



GLORIOUS GUIDE TO

Balanced
**GREEN
SMOOTHIES**



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NUTRITION

GLORIOUS GUIDE TO BALANCED GREEN SMOOTHIES

MAKE Superfood SMOOTHIES

To give your smoothies an extra nutrition punch, add in superfoods! While alone some of these may not taste appetizing the flavor is masked when blended in your tasty drink.

HERE A FEW OF OUR FAVE

ADD INS:

- Chia Seeds
- Hemp Seeds
- Bee pollen
- Flax
- Maca Root Powder
- Cinnamon
- Turmeric
- Raw Cacao
- Spirulina
- Wheatgrass
- Vitamin C Powder
- Grass Fed Collagen Peptides
- All-natural Protein Powder

For serving size, follow the recommended use on the product.

Why we love Green Smoothies...

We have a health crush on green smoothies. They are a super simple way to quick balanced meal or snack in minutes: the ultimate fast food!

What is a green smoothie?

A green smoothie is a power packed, delicious drink that consists of a mix of greens and other foods blended together to fuel your body with vitamins, minerals, antioxidants, amino acids, omega-3s, healthy fats, phytonutrients and proteins.

Why do green smoothies rock for health?

As smoothies are blended it breaks down the cellulose in the greens to make the nutrients up to 90% more absorb-able than eating veggies. This means the blender does the chewing for you so your body can quickly absorb all of the nutrients. Plus, you still get the fierce fiber from veggies that juicing doesn't allow.

THE BENEFITS OF DRINKING GREEN SMOOTHIES ARE ENDLESS INCLUDING:

- Increase in awesome energy
- Promote weight loss, clearer skin, harder nails and more!
- Help reduce sugar cravings and hunger levels.
- Packed with antioxidants and phytonutrients to fight the nasty illnesses, aging and the damage from free radicals.
- Makes you happy. Food affects your moods and the health benefits will help you process stress, balance nerves and feel positive.
- They are delicious! Your taste buds will love you.

Remember, when built correctly the purpose of a green smoothie is to give you a nutrient dense and balanced meal or snack and of course, get in more GREENS! This is not a sugary milkshake but not to worry, it will still be delicious!

BUILD YOUR OWN *Balanced* **GREEN SMOOTHIE**

Green Smoothies can easily turn into sugar bombs if you don't know how to build them to be balanced with protein, fiber and fat. But not to worry, we have created a chart to help you do just that!

**PUT THIS CHEAT SHEET
ON YOUR FRIDGE TO HELP
YOU BE ABLE TO BUILD
THEM IN A PINCH!**

HOW TO MAKE GLORIOUS GREEN SMOOTHIES

If you are a green smoothie newbie, try out one of our awesome recipes first included in this book. When you are ready to venture out on your own and create delicious green power drinks, use this Guide to Glorious Green Smoothies to set up for healthy success!

STEP	CHOOSE YOUR	HOW MUCH	SUGGESTIONS
1	Base/Liquid	1 - 1 1/2 cups	<ul style="list-style-type: none"> • Water • Nut or seed milk • Coconut Water • Herbal tea • Cold decaf coffee
2	Greens	2 handfuls	<ul style="list-style-type: none"> • Spinach • Kale • Collards • Swiss chard • Beet greens • Dandelion greens • Cilantro • Mint • Basil
3	Healthy Fat	1-2 tbsp	<ul style="list-style-type: none"> • Flax oil • Nut butter • Seed butter • Avocado • Chia seed • Coconut oil
4	Low Sugar Fruit	1 handful	<ul style="list-style-type: none"> • Blackberries • Raspberries • Blueberries • Strawberries • Cranberries • Apples
5	Protein Powder	1 scoop	<ul style="list-style-type: none"> • Whey • Beef Isolate • Egg White • Hemp • Pea

Please note these are just suggestions to get you started building your own green smoothies to ensure they are balanced in protein, fiber and fat. If your goal is weight loss, please make sure to measure quantity based on your goals. And make sure you check the ingredients on your add-ins. You'll want to stick to minimally processed options, and avoid added sugars and/or artificial ingredients such as sucralose or dyes.