

THE 30-DAY GREEN SMOOTHIE

CHALLENGE



BY JADAH SELLNER + JEN HANSARD · SIMPLEGREENSMOOTHIES.COM



IT'S NOT A DIET. IT'S A LIFESTYLE.



A FAMILY SPONGE PUBLICATION

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TABLE OF CONTENTS



1 THE 30-DAY GREEN SMOOTHIE CHALLENGE 101... 4

- The Rules
- Your 30-Day Green Smoothie Challenge Basics
- Join our Facebook + Instagram Communities
- Inspiration! Testimonials & Success Stories

2 BEGINNER'S LUCK... 9

- Getting Started: Equipment You'll Need
- Green Smoothie Tips & Tricks
- Beginner's Luck Green Smoothie Recipe
- Inspiration! Three Must-Watch Films

3 CHALLENGE #1: ADD A PROTEIN BOOST... 14

- What's So Important about Protein?
- Jadah & Jen's Favorite Plant-based Protein
- Challenge #1 Shopping List
- Inspiration! Yummy Protein-Rich Recipes

4 CHALLENGE #2: ROTATE YOUR LEAFY GREENS... 20

- Kale today, Spinach Tomorrow
- Great Leafy Green Options
- Tips for Using Leafy Greens in Smoothies
- Challenge #2 Shopping List
- Inspiration! Drink Your Greens Recipes

5 CHALLENGE #3: ADD GOOD FATS... 27

- The Benefits of "Good" Fats
- How to Choose the Best Fats
- Our Favorite Green Smoothie Fats
- Challenge #3 Shopping List
- Inspiration! Good Fat Recipes

6 CHALLENGE #4: SUPERFOOD SMOOTHIES... 33

- What are Superfoods?
- Our Favorite Superfood Smoothie Boosters
- Challenge #4 Shopping List
- Inspiration! Supercharge with Recipes

7 FAQ'S: QUESTIONS AND ANSWERS ABOUT THE GREEN SMOOTHIE CHALLENGE... 38

8 PRINTER-FRIENDLY GREEN SMOOTHIE RECIPE CARDS... 43

MEET THE AUTHORS... 50

FINAL WORDS... 51

"NATURE ITSELF IS THE BEST PHYSICIAN." — Hippocrates

“I DON'T EVEN SEE IT AS A 30-DAY CHALLENGE...
MORE LIKE AN EVERYDAY LIFESTYLE.”

- RAYNA JUDE AGUON



GREEN SMOOTHIE CHALLENGE 101

Love challenges?

Want to eat more healthy and natural foods?

Then you'll love the 30-Day Green Smoothie Challenge!

So, what exactly is the Green Smoothie Challenge? Exactly what it sounds like! It's an easy way to help yourself get into the habit of adding more super-nutritious plant-based foods to your diet by making a green smoothie part of your daily routine. Packed with leafy vegetables and fruits, green smoothies will give you an energy boost—and health benefits—you simply won't believe until you try it! And if you'd like to kick your challenge up a notch, try two green smoothies a day for the entire month.

THE RULES



If you've never embarked on a challenge like this before, you might be wondering what's involved. What are the rules?

Well . . . there are no rules!

The Green Smoothie Challenge is not a diet plan. You won't be required to radically change your normal eating pattern, eat strange things, or go hungry. Please eat regular meals and include whatever foods you're accustomed to and enjoy. All we ask is that you commit to consuming one green smoothie each day of the 30-Day challenge. By the end of the challenge, it is our hope that drinking green smoothies daily becomes part of your new healthy lifestyle. Are you excited?!

YOUR 30-DAY GREEN SMOOTHIE CHALLENGE BASICS

Throughout the month, we'll be giving you pointers, tips, and recipes to help keep you motivated and on track. We realize that no matter how motivated and strong your desire is to eat healthy, changing habits acquired over time can be difficult. So for the first few days we'll be easing you into the challenge by introducing you to our easiest and least time-consuming—but totally delicious—basic green smoothie recipes, such as the “Beginner's Luck” smoothie (you can find the delicious recipe on page 12.)



