

48-HOUR GREEN SMOOTHIE CHALLENGE



Welcome to the 48-Hour Green Smoothie Challenge!

In the hustle and bustle of our everyday lives, we often choose convenience over nutrition. We all have the challenge of getting in enough fruits and vegetables to our diet. The Green Smoothie Challenge (GSC) is a great way to have convenience in a simple, nutritious and tasty way! Through the GSC, many have experienced abundant health, regulated weight, increased energy, weight loss and reduced cravings.

The green smoothies aren't meant to be a total meal replacement. The idea is to consume green smoothies as much as you want over a 48-hour time period. We suggest you start by swapping out one of your meals for a green smoothie. Breakfast is usually a great place to start.

During the Green Smoothie Challenge you will be working up to consuming 4 glasses (1 Liter) per day. The recipes are a mixture of 60% organic fruit and 40% organic leafy greens with 2 cups of filtered water.

Think of the 48-hour GSC as a way to clean house. During the 48 hour time period your body will be working hard to clean out some of the toxic waste that has accumulated over the years. For that reason we suggest avoiding stimulants like coffee, wine and sugar during the 48-hour GSC period.

It's also best to enjoy the smoothies just as the recipes suggest – there is no need to replace the water with juice, milk, soymilk or almond milk. Avoid adding protein powder, additional greens supplements or other types of 'health' foods or super foods.

To get the full health benefit of the green smoothies you want to make them in a blender that liquefies all of the ingredients. It's not necessary to have a juicer, we are making smoothies, not juicing. Any commercial blender is adequate.

We also suggest that you purchase 4 – 6 500mL (1 pint) glass jars to hold your smoothies. It's always best to make them fresh. Sometimes that isn't an option so you can make a smoothie ahead of time and carry it with you in your glass jar. Green smoothies can last up to 48 hours as long as you store them in the fridge or on ice.

The recipes we provide are only guidelines. You can always swap out the fruits or greens for your favorite ones. If you have type II Diabetes, hypoglycemia or are sensitive to blood sugar swings please choose low glycemic fruits.

If you have any questions please email northshorenutrition@shaw.ca. Again, welcome to the Green Smoothie Challenge. Please keep in touch and let us know how you are doing.

Best of luck and enjoy the Green Smoothie Challenge!

Choose Your Greens

Here's a short list of 10 different green vegetables you can choose from. Feel free to pick a green veggie from the list if the one given in the recipe doesn't suit your taste buds.

Kale: Offers everything you want in a leafy green! It's an excellent source of vitamins A, C, and K. It has a good amount of calcium for a vegetable, and also supplies folate and potassium.

Collards: Similar in nutrition to kale but they have a heartier and chewier texture and a stronger cabbage-like taste. A half cup has 25 calories.

Turnip greens: Are more tender than other greens. This sharp-flavored leaf is low in calories yet loaded with vitamins A, C, and K as well as calcium.

Swiss chard: With red stems, stalks, and veins on its leaves, Swiss chard has a beet-like taste and soft texture. Both Swiss chard and spinach contain oxalates, which are slightly reduced by cooking and can bind to calcium, a concern for people prone to kidney stones. Chard contains 15 calories in one-half cup and is a good source of vitamins A and C.

Spinach: Has 20 calories per serving, plus it's packed with vitamins A and C, iron as well as folate.

Mustard greens: Have a similar nutrition profile to turnip leaves and collards. Mustard greens have scalloped edges and come in red and green varieties. They have a peppery taste.

Broccoli: With 25 calories a serving, broccoli is rich in vitamin C and is also a good source of vitamin A, potassium, and folate.

Red and Green Leaf and Romaine Lettuce: These lettuces are high in vitamin A and offer some folate. Leaf lettuces have a softer texture than romaine. Fans of Iceberg lettuce may go for romaine, a crispy green that's better for you.

Cabbage: Although paler in color than other leafy greens, this cruciferous vegetable is a great source of cancer-fighting compounds and vitamin C. One-half cup cooked has 15 calories.

Iceberg Lettuce: This bland-tasting head lettuce is mostly water. It is last on the list for its health benefits. It's not devoid of all nutrition, but it's pretty close.

48-Hour Green Smoothie Challenge Recipes

The ideal quantity of Green Smoothie is 4 glasses (1 litre) a day. Include 200 grams (7oz) of leafy greens and 150 to 300 grams (5 to 10oz) of fruit plus 1 to 2 glasses of water. If this is too much for you to begin with, start with half this amount and gradually increase each day.

Blending Instructions

Place your fruit into the blender with 1-2 cups of filtered water and blend for 25 seconds.

Add your leafy greens and blend until very smooth (30 seconds in a powerful blender and longer if your blender is not as powerful).

The recipes we are giving you for your green smoothies are just guidelines. You can choose to try the recipes provided each day, or use your favourite recipe for the entire challenge.

Bananas are a HUGE part of the Green Smoothie Challenge. Bananas have been vilified in the media. You either love bananas or hate them. If you don't like bananas choose from the banana substitute list below and swap them out for a different fruit.

Banana Substitutes

Mango

Papaya

Pear

Fresh

Dates

Avocado

The important thing is that you are using in 2-3 large handfuls of leafy greens and fruit and that you are enjoying the experience!

Feel free to experiment, invent your own favourite recipes and share them on my Facebook page at www.facebook.com/northshorenutrition.

48-Hour Green Smoothie Challenge Recipes

Peach Dream

Great for people who are watching their sugar intake. If you buy organic peaches go ahead and keep the peach skin on.

- 2 cups spinach
- 2 cups grapes, frozen
- 1 peach
- 2 cups water

Brain Fuel

Packed with plenty of good fats and fiber to get you thinking good thoughts all day long.

- 2 cups spinach
- 2 cups ripe pears
- 1 cup frozen mango
- 1/2 avocado
- 2 cups water

Warrior Smoothie

Nutrition in a glass. Enough said.

- 3 stalks kale, discard the tough stalk and use the leaves
- 3 leaves Cos lettuce
- 1/2 frozen banana
- 2 cups water

Green Granny Smoothie

This is a green as it gets. Apples and greens. Yum.

- 1 granny smith apple, preferably organic, cut into chunks
- 2 cups kale leaves, discard the tough stalk and use the leaves
- 1 lime, juiced or seeds removed
- 1 small handful of cilantro, leaves only
- 1 orange
- 2 cups water

Basic Balance

This is a good for green smoothie beginners.

- 1 mango
- 1 cup kale
- 1 cup water

Pineapple Mango Smoothie

Great for hot summer days.

1/2 banana, frozen
1 cup chopped mango
1/2 cup chopped fresh pineapple
2 cups fresh spinach
1/2 cup of ice
2 cups of water

Spinach Blueberry Smoothie

A great one for kids. This one's not so boldly green in colour.

1 small to medium frozen banana, sliced into 2-inch chunks
1 cup frozen blueberries
3 cups spinach, well-packed
2 cups water

Apple and Cucumber Zipper

The ginger in this recipe gives it a nice little zip.

2 apples
1/2 cucumber
1 inch ginger
2 cups of water

Morning Pick Me Up

Ditch the coffee. Have some dandelion greens instead.

1/2 bunch dandelion greens
2 stalks celery
1/2 inch fresh ginger root
2 peaches
1/2 pineapple