

# Join Us

Don't Judge A Smoothie By Its Color

# 30

## Green Smoothie Challenge

# DAY

[forthehealthofit.us](http://forthehealthofit.us)

Includes **EVERYTHING** you need for 30 Days!

Recipes

Grocery List

Foods to avoid

30 day guidelines

Frequently asked Questions & Answers

Suggested Movies and Books for Inspiration

# \$ 19



## **Top 10 Health Benefits for drinking Green Smoothies**

### **1 – Natural Weight Loss**

Drinking a green smoothie is the best thing you can do to lose weight. Many people notice some weight loss (that is if they have weight to lose) once they start to incorporate green smoothies into their daily food regimen.

Green smoothies provide the nutrition, vitamins, minerals, healthy carbohydrates; fiber and low-fat whole food that you need to lose weight quickly, safely and effectively without starving yourself. After drinking green smoothies for a few weeks, you may notice that your cravings for junk foods are greatly reduced and you may actually begin to crave healthier food options!

### **2 – Increased Consumption of Fruits and Vegetables (Particularly Greens)**

The American Cancer Society recommends that we eat 5-9 servings of fruits and vegetables each day to prevent cancer and other diseases. Green smoothies are a quick and convenient way to get your vegetables and dark, leafy greens without even having to taste them. The fruit masks the flavor so even though all you taste is pineapple, mango, and banana or strawberry, you are consuming a healthy dose of spinach, carrots, zucchini and any other vegetable that you put in.

### **3 – Easy Digestibility and Nutrient Assimilation**

Blending fruits and vegetables together breaks down the cell walls of plants and in doing so, improves digestibility. Your blender unlocks the nutrients and maximizes their delivery to your body more than chewing any salad could. Smoothies are quicker and more convenient than preparing and thoroughly chewing a salad, especially when you are on the go.

### **4 – Antioxidants**

Green smoothies are high in antioxidants and phytonutrients. Not only are you giving your body the best defenses for disease, but you are ingesting a variety of natural substances that are essential for optimum health and fitness.

### **5 – Increased Energy**

Smoothies provide a powerful boost of vitamins, minerals, antioxidants and other nutrients without bogging down your digestive system. Since you are eating natural, whole foods in the most optimum form for your digestion and nutrient absorption, you will have more energy to get things done and enjoy your day.

### **6 – Mental Clarity and Focus**

With a healthier diet comes greater mental clarity and focus. Green smoothies can replace your morning coffee ritual. And in doing so you may experience greater alertness, energy and dramatically reduced anxiety and nervousness that can be associated with that caffeine roller-coaster.

## **7 – Increased Fiber Intake**

Unlike fruit juice or using a juicer, green smoothies use the whole fruit and vegetable so that you get all the fiber and nutrition. Fiber is essential for good colon health and it keeps your bowels in working order. The fiber also helps to slow down the digestion of the natural sugars so that you have a steady flow of energy rather than the sugar high and then the ultimate crash.

## **8 – Clearer Skin**

Clearer, radiant skin is an often-reported benefit to eating healthier. Smoothies high fiber content allows your body to eliminate toxins the right way instead of through your skin. Many people experience a health glow to their skin because of this.

## **9 – Reduce Cravings**

Green smoothies reduce cravings for junk foods, unhealthy sweets, salt and fats. You will find that after a few weeks of drinking smoothies, you will crave healthier foods such as fruits, vegetables and not surprisingly, greens.

**And last but certainly not least.....**

## **10 – Green Smoothies are Rich in Chlorophyll and are Very Alkalizing**

Green smoothies are rich with chlorophyll, because of the greens that you use. Many health experts say chlorophyll enhances the immune system, purifies the blood and rejuvenates the body. Greens are also one of the highest forms of alkaline foods you can consume.

Most fruits and other vegetables are also alkaline foods and many health experts claim that consuming these foods helps to maintain a proper alkaline balance in the body. To maintain a healthy environment we want our body in a more alkaline state. Acid-producing foods (as well as the over-consumption of protein) can raise the PH level of the blood, which can cause your body to leach calcium from your bones to neutralize it, thus increasing your risk for osteoporosis. Keeping your food choices more alkaline also helps to reduce inflammation in the body which is associated with the onset of many chronic diseases such as: heart disease, high cholesterol, high blood pressure, Type 2 diabetes and many forms of cancer.

Although many Mainstream doctors and nutrition experts promote a diet with an increased consumption of fruits and vegetables, many others point out a lack of clinical, scientific evidence to support claims to an alkaline-diet. Either way, consuming foods that help maintain a proper PH level in your body is a good thing and green smoothies can help with that.

In addition to these health benefits, green smoothies are also:

- Easy to make and clean up after.
- They taste amazing.
- They will keep for a couple days in the fridge.

- And are fun to make and it is fun to experiment with so many different fruit and vegetable combinations.

Make sure you look over the recipe section and the different suggested ways to approach your 30-Day challenge.

We designed this 30-Day Green Smoothie challenge with you in mind because it's not about rules-- it's about choices. We want you to choose how you would like to approach this challenge.

The challenge will start out slow with a basic green smoothie in the beginning which will help you work your way up to adding more veggies then fruits as time progresses. Doing it this way will allow the time needed for this change in diet and will also help in the long-term goal for continuing with green smoothies after the 30 days are over. We actually have three different suggestions for doing the 30 day challenge. Minimally we suggest having one green smoothie per day throughout the 30 days. Our second suggestion is to have one green smoothie for the first 15 days and then have 2 per day for the remaining time. Lastly and maybe a slightly greater challenge is to do a progressive approach. starting with one and working your way up to 3 smoothies per day. Ultimately, this is your challenge and you know what works best for you. No matter what approach you take you will be amazed with the results and how good you will feel at the end of 30 days.