I just made this and it is great!!! I'm so glad I ran into your site. You're the reason why I am taking steps to living a healthier lifestyle.

— SHANTOYA

In keeping with our “no rules” rule, we’ve kept the challenge as flexible as possible. As long as you drink 16-32 ounces (2 to 4 cups) of green smoothie a day, you’re free to adapt other aspects of the challenge to suit yourself, your time constraints, and your lifestyle. Many participants find that drinking their daily smoothie leaves them so full and satisfied that they don’t feel like eating a full meal afterwards. And that’s fine! In fact, we recommend replacing one (or even two) meals a day with a green smoothie. If that’s what you choose to do, rest assured that our smoothie recipes pack at least as much of a nutritional punch as you’d get from a typical meal—and usually, more.

Green smoothies can be your breakfast of champions, your healthy fast-food lunch or even your lean and mean dinner. Feel free to substitute your green smoothie for any meal of the day. Do whatever works best for you. And while we recommend that you start the 30-Day challenge with the Beginner’s Luck smoothie, if you’d prefer to try out some of the other recipes instead, go ahead. Or get creative and invent your own! Just make sure you take into account the perfect ratio of vegetables to fruits that we talk about in chapter 2.

JOIN OUR FACEBOOK + INSTAGRAM COMMUNITIES



And don’t worry, we’ll be with you every step of the way to ensure that you and your blender become BFF’s. Join our rawkin’ Facebook community for answers to your questions, recipe inspiration, and support!

We encourage you to share your commitment to the 30-Day Challenge on **Instagram** and your **Facebook** wall. Letting your friends know what you’re doing means they can support you as well. [Please tag @simplegreensmoothies so we can see your posts and encourage you.]

We invite you to post photos on our wall as well as share which ingredients you used in your green smoothie each day. We can’t wait to hear how the challenge goes for you, so we can do the happy dance for you when you’ve made it 30 days!



INSPIRATION! TESTIMONIALS & SUCCESS STORIES



If the 30-Day Green Smoothie Challenge sounds interesting to you, but you haven't quite made up your mind to join us yet, read on. We held our first live challenge of 2013 recently, and received rave comments from our participants. We aren't bragging—well, maybe a little—but we hope their success will inspire you, too!

“Well, let me say I have been sooo happy to join this challenge! It not only has helped with energy but has also helped with my stomach problems. Since I have joined this challenged I have got many of my family members to join and many of my co-workers at Bottala Orthodontics to join! Thank you for all the support and easy way to improve my friends, family and my health! Can't wait to continue this every day for the rest of my life!” - *Kylene Donnert*

“I'M SO GLAD I FOUND YOUR PROGRAM, THIS REALLY HELPED KICK START MY CLEAN EATING, HEALTHY, FITNESS ADVENTURE AND I FEEL AMAZING. YOU ARE AN INSPIRATION!” - *Casey Marie*

“I just started. I feel that green smoothies are a great way for me to get a variety of vegetables since I am not a fan of salads. Making smoothies gives the taste of fruits, the nutrients of vegetables, and I don't even have to chew! They've been a great improvement to my diet.”

-*Christopher Williams II*

“My wife convinced me to try the 30-Day Challenge and while I wasn't crazy about the idea, I am so glad I did it. The spinach and kale are easily disguised, and most of the recipes were surprisingly good! I am almost done with my 30 days and I've lost 10 pounds!” -*Josh Norland*

“Thanks so much for creating this page!! I have lost 10 pounds in 11 days and I'm always looking forward to my daily smoothie! I stay full for so much longer and it is getting me prepared for my 90-day beach body challenge!! This will be a regular challenge/regular occurrence for me from here on out! I feel wonderful!” - *Christina Miller*

“I've been on the green smoothie way of life for the past several weeks and I'm hooked! Since I've started the green smoothie challenge my desire for soda and sugary drinks has gone to zero. I feel rejuvenated and full of life, I thank my wife for introducing me to them!” -*Steven Grimes*



