to believe the health benefits and how it can speed up your metabolism.

If you use frozen berries in your healthy smoothie, just blend your ingredients with a powerful blender, and you're good to go – you won't even notice the weight loss being

an added advantage!

## Best Foods For Slimming Smoothies

### Berries

Berries are the best sources of fiber. Not only do they promote weight loss, but also helps with food processing.

Raspberries have a high content of fiber - approximately 8 grams per cup. It also contains ellagic acid, an anti-cancer property.

Blueberries contain 4 grams per cup and helps your memory.

Strawberries, which is a favorite fruit for most smoothie makers contains 4 grams of fiber.

Nuts - BOOM! I'll bet this is something that you didn't think of putting in your smoothie. Besides the earthy flavor, they are rich sources of unsaturated fats necessary for good heart health.

Also, according to a recent study, it shows that eating nuts can actually be **calorie negative**, and also add another two and a half years of living.

The best choice for smoothies are the walnuts as it contains the highest levels of alpha-linolenic acid. The ALA is a healthy omega-3 fatty acid that is vital to heart health.

They also have a high content of mono and polyunsaturated fats. These fats can reduce the levels of "bad" LDL cholesterol while stabilizing the "good" HDL cholesterol levels. Make sure to add walnuts to your smoothie.

Oranges - It is a fact that oranges are the best source of vitamin C. Therefore, one single orange or a huge glass of orange juice embraces a high daily dose.

It is already a pretty common knowledge that Vitamin C plays a huge role in fighting off infections, but they don't know why.

Vitamin C produces antibodies and white blood cells that fight off infections. As a powerful smoothie flavor, oranges have great citrus taste and has a natural sweetness.

Kiwi – Not my personal favorite but, kiwis contains high levels of Vitamin C. The black seeds also adds a bit of fashion and flair to the smoothie drink.

Adding these power foods to your smoothies encourage (along with proper focus elsewhere in life) significantly aids weight loss.

Since they are low in calories and are high in energy, they are great in providing great nutritional support.

# Conclusion – Making Smoothies a Part of Your Life

Wow, we've reached the conclusion of our introductory guide to Green Smoothies and you're still here...Great achievement.

But as we know, information is only the first step...next is implementation so If you're not in the habit of drinking smoothies, you will need to cultivate the habit first. You can start with 1 smoothie a day. Do not worry about the time you consume it.

If you can consume it first thing in the morning, that would be great. If you can't, later on in the day will do fine. What's important is that you get into the habit of drinking one a day.

Let's face the facts here. Despite what the books and nutritionists say, most smoothies though tasty will never come close to a sugary soda or an ice cream



milk shake. That's the hard truth. It will be difficult to replace sodas with smoothies.

Initially, you may wish to slowly cut down on any sugary drinks

you're consuming and drink a smoothie every day. Over time, try and replace the sodas with the smoothies. It will take effort but if you approach it in a slow and steady manner, it can be done.

Do not go to extremes and immediately give up all the sodas for smoothies. You'll just be putting pressure and stress on yourself. Now, not only are you trying to inculcate a good habit that is foreign to you but you've also given up a bad habit that brought you comfort despite being detrimental to your health.

This is just too much to cope with. You're not in a race. Go slow and your compliance will be much higher. Inch by inch, life's a cinch. Yard by yard, life is hard.

If you're trying to lose weight, you can try to replace one of your meals with a smoothie. The smoothie may not be as satisfying as a normal meal such as a plate of pasta or 3 slices of pizza, but it will be much better for your health.

Aim to do this just once a day till you're comfortable with it. Then you may progress to reducing your meal portion sizes and even replacing 2 meals with smoothies. If you can do this, your fat will melt like butter and you will drop the pounds in no time at all.

If you're a parent, you can start your child on smoothies while they are young. Most children do not like eating vegetable but will hastily gulp down a tall smoothie if it had apple juice in it. They will still be getting all the vegetable nutrients without you having to negotiate and debate with them at the dinner table.

While green smoothies are excellent for your health, occasionally you may wish to try other smoothies too. The rules are not set in stone and you're not in a green smoothie prison. Though this book did focus solely on green smoothies, you can always give the rest a try, as long as you're drinking 1 green smoothie daily.

Usually, it is recommended that green smoothies should be comprised of 60% fruits and 40% veggies. This is a good place to start with but over time, you should progress to 60% or 70% vegetables and 40% or 30% fruits respectively.

The reason for this is that most people these days are carrying more fat on their bodies than they should. By increasing the vegetable intake and reducing the fruits, you'll be consuming less sugar. Your body will burn more fat and you'll lose any excess weight even faster.



The benefits of green smoothies are many. By now, you should be fully aware that you'd be doing yourself a disservice by not drinking them. Like Hippocrates said, "Let food be thy medicine and medicine be thy food." Green smoothies are your medicine.

It may take a while to develop the habit... but persist anyway. The KetoGreen Smoothie Weight Loss Secrets is definitely something you want to have. The rewards are great.

"We first make our habits. Then our habits make us." – **John Dryden**