“WHAT STARTED OUT AS A 30 DAY CHALLENGE HAS BECOME AN EVERYDAY LIFESTYLE CHOICE; I NEVER KNEW BEING HEALTHY COULD BE SOOOO SIMPLE AND DELICIOUS!” - Samantha Raymond

“Been drinking green smoothies for 3 months now, love a lot of the new ideas for the smoothies! Glad we did the challenge. Trying things we never thought we would enjoy, even my 1 year old grandson loves ‘em. Thanks!” - Kent Butler

“I’m a convert. This challenge has been amazing, the recipes are delicious—even my toddler loves them. I plan on sticking to two smoothies a day Monday through Friday. Thank you for making this fun and yummy!” - Rashida Alake B

“I think I’m actually going to make this a life time challenge. I noticed I have more energy and my face has cleared out! Also it’s a great way for my 8 year old to have her daily veggies. She looks forward to making the smoothies with me and loves to try out different combinations. Thanks for sharing. This is just what I needed. Cheers to a healthier life!”

“I’m loving the challenge! I plan on continuing after my 30 days are up. I have more energy, my face has cleared up and I’ve lost 5 lbs. in 2 weeks! It’s so easy and all the smoothies have been super tasty!!!!”

- Maricela Gonzalez-Martinez

- Jenni Walsh

“I love this challenge! I’m addicted to these smoothies and can’t wait to drink them each morning and afternoon.”

“I have always found it a struggle to eat fruits and veggies like my momma tried to teach me. The 30-Day Challenge has made it easy for me to get the nutrients I need, the green smoothies taste great, and momma is proud!” - Daniel Mottayaw

- Kaitlyn Leigh McDonald

“My 17 year-old daughter, 14 year-old daughter, 8 year-old son and 4 year -old daughter all LOVE them. My 4 year-old always asks if she can have some more of the ‘green drink.’”

“Just hopping on the green smoothie band wagon and I believe I’m here to stay. I purchased a 1000 watt ninja professional and made your Vitamin C Immunity Booster...it tastes fantastic and I have never been this full from drinking a glass and a half of anything!!!!” - Robert Carson

-Cynthia Salinas Montana

CHALLENGE #1: SHOPPING LIST



SHOPPING LIST CHALLENGE #1

FRUITS

- 4 pears
- 4 bananas
- 2 mangos (fresh or 24 oz. frozen)
- grapes (red or black)
- blueberries (fresh or 16 oz. frozen)
- strawberries (fresh or 16 oz. frozen)

VEGGIES

- fresh spinach, 2 bags (10-16 oz.)
- 1 sweet potato

OTHER

- almond milk (unsweetened vanilla)
- almond butter
- raw, whole almonds
- sliced almonds (optional)
- cinnamon and nutmeg
- protein powder:
 - hemp protein*
 - vegan protein*
 - pea protein*

This shopping list is designed for 2 smoothies per day; halve the amounts if you are planning on 1 smoothie per day.

You can buy hemp protein and other plant-based protein powders at a natural health food store (like Trader Joes and Whole Foods), or visit our [Amazon Store](#).



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INSPIRATION! YUMMY PROTEIN-RICH RECIPES!



These protein-packed green smoothie recipes are here to get you started for the week. Feel free to use other recipes and maybe even make some up yourself. We would love for you to take pics and share your newest creations each week with us on Facebook and Instagram.

ALMOND BUTTER AND “JELLY”

- 2 cups spinach
- 2 cups red and/or black grapes (frozen)
- 2 bananas
- 4 tbsp. almond butter
- top with raw sliced almonds (optional)

Blend your spinach and grapes together until you get a juice-like consistency (the grapes will replace your liquid-base since they are a high water content fruit). Optional: add 1 cup almond milk if you prefer a thinner texture.

Makes 4-5 cups

A SWEET PEAR

- 2 cups spinach
- 2 cups vanilla almond milk (unsweetened)
- 4 pears
- 1 banana
- 1 tsp. cinnamon

Blend spinach and almond milk together until there are no more leafy chunks. Next add pears, banana and cinnamon and blend until creamy.

Makes 4-5 